



Hello Everybody,

This week we would have been having our sports day in school so your challenge is to plan your very own 'Home Sports Day'.

You can create your very own sports day using objects you have at home, they don't have to be sports equipment, for example a pair of socks could be a ball, potatoes make great eggs and plastic picnic plates make great frisbees or tennis rackets!

To plan a great 'Home Sports Day' think about:

1. Who is taking part?
2. Can you make some medals or prizes?
<https://www.twinkl.co.uk/resource/cfe2-p-85-design-a-sports-day-medal-activity-sheet>
3. Can you make some healthy snacks like fruit kebabs?
<https://www.bbcgoodfood.com/howto/guide/how-host-sports-day>
4. Where will you do the races - in the house, garden, park or beach?
5. Which races will you have?
 - Egg and spoon race (use a potato on a spoon if you don't want to break the eggs!)
 - Wheelbarrow race
 - Hula hoop challenges
 - Space hopper race

- Relay race
- Balloon games
- Bean bag throwing competition (use pairs of socks if you have no beanbags)
- Dribbling a football around cones
- A mini triathlon of different skills

Here are some more ideas:



English - Can you write a description of each race?

Can you write a report about your 'Home Sports Day'?

Maths - Can you time how long each race takes? Who is the fastest? Which race was the slowest? Which one do you think was the easiest? Why?

ICT - Can you take some photos of your sports day and send them to school to share with them? Can you make a poster of your sports day using the photos you have taken? Can you put the photos into a presentation on the computer/tablet?

Art - Can you draw a picture of each race for your plan?

If you would rather do some different activities I have some great activities for running for speed in different ways and how you can use these in your Maths, English, and ICT work.

<https://docs.google.com/presentation/d/1lcfdaQ-kKnxMu04qVKqy-dj22MzBIOW6zWKh-mHV2G4/edit?usp=sharing>

Have fun and please share your sports day with us, I always love to see what you are doing at home.

Take care and keep active!

Mrs. Turner