

Primary P1-2 PE

SPORTS DAY

Below are 6 family fun sports day activities! You can choose as many or as little of the activities as you wish to complete but it would be great if you could try one activity each day this week.

Don't forget to message Miss Johnston to let her know how you are getting on! :)

1. Balloon & Spoon Race

Use a balloon or a pair of rolled up socks and balance it on a spoon. Walk round your living room/garden 10 times as quickly as you can without dropping the balloon/socks.



2. Obstacle Course

Create your own obstacle course using various things you find in the house. Time yourself how long it takes you to complete it and send your teacher videos/pictures of your hard work!

DIY Obstacle Course Ideas



3. Three-Legged Race

Use some old ties or scarves and tie 2 peoples legs together to create 3. Try moving from one end of the house/garden/street to the other as quickly as you can.



To make it easier:
Walk slower.

To make it more challenging:
Try to make it round your living room more than 10 times without dropping the socks.

To make it easier:
Use less objects/equipment.

To make it more challenging:
Use more objects/equipment.
Leave less space between equipment.

To make it easier:
Try moving slowly at first until you get the hang of it.

To make it more challenging:
Time yourself completing a lap of the garden/street. Can you beat this time?

4. Sack Race

Use an old pillow case or black bin bag to use as your sack. Get inside it and use your feet to jump yourself to one end of your "track" and back, trying to beat everyone else.



5. Battleships

With a partner, each player places five targets (battleships) in front of them.

- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships.



[Battleships - Video](#)

Targets could include cans/toys/pots.

6. Long Jump

Use tape to mark out lines on the floor. The first line is the start, then each gap should be your shoe size.

Start with your toes on the first line and jump as far as you can. Count how many lines you jumped over.

Make sure you land on two feet and bend your knees.



To make it easier:

Practice on your own at first to get the hang of it.

To make it more challenging:

Race against people in your house to see who wins.

To make it easier:

Make targets closer.
Use larger targets.

To make it more challenging:

Use smaller targets.
Move targets further away.

To make it easier:

Practice by yourself to get the hang of it.

To make it more challenging:

Try to beat other people in your house.