

# 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.
- 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 a separate sheet. You may want to display these to remind you of what to do.

**Certificates** are available for you to print if you would like to.

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.

