

Sports Day!

Take part in some activities and have your very own 'Sports Day' You can do the activities in a safe space indoors or outside if you have a garden.

See if you can challenge anyone else that you live with, to join in too!

Pillowcase Sack Race

Description: Have a sack race at home! Who can get to the finish first?

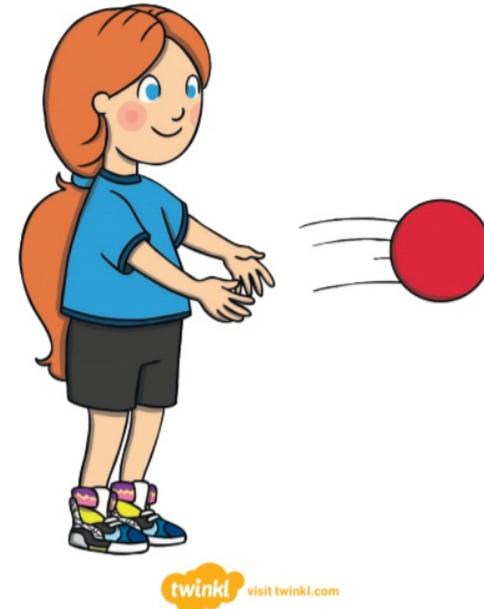
Equipment: Start and finish markers, a pillowcase for each person.



Ball Toss

Description: How many times can you throw a ball into a bucket in one minute?

Equipment: A ball or bean bag and bucket or target.



Egg and Spoon Race

Description: Choose an area for your race. Balance an egg on a spoon and race! Don't drop your egg!

Equipment: Start and finish markers, egg and spoon for each person.



Standing Long Jump

Description: Stand with your legs together and jump. Who can jump the farthest?

Equipment: None!



Ball Catches

Description: How many times you can catch a ball in one minute. You could do this with a family member.

Equipment: A ball.



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Water Race

Fill a bowl with water, fill a cup and race to the other bowl or sink. Run back. How many cups of water can you get into a bowl in one minute?

A cup for each person, a bowl of water and an empty bowl or sink.



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Design a Medal

Print this medal and colour in or design your own medal using paper and colouring pencils.

Well done for completing your own 'Sports Day'

