



# CASTLE DOUGLAS PRIMARY SCHOOL

## LOCKDOWN GAMES 2020



<b>PILLOWCASE SACK RACE</b> Make a circuit around the garden and time how quickly you can race around.	<b>TOILET ROLL RACE</b> Make a circuit around the garden and time how quickly you can run around it with a toilet roll between your legs.	<b>CUSHION RACE</b> Make a circuit around the garden and time how quickly you can run around it with a cushion balanced on your head.	<b><u>KEEPY UPPY CHALLENGE</u></b> How many keepy ups can you do with a ball or a toilet roll?
<b>SHOT PUT</b> Using a toilet roll, see how far you can safely throw it. Measure the distance using your feet.	<b>TARGET PRACTICE</b> Set up 3 empty plastic bottles and stand away. Using a ball or a toilet roll try to bowl the bottles over. Can you get all 3?	<b>TATTIE AND SPOON RACE</b> Make a circuit around the garden and time how quickly you can race around without dropping the tattie.	<b>WELLY TOSS</b> See how far you can safely toss a welly boot. Measure the distance using your feet.
<b><u>PLANK CHALLENGE</u></b> Time how long you can hold a plank for.	<b><u>BURPEE CHALLENGE</u></b> How many burpees can you do in a minute?	<b><u>TIME FOR TEA</u></b> Set up a mug and stand away from it. How many times can you get the tea bag to land in the mug?	<b>THE CUP CHALLENGE</b> Make a circuit around the garden. Run around the course with a full plastic cup of water. How quickly can you do it without spilling any?

## ULTIMATE CHALLENGE

With adult permission, design an obstacle course. Once you have designed your obstacle course, photograph yourself (and any members of your family) completing it. See if you can beat your time. Make sure to share your photos with your teacher.

Will your course be the most challenging or the most creative?