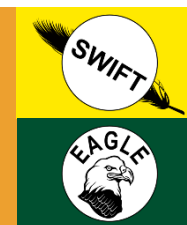




CASTLE DOUGLAS PRIMARY SCHOOL

SPORTS WEEK JUNE 2021



CLICK ON EACH ACTIVITY TO WATCH A DEMONSTRATION VIDEO

EGG AND SPOON RACE

Balance an egg or a similarly shaped item on a spoon and race with it to the finish line.

HURDLES

Set up a line of objects that you can safely jump over. Run and jump over them at speed.

TARGET THROW

Stand behind the starting line and throw the ball to the target. You can use any objects and increase the distance.

KEEPLY UPPY CHALLENGE

How many keepy ups can you do with a ball? Record your score and then try to beat it.

STANDING LONG JUMP

Place both feet on the starting line and leap forwards. Ask an adult to record where you land. Try and beat your distance.

OBSTACLE COURSE

Create an obstacle course to navigate around. Can you include running, climbing, jumping or crawling?

SHUTTLE RUN

Test your acceleration by running as quickly as you can. Run to the first marker, touch the ground and run back to the start line.

WELLY THROW

See how far you can throw a welly boot. Measure the distance using your feet.

SPEED BOUNCE

Test your speed, rhythm and coordination. Do a two footed jump from side to side. Both feet must touch the same side each time to complete the bounce.

THREE-LEGGED RACE

Connect your left leg to the right leg of another runner. Work as a team to reach the finish line.

HULA HOOP RACE

Step through the hula hoop one foot at a time, rotating the hoop back over your head.

FAMILY RACE

Run around a circuit taking one extra family member with you each time.

In preparation for sports week at school, why not have a go at some of these activities at home. Everyone in your family is welcome to take part. There are 12 activities to try but you don't have to do them all. Good luck and have fun. Remember to share any action shots of you practising at home with your class teacher.