**Sports Day Activities**

1. Spud and Spoon Race- Place a potato on a spoon and have a race with your parents/ siblings/ neighbour up and down your garden! First one over the finish line without dropping their spud is the winner!
2. Sack Race- Climb into a sack/bin bag/ pillowcase and hop down the garden! First one to the finish line wins!
3. Three-Legged Race- With a partner, stand side by side and tie your inside legs together! Practise walking up and down the garden until you can run faster and faster!
4. Balance Challenge- Get a Blindfold. Put it on and stand on one leg. How long can you stand there for? Make sure to time yourself!
5. Book Balance- Place a book on your head and try to walk up and down the garden without dropping it! You can’t use your hands to help you! If you can do it with one book, can you do it with two or three?
6. Plank Challenge- Forming the plank position, try and hold a plank for as long as possible! Time yourself!
7. Bunny Hop Challenge- Starting in a squat position, jump as far forward in one hop as you can. Measure the distance between your start and finish point using a measuring tape or ruler!
8. Chair Challenge- How many times can you sit down and stand up on a chair in a minute?
9. Skipping Rope Challenge- How many skips can you do before having to stop?
10. Ninja Challenge- Can you punch and kick to the music of Kung Fu Fighting? Left punch, right punch, left kick, right kick for the whole song! <https://www.youtube.com/watch?v=QspjKVTMlL8>
11. Washing Line Challenge- How many items can you hang on the washing line in one minute? Every item of clothing needs to have at least two pegs holding it up!
12. Obstacle Course Challenge- Design and Make an Obstacle Course in your garden/ living room with at least three obstacles. Then, run over it!
13. Cycle/ Scoot/ Flick/ Skate - For at least five minutes.
14. Play Ball- Play any game that involves a ball. It could be soccer, Gaelic football, basketball, tennis, rugby, Time Bomb, Donkey, bowling…
15. Family Walk- Go for a walk outdoors with your family!

**Name: Sports Day Activity Log**

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| --- | --- | --- | --- |
| **Sport Activity** | **Completed Y/N** | **Pupil Signature** | **Observer Signature** |
| Spud and Spoon Race |  |  |  |
| Sack Race |  |  |  |
| Three-Legged Race |  |  |  |
| Balance Challenge |  |  |  |
| Book Balance |  |  |  |
| Plank Challenge |  |  |  |
| Bunny Hop Challenge |  |  |  |
| Chair Challenge |  |  |  |
| Skipping Rope Challenge |  |  |  |
| Ninja Challenge |  |  |  |
| Washing Line Challenge |  |  |  |
| Obstacle Course Challenge |  |  |  |
| Cycle, Scoot, Skate or Flick Challenge |  |  |  |
| Play Ball |  |  |  |
| Family Walk |  |  |  |

**My Stars;**

**I am a**

**\_\_\_\_\_\_\_\_\_\_\_**

**athlete!**