

Guide to Home Sports Day

Welcome to our first Home Sports Day! In this strange and unusual time, we hope you can enjoy a Sports Day with a difference at home with your family! Use this document to help you plan, prepare and carry out your very own Sports Day!

Organisation

- All sports can be done in your home and garden.
- Please keep an eye out on our Facebook pages and online for the date of Home Sports Day.
- Each event should take no longer than 5 minutes.
- Remember to drink water and keep hydrated, especially if it is a hot day!

You will need:

- egg and spoon for each person
- something to balance on (optional)
- ball and target or bucket
- something to lie on (optional)
- something to climb over and go under (e.g. a long-handled brush on a chair)
- cups for each person, bowl of water, empty bowl
- scarf
- pillowcase for each person
- start and finish line markers

Events:

Egg and Spoon Race

Balance

Ball Toss

Standing Long Jump

Sit-ups

Over and Under

Water Race

Three-legged Race

Ball Catches

Pillowcase Sack Race

Event cards with instructions are available on the Twinkl website. You may want to display these to remind you of what to do.

Use our **Leader Board** to keep track of everyone's performance. **Certificates** are available to remember your day.

Please share your photos and completed activities online with us! We can't wait to hear how you got on. Most importantly, have fun and enjoy your Home Sports Day.

