

Family Sports' Day

There will be 6 activities to complete, and all activities can be completed using minimal equipment or even household items. You will gain points for each activity and can add them all up on our score sheet included in this pack. Here are the instructions for the 6 activities...

Activity 1: Speed bounce

This tests your speed and coordination. You will need a rope, towel or anything that makes a line. In 30 seconds, count how many times can you jump over the line with two feet.

Every jump you complete = 1 point.

Activity 2: Star Jumps

This activity gets your heart racing. In 30 seconds, count how many Star Jumps you can complete.

Every full star = 1 point.

Activity 3: Air Punches

Practise your boxing skills with this activity. In 30 seconds count how many air punches you can do.

Every air punch – 1 point.

Activity 4: Throwing & Catching

For this activity, you will need a tennis ball or a pair of rolled up socks. In 30 seconds count how many throws and catches you can do against a wall/fence.

Every catch = 1 point.

Activity 5: Egg and Spoon

This activity will test your balance and concentration. You will need a spoon and either a small potato, a small ball or the rolled up socks. Pick a spot to run to, you'll need to run with your 'egg' and spoon for 30 seconds.

Start off with 20 points, every time you drop your 'egg' you lose 1 point.

Activity 6: Long Jump

This activity will test how far you can jump. Use a piece of string, rope or a tea towel to mark where you will jump from. Bend your knees and make the biggest jump you can. Ask an adult to help you measure how far you have jumped. You can use a ruler, a measuring tape or your feet! Your score will be how far you have jumped in centimetres (CM).

