



VIRTUAL PRIMARY SPORTS DAY 2020

ACTIVITY 1



EGG & SPOON RACE

LINE UP AT THE STARTING LINE WITH YOUR EGG BALANCING ON YOUR SPOON. MAKE SURE YOU HAVE ONE HAND HOLDING THE SPOON AND THE OTHER HAND BEHIND YOUR BACK.

**EQUIPMENT NEEDED: EGGS / SPOONS
START & FINISH LINE**

ACTIVITY 2



LONG JUMP

AT THE STARTING LINE, STAND WITH YOUR FEET ABOUT SHOULDER-WIDTH APART, FACING FORWARD. WHEN YOU'RE READY, BEND YOUR KNEES AND JUMP AS FAR AS YOU CAN. RAISING YOUR ARMS OVER YOUR HEAD WILL HELP YOU GO FURTHER.

EQUIPMENT NEEDED: START POINT

ACTIVITY 3



SPRINT

PLACE A START AND FINISH LINE 20 METERS APART USING GARDEN OBJECTS. A FAMILY MEMBER WILL SHOUT 'ON YOUR MARKS, GET SO, GO!!!' WHEN THEY SAY GO, YOU MUST SPRINT TO THE FINISH LINE.

EQUIPMENT NEEDED: START & FINISH LINE

ACTIVITY 4



WELLY BOOT TOSS

START BY HOLDING YOUR WELLY BOOT IN YOUR STRONGEST HAND AND START SWINGING YOUR ARM UNTIL A FAMILY MEMBER SHOUTS 'THROW!' THE WINNER IS THE FAMILY MEMBER WHO THROWS THEIR WELLY BOOT THE FURTHEST.

**EQUIPMENT NEEDED: START POINT
WELLY BOOT**

ACTIVITY 5



THREE LEGGED RACE

STAND AT THE START LINE WITH YOUR PARTNER. ENSURE THAT YOUR LEGS ARE TIED TOGETHER. ASK A FAMILY MEMBER TO SHOUT GO.

**EQUIPMENT NEEDED: STARTING & FINISH LINE
MATERIAL TO JOIN LEGS
TOGETHER**

ACTIVITY 6



BALANCE RACE

STAND AT THE START LINE WITH YOUR OBJECT BALANCING ON YOUR HEAD. YOUR AIM IS TO GET TO THE FINISH LINE WITHOUT THE OBJECT FALLING OFF YOUR HEAD.

**EQUIPMENT NEEDED: STARTING & FINISH LINE
OBJECT TO BALANCE
ON YOUR HEAD**

ACTIVITY 7



SHOT PUT

STANDING IN THE SAFETY AREA, YOUR OBJECT (SHOT PUT) NEEDS TO BE IN YOUR STRONGEST HAND AND PLACED AT THE SIDE OF YOUR CHIN. WHEN THE AREA IS CLEAR YOU MUST THROW THE OBJECT FORWARD ENSURING THAT YOUR ARM IS STRETCHED OUT.

THE WINNER IS THE FURTHEST THROW.

**EQUIPMENT NEEDED: THROWING POINT
SAFETY ZONE
THROWING OBJECT (SUCH
AS ROLLED UP SOCKS)**

ACTIVITY 8



ARMY CRAWL RACE

AT THE STARTING POINT YOU MUST BEGIN TO ARMY CRAWL ON YOUR KNEES AND ELBOWS ALL OF THE WAY TO THE FINISH LINE. THE WINNER IS THE FIRST PERSON WHO REACHES THE FINISH LINE.

EQUIPMENT NEEDED: STARTING & FINISH LINE

ACTIVITY 9



SPEED BOUNCE

***FIND A LINE OR A STRAIGHT OBJECT TO JUMP OVER FOR
30 SECONDS.***

EQUIPMENT NEEDED: LINE TO JUMP OVER