

At home mini

Sports Day

Space

- ✚ For this sports day all you will need is any indoor or outdoor space which is big enough to complete various sporting tasks.

Time

- ✚ This activity can take as much time that is needed and should be a fun activity for children and adults to take part in whenever they want for how ever long they want.



Equipment

- ✚ Balloon/pillow/box
- ✚ Chalk/tape for markings
- ✚ Large bowl/washing basket/container as a target
- ✚ A small ball/rolled up socks
- ✚ Tupperware containers/something small enough to use as hurdles
- ✚ Small table/something to use as a tunnel
- ✚ Eggs/rolled up socks
- ✚ Wooden spoon

Task

- ✚ Using a pillow, balloon, or box, place it between the knees and run across a distance marked out by any household items. Race with another person in the house and see who wins.
- ✚ Using a washing basket, large bowl or a container as a target. Throw a ball or rolled up socks into the target and see how many you can get into the target in 30 seconds.
- ✚ Using the tape or chalk, mark out distances for a mini long jump activity seeing how far they can jump.
- ✚ For a hurdles race, you can use Tupperware containers or boxes that are small enough to jump over, place them across a distance and race someone in the house.
- ✚ 'Egg and Spoon' race either using a real egg or just some rolled up socks.
- ✚ Using items that are around the house create an obstacle course to complete with using tables as tunnels, containers to jump over and either tape or chalk to create a balance beam.



People

- ✚ This mini sports day can be done with anyone living at home.