

SPORTS DAY 5TH JUNE 2020

Here is a list of fun activities that you and your family can choose from. Remember to drink water and keep hydrated! Be as creative as possible and most importantly have lots of fun!! 😊

- Egg and spoon/ Potato and spoon race
- Sack race
- Three legged race/Relay race/Wheelbarrow race
- Target throw: Choose your target (it could be a bucket or a hoop). Measure a set distance from the target (e.g. 2 metres). See how many clothes pegs you can get into the target in one minute.
- Create an obstacle course using household items. Include a variety of movement such as: crawling, running, jumping, skipping, hopping, balancing, moving sideways and rolling. You could also include star jumps, burpees, balance a plastic cup on your head or include a bottle flip challenge. Be as creative as possible! 😊
- Create a Fitness Course with a variety of stations: E.g.:
Station 1 – Do 20 Star Jumps and run to next station
Station 2 – Do 15 Burpees and run to the next station
Station 3 – Do 10 Sit ups and run to the next station
Station 4 – Do 5 Press ups and run to the finish
- Traffic lights: Run around and respond to the following commands: Red – stop, Amber – walk, Green – run. You can change the commands to mix it up
- Penalty Shoot – Out: Create goals and see who can score the most penalties
- Welly Toss: See who can throw a welly the furthest! Mark your spot with a cone / shoe / other item of choice.
- Long Jump: Stand with your legs together and jump. Who can jump the furthest?
- Balance: How long can you balance for? The person who can hold their balance for the longest wins
- Do some Yoga – see Yoga cards linked on blog
- Make up a dance or choose one from <https://app.gonoodle.com>
- Go for a walk/run/cycle/scoot
- Play tennis/camogie/cricket/football

***It's very important that you ask an adult at home for permission before you try out any of the above activities. Stay safe! 😊**