

Hold your own Sports Day

Are the kids missing out on Sports Day this year? Hold your own competition - you could do this as a family or if you maintain your social distance, this could now be done with up to 6 people outdoors. You could create some medals yourself.

Suggested events

Egg and spoon race

Mark out a distance for the race, give the competitors each a spoon and an egg and see who can reach the finish line first with their egg still balanced on their spoon

Relay Race

Split into two teams of a max of 3. Mark out a distance. Each person has to run the distance and their team mates takes the next leg back to the start line.

Bean bag toss

Toss a bean bag or a ball into a bucket or hoop at different distances. Who can throw the furthest?



Hurdles

Run and jump over the hurdles to reach the finish. Use everyday objects to create hurdles

Sack Race

Mark out a distance and find sacks or old pillow cases. Put both feet into the sack or case and jump to the finish

Sprint

Mark out a distance and race to the finish! It could be 10 metres or even further!

Shoot through a hoop

Throw a ball through a netball or basketball hoop. Don't have a hoop? You can use a bucket. How many can you score out of 5 goes?

Slalom

Use some everyday objects as markers to create a slalom and dribble a ball between them

Long jump

Take a run up to a marked point and jump as far as you can. Who can jump the furthest?

Skipping race

Use a skipping rope to skip all the way to the finish! Who can cross the line first?

Bucket run

Set bean bags or balls at intervals and a bucket at the start. The player must run and collect each one and place into the bucket one at a time. Start with the furthest.

Parents' race

Make mum and dad race! The kids decide the method - running, crawling, jumping? They decide!

