



Races

These should be organised to comply with social distancing and not sharing equipment (which I've tried to keep minimal)

Depending on differing abilities, ages etc. of the pupils please change the space, task to make the races more competitive, challenging and rewarding for all.

No Equipment

1. Flat Races
2. Two footed jumps
3. Hopping- change leg half way
4. Challenges at half way point- e.g. an exercise/s, something fun such as put clothes on, complete a task.
5. Differing starts- Sitting start, facing wrong way, no hands stand, false instructions, complete a task.

Bean Bag Races

1. Balance on head, shoulder, hand, foot etc.
2. Trap bean bag between feet, knees, body/ elbow etc.
3. Throw, turn catch- or similar.
4. Throw and complete a number of set claps.
5. Target hitting- throw into or hit set target.

Basic Equipment

1. Skipping
2. Bat and ball/object balance
3. Hurdles
4. Dribble- football, hockey, tennis, etc.
5. Newspaper race 1- balance on various parts of body - chest, arm, head etc.
6. Newspaper race 2- place one bit of paper down at a time to walk on.

Relays- beware of social distancing so in family groups/ spread out for changeover etc.

1. Variations of all above
2. Noughts and Crosses.
3. Connect 4