



Sports day- fun activities

8th – 12th June

schedule:

Each day, we will have 2 activities, based on a skill, for children to do!
There is something new to try everyday! :

- Monday- **Running**- traffic lights game and hide and seek.
- Tuesday- **Throwing** - tennis ball challenge and bean bag toss.
- Wednesday-**Landing** - jack be nimble and hurdles.
- Thursday- **Balancing** - walk the line and lava pit game.
- Friday- **Traditional sports day**- egg/spud and spoon race and mix-it up race.

This week, we also have attached a shopping list (for things you may , but not necessarily, need).

We also have a fun playlist filled with lots of fun songs to help you as you work.

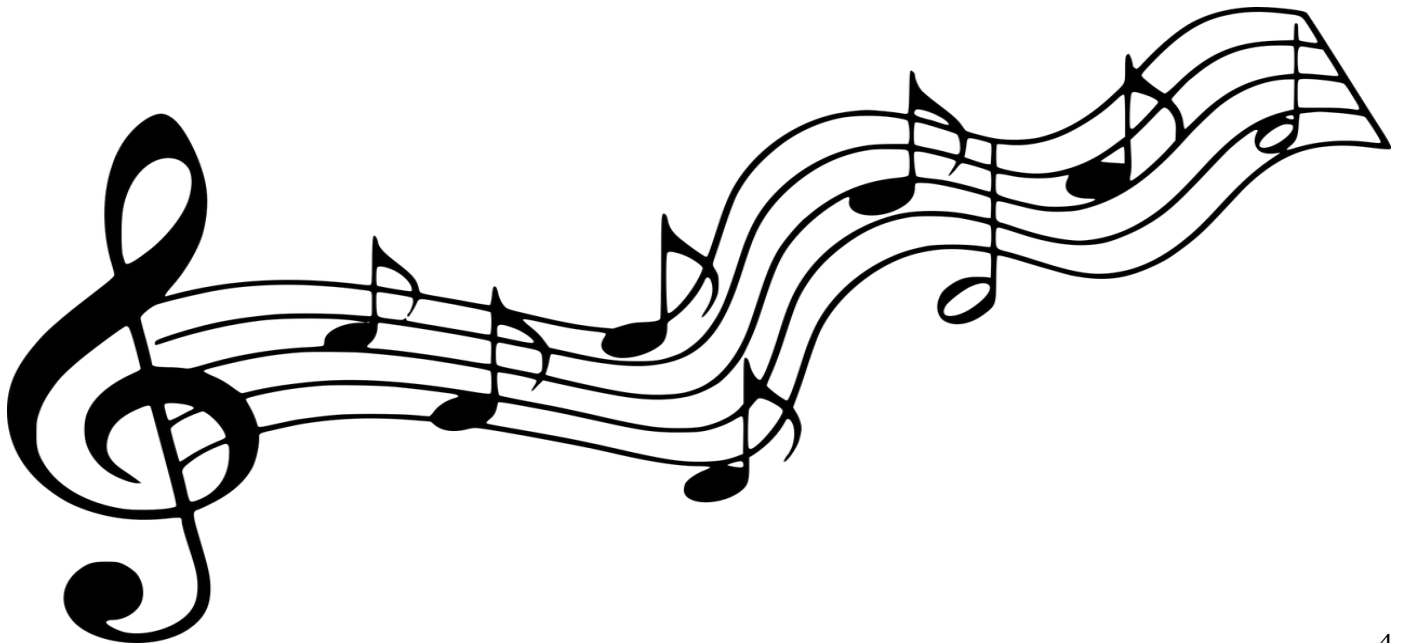
Shopping list

- Healthy snacks/ goodies
- Water
- Tennis ball
- Egg/ spud
- Spoon
- Empty food or drink cans
- Bean bag/small ball
- cone/ marker
- Paper Plates or Paper
- Timer -phone/clock
- Masking Tape



Playlist.

