

Welcome to the Active Schools Home Sports Day pack!

Below we have six different events to try each with an indoor, outdoor and adapted option.

Pick the one which suits you and give it your best shot!

Events	Indoor	Outdoor	Adapted (Choose your own time limit)
<b>Sack Race</b>	<p>Set up a line or small obstacle and jump sideways across the line and back as many times in 30 seconds as possible.</p> <p>Do this while standing inside a pillow-case / sleeping bag etc.</p>	Traditional sack race – set up a start line and finish line.	Step into sack/pillowcase etc and then step out to the other side as many times as possible within a time limit.
<b>Egg and Spoon</b>	<p>With an egg on a spoon, start standing upright.</p> <p>The challenge is to sit down on the ground and stand back up again in as little time as possible without dropping the egg.</p> <p>Extra points for using a raw egg!</p>	<p>Races with egg balancing on a spoon:</p> <p>Traditional Race – set up a start line and a finish line. Fastest to finish line or</p> <p>Set up a course – weave in and out / climbing over / etc. Fastest to finish course or</p> <p>Indoor version if preferred.</p>	From seated position pick up the egg from a plate and using a spoon transfer it to another plate situated on the opposite side as many times as possible within a time limit.
<b>Target</b>	<p>Throw a (non-breakable!!) object into a target e.g. washing basket, bucket, pan, etc.</p> <p>How many you can get into the target in 30 seconds.</p>	<p>Throw or kick any ball into any target (hoops, buckets, etc.)</p> <p>How many can you get in 30 seconds.</p>	Roll a ball across the ground to hit or go into a target. How many can you get within a time limit?

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<b>Dress Up Race</b>	Look out as many items of clothing as you can. When the timer starts, how many layers of clothing can you put on in 1 minute?	Set up a start line and finish line. Lay out 5 different items of clothing on the course. On the shout of "Go", run from start to finish putting on the item of clothing as you reach it.	Make a person out of different pieces of clothing. How many can you make within a time limit?  Or Adapt indoor version as appropriate.
<b>Jumping</b>	With 2 feet together, how far can you jump from standing? Measure using a measuring tape. You can even use toilet roll sheets!	As indoor version	From seated position stretch your legs out as far as possible on the ground. How far can you go while remaining seated on the chair?  Try with one leg at a time or both legs together.
<b>Sprint Race / Cross Country</b>  (Choose either Sprint Race, Cross Country or both depending on preference)	Using high knees, sprint on the spot for as long as possible.  Time from start to finish.  Feel free to use a step counter to track how many steps you can do.	Set up a course and measure the distance, and count your laps completed to find your total distance.	Any type of movement for as long as you can keep it up! See how long you can go.