

# Early Start Sports Day



# VIRTUAL SPORTS DAY 2020

- \* Our fun Early Start Sports day was planned for Tuesday 9<sup>th</sup> of June so we have been working very hard to try and find some super sporty fun activities that you can do at home on that day or during the week. Weather permitting!
- \* We have picked our absolute favourites here, so go on have some fun and fresh air on us!
- \* There may be activities that the other classes are doing that you might like so give them a go too. You will all be super fit when we meet again!

# Fill the Bucket

- The object is to transfer the water from one bucket into the other using a sponge.
- You could have two teams if you have enough people. First team with the water transferred wins!



# Tin Can Bowling

- Collect some empty food tin cans, wash them out and decorate them.
- Line them up in a formation depending on how many you have.
- Roll a soft ball and see how many you can knock down!



# Stilt Walking

- You will need a pair of stilts. You could make some from empty tin cans, make sure there are no sharp edges!
- How far can you walk on your stilts? Can you race someone else, how are they moving, have they stilts too?



# Milk Jug Toss

You will need two milk cartons (2ltr size), cut off the bottom making sure there is a handle to hold. Tape around where you cut so there are no sharp edges. Tape over the lid for extra strength. Something to throw.

The object is to throw the ball and see if the other person can catch it.



# Potato and Spoon Race

- You will need a spoon and potato each.
- Hold your spoon with the potato on top in your strong hand.
- Walk from the starting point to the finishing point keeping the potato balanced on the spoon.
- Did you drop the potato? Who got to the finish first?
- Substitute the potato for something else.



# Race Ideas

- Run up and back carrying an object, then pass onto someone else.
- Silly races; instead of running, move another way, hop, jump with two feet, take big/small steps.
- Place something on top of your head (toy, sock) and run.



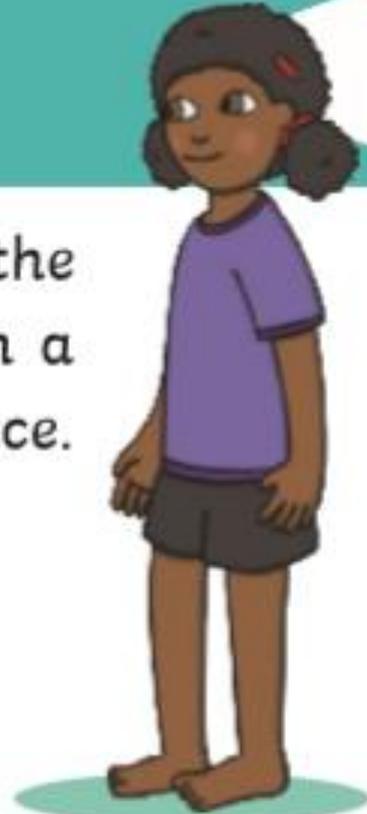
# Exercise Station

- Can you do 5 Jumping Jacks?
- Can you do 5 arm circles frontways and then backways?
- Can you do 5 hops on left leg and then right leg?
- Can you do 5 bunny jumps?
- Can you do 5 bear crawls?



# Welly Toss

See who can throw a welly the furthest! Mark your spot with a cone / shoe / other item of choice.



# Sack Race

- You will need a sack.
- Put both feet in and begin hopping and hold on to the sack with both hands.
- Hop towards the finish line.
- Who got to the finish line first?



# Long Jump

Stand with your legs together and jump. Who can jump the furthest?



# Ladder Race

- You will need masking tape.
- Can you make a ladder from masking tape.
- Hop into each square with one foot.
- Who got to the last square first?



# 3 Legged Race

- \* What you need:
- \* A partner
- \* A ribbon/string
- \* Runners
- \* Energy!



# Throwing Race

- You will need: a soft ball or beanbag\*.
- Throw the ball or beanbag into a bucket or similar container.
- Did you get your object into the container?
- How many times did you get the object into the container?
- Who got their object into the container the most?
- \*Remember: You can make a beanbag with a sock and fill with rice/pasta



## Fill the bucket

Place the bucket a distance away (e.g. 1 metre). See how many clothes pegs you can toss into the bucket in 1 minute!



# Obstacle Course

- We all know the importance of exercise so why not make your own obstacle course!
- Look around and see what you can use.
- Hula hoops
- Balls and cones
- Water pit
- Blocks or beams to walk along
- Steeping stones
- Tunnel or chair to crawl in/under
- Slide/ swing/ seesaw /trampoline



# Balloon Ping Pong

**You might have made this already! Give it another go!**

## What I will Need

- Balloon
- Cereal Box
- Plate
- Paint or Markers
- Spoons or Lollipop sticks
- Sellotape



# Balloon Ping Pong

## Step 1

- Draw a circle on the cereal box and cut out the circle. You will need



## Step 2

- Design your circle



## Step 3

- Attach the spoon or Lollipop stick to the back of your circle using sellotape.



# Now we are ready to play



# Cool Down!



We would love to see photos of your Sports Day. Remember to send to: **Gaye** HSCL on WhatsApp **087 7443779**

We hope you all had fun?

