

# Virtual Sports Day Activities

## Running Activity 1: Traffic Lights

Child finds a space in the garden. A parent/sibling holds up any of three cards. A red card indicates to stop, amber card indicates to walk and green card indicates to run. The child moves around the garden in response to the cards shown.

## Running Activity 2: Rock, Paper, Scissors Tag



Child stands a distance away from a parent/sibling, facing each other. The activity begins by performing a rock-paper-scissors routine. A rock is a closed fist, paper is a flat hand, and scissors are the index and middle fingers in a cutting position. Paper always covers rock, rock breaks scissors, and scissors cut paper. To determine a winner, count to three and form a rock, paper, or scissors. The winner then chases their partner toward their safety line, attempting to tag them before they are safe. Line up again and repeat the activity.

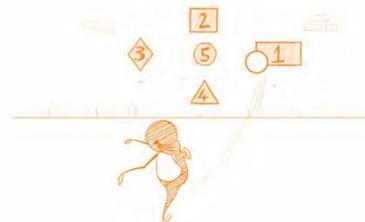
## Kicking Activity 1: Through the Gate

Each child stands on a spot facing a parent/sibling who is also standing on a spot some distance away. Set up a gate between each pair using two cones. The child attempts to kick the ball to his partner through the gate. One point is awarded to each person that successfully kicks the ball through the gate. Single pupils could play the game off a wall. To add a challenge, increase the distance or add some targets.



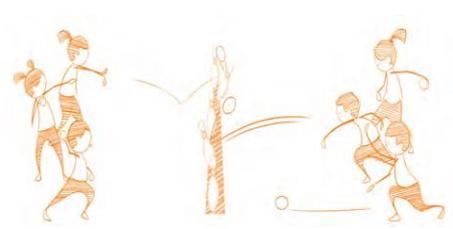
## Kicking Activity 2: Kick to Score

Draw or stick target areas at various heights on a wall. Points should be placed in the centre of each target from one to five. Child can be given a score to achieve e.g. 10 that he must try to achieve by kicking the ball at the various targets.



### Throwing Activity 1: Knock 'em Down Pinball

Child and a parent/sibling line up at a distance either side of a line of skittle targets as shown. Tins of beans or empty cereal boxes could also be used. Each takes a turn to roll a ball, trying to knock over a target in the middle. Whoever successfully knocks over a skittle can claim this skittle and bring it over to their side. Continue playing until all of the skittles have been claimed.



### Throwing Activity 2: Tennis ball Challenge

Child works with a parent/sibling, one throwing and the other counting. The aim is to throw the ball against the wall and catch it again as many times as possible in thirty seconds. For safety reasons, be sure to keep a good distance apart.



### Landing Activity 1: Jack be Nimble

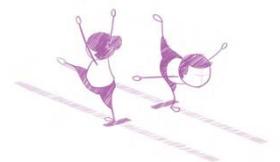
Scatter the cones randomly around the playing area. Child chants the rhyme below for a parent/sibling who must jump over the cone (the candlestick) and attempt to land safely on the other side of the cone. The child then jumps over two cones while



parent/sibling is saying the rhyme: 'Jack be nimble, Jack be quick, Jack don't land on the candlestick'. After each person has completed three jumps and three landings, swap roles and play again.

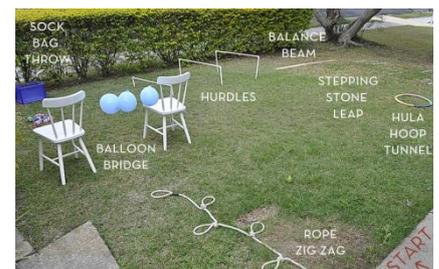
### Balancing Activity 1: Walk the Line

Child walks along a line on the floor (this could be a line painted on the floor, a strip of tape or a line of spot markers). The child must try to turn fully around in the middle without losing balance or toppling off the line, complete the task with his eyes closed (with a parent acting as guide) and hold a shape for a count of three as he balances on the line.



### Balancing Activity 2: Obstacle Course

Child sets up and runs their own obstacle course as shown in the diagram. Use any equipment available - household or otherwise. The child follows the obstacle course, times himself and tries to beat his original time.



## Traditional Sports Day

### Activity 1: Egg and spoon/Potato and spoon race.

Enlist family members to participate. Each person gets an egg (hardboiled or plastic) or potato and spoon and must carry their egg/potato on their spoon from the starting line to a finishing line. If the egg/potato is dropped, the pupil must stop and retrieve it. The winner passes the finishing line first. (Photo - Wikipedia.com)



## Traditional Sports Day

### Activity 2: Sack Race



Enlist family members to participate. Each person puts both legs into a sack and hops from a starting line to a finishing line. The first person past the finishing line is the winner. (Photo - Wikipedia.com)