- A playlist filled with lovely songs:
- https://open.spotify.com/playlist/7to2bxdFRuJHD8xSGyF8tD?si=FHOcL62uRS6JQw8I_By1lg



Monday: Traffic light game (activity 1)

- How to play:

- **Traffic Lights**

Description of Activity

- Ask children to find a space in a large open playing area where they are not in contact with anyone else. They must move around the playing area when given the following commands:

Red: stop

Amber: walk

Green: run

- Turn it into a game of musical statues for an extra challenge
- https://www.youtube.com/watch?v=Uj9_pdx_vEA&feature=emb_logo



Monday: Hide and seek (activity 2)

- Resources: at least three or four players.
- The idea: the child who is 'on' covers their eyes and counts to a reasonable number, then shouts 'coming, coming, ready or not, keep your place or you'll be caught'. They try to find all their hidden players, with the last one to be found 'on' for the next game.
- Differentiate: count to higher numbers to allow more time and increase the search area.



Tuesday- Tennis ball challenge (activity 1)

- Children work in pairs, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons ensure that groups are spaced at least three metres apart.
- https://www.youtube.com/watch?v=KxD8V6xvsLk&feature=emb_logo



Activtiy 2: Bean bag toss

- What you need: Empty food or drink cans , Bean bag/small ball
- 1. Line up some empty cans on a low wall/box/the ground.
- 2. Stand 1-2metres away from the cans.
- 3. Toss the bean bag at the cans and see how many turns it takes you to knock them all down!



Wednesday – Jack be nimble (activity 1)



- Arrange the children in pairs and scatter the cones randomly around the playing area. Child A chants the rhyme below for child B who must jump off two feet over the cone/ marker (the candlestick) and attempt to land safely on the other side of the cone.
- Child B should jump over three cones while child A is saying the rhyme: 'Jack be nimble, Jack be quick, Jack don't land on the candlestick'. After child B has completed three jumps and three landings, swap roles and play again.
- https://www.youtube.com/watch?v=nllViOJhowc&feature=emb_logo

Wednesday – Hurdles (activity 2)

- Equipment Needed: Hurdles, e.g. boxes and a brush
Outdoor space Instructions:

1. Using the equipment (boxes, brush, toys etc.), set up the hurdles in your garden. Arrange the hurdles in different heights to suit the competitors!
2. Allow participants to take turns jumping the hurdles
3. Make the hurdles higher after each round. Discuss possible strategies for jumping the hurdles as they get higher
4. To make this more enjoyable, why not try to time the participants and have knock out rounds or points for each hurdle jumped!



Thursday- Walk the Line (activity 1)

- Children walk along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers).

Children can do the following to make the challenge more interesting:

- turn fully around in the middle without losing balance or toppling off the line
- complete the task with their eyes closed (in pairs with one pupil acting as a guide)
- hold a shape for a count of three as they balance on the line.

https://www.youtube.com/watch?v=y_v3a56R1DE&feature=emb_logo



Thursday: Lava pit game (activity 2)



- Equipment: Paper Plates or Paper Timer/phone/clock Masking Tape
- 1. Nominate one participant to record the time it takes the individual(s) or group to pass through the lava pit 2.
- If working in a group, give each team about 1/3 the number of plates as participants. If it is dry outside, why not try this game outdoors!
- 3. Mark out the beginning and end of the lava pit by using a strip of masking tape
- 4. Make up a story that everyone is being chased and they need to escape across a field of hot lava
- 5. If working in a group, the group must figure out how to get the entire group from point A to point B (from one side of the hot lava pit to the other)
- 6. Only one person can be on a plate at a time, and the plates may be picked up and moved
- 7. A time limit can be placed on this game to make it interesting

<https://www.youtube.com/watch?v=3Mq5vQi3DWY>

<https://www.youtube.com/watch?v=tlXxkxj35fA>

Friday- egg (spud) and spoon race. (activity 1)



- Each pupil gets a spoon and an egg (hardboiled or plastic). Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed off to a teammate who takes their turn. If the egg is dropped, the pupil must stop and retrieve it.
- https://www.youtube.com/watch?time_continue=3&v=4yMSolUPZDo&feature=emb_logo

Mix-It-Up Relay Race Friday- Mix-It-Up Relay Race (activity 2)



- The rules for this are pretty simple: Players take turns traveling from point A to point B and back again until the whole team has participated. The catch? Each player on the team has to travel in a different way (of their choosing). One runs, one skips, one-hops, and so on.
- <https://www.verywellfamily.com/relay-races-for-kids-1257402>



Well done!

- We would love to see all your hard work! If you wish to be on our school website take a photo of your work and send it to Gaye, our HSCL teacher, on WhatsApp 087 744 3779 or email hscl@shkillinarden.ie



great
job!