

Hold your own... Sports Day

A regular highlight of the school calendar, bring the fun to your household with these mini events, suitable for all ages whatever the weather!



How To Start:

- 1 Decide on the distance of your "track". You could use chalk or masking tape to mark out your area.
- 2 Improvise. If space is limited, why not time or measure each other, rather than all going at once?
- 3 Take care, stay safe and enjoy yourself!

Events:



The Egg and Spoon Challenge

Using boiled eggs, see who can carry their egg to the finishing line without dropping it. No sneaky thumbs!

Toilet Roll Shot Putt

Start by holding a toilet roll under your chin. Push your arm forward to launch the toilet roll as far as you can.

Wheelbarrow Challenge

One person holds the legs of their partner who "walks" along the floor on their hands to the finish line.

Beanbag Toss

Mark out some targets on the ground and try to get your beanbag/ball/teddy etc into the targets. You could award points for smaller/further away targets.





Long Jump

Taking off from both feet, who can jump the furthest, landing back on two feet.

Paper Planes

You have 90 seconds to make a paper plane. Who can fly the furthest?

Balloon Challenge

Put a balloon between your knees and make your way to the finish line.

Sack Challenge

Standing inside an old pillowcase, jump along to the finish line.

Bucket Relay

Put 5 items in a bucket at one end and an empty bucket at the other. Pick up one item and take it to the empty bucket. Run back and continue until all items are in the previously empty bucket.

