

Family Sports Day



Are you missing sports day this year?

Well why not organise a family sports day. Decide on events, organise equipment and schedule. Send out invites. Don't forget refreshments and medals!

Here are some ideas

Feet together jump ...



Mark a starting point. Jump and land with both feet together. Then measure distance jumped. The best of three is your score, or if older you could work out the average of three jumps.

Obstacle race...



Plan and set up an obstacle race or dressing up race. Time the competitors with a stopwatch or count seconds by saying 1 elephant, 2 elephants etc. Including water somewhere will make it fun!

Throwing challenge...



Organise a throwing event? Either aiming for a target or the longest throw. With a target event vary points according to how close to the target centre competitors are, or by how far the target is away? Can you set the scores and calculate the totals scored or a total of three throws?

Check out Twinkl for supporting activities - <https://www.twinkl.co.uk/search>

Hope the weather is on your side - *Sarah*