



BROADSTONE
MIDDLE SCHOOL

WELCOME TO THE VIRTUAL BMS SPORTS DAY

29TH JUNE TO 3RD JULY 2020

Click for challenge
GUIDANCE NOTES

EQUIPMENT:

- Stopwatch
- Measure/ruler
- Cereal box or towel
- Three pairs of rolled up socks or beanbags
- Click for [Vertical Jump Scale](#)

 WELCOME VIDEO

CHALLENGE 1:



 SHUTTLE
RUN

CHALLENGE 2:



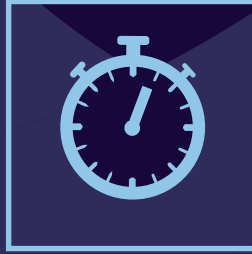
 STANDING
LONG JUMP

CHALLENGE 3:



 VERTICAL
JUMP

CHALLENGE 4:



 SPEED
BOUNCE

CHALLENGE 5:



 TARGET
THROW

CLICK HERE  **SUBMIT YOUR
SCORES**

We'd love to see your photos and videos so please submit them to us either at blog@castlemanacademytrust.co.uk or WhatsApp/iMessage us at 07761 744263