

EYFS Races Sports Day Guide

There will be 6 races which the children can take part in.

The 6 Races

(Children can take part in all or some of the races, depending on the number of children, their age and time available.)

- 1. Sack Race** – Children to step into a sack or pillowcase at the start. They should then jump the length of track inside the sacks or pillowcases.
- 2. Sprint** – Children should try to run as fast as they can to reach the end.
- 3. Dressing Up Race** – Lay out a range of different clothes e.g. hats, scarfs, T-shirts, shorts. Children should run along the track, putting on the clothes as they go.
- 4. Egg and Spoon Race** – Children should take their time to get to the end of the course without the egg falling off. Pretend eggs or small balls could be used in place of eggs if necessary.
- 5. Obstacle Race** – Children should go over, under or through the obstacles e.g. under benches, over cones, through hoops.
- 6. Beanbag on Head Race** – Children should keep the beanbag on their head and try to get to the end of the track as quickly as they can.

