****St Barbara’s Primary Sport’s Day at Home – Tuesday 26th May 2020

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| Egg and Spoon  Boil some eggs and do an egg and spoon race - how many times can you run up and down your garden without dropping it? Or race against your family! | Sack Race  Create a circuit in your garden - use an old pillowcase and time how quickly you can race around it! Or if you have a few sacks why not race against one another. | Welly/Shoe Toss  Select a welly or shoe of choice and toss it!  Measure how far you can throw! |
| Three Legged Run  Parents get involved!  How far can you run with 3 legs?  Measure the distance! | Target Practice  Set up some old plastic bottles, cones or pins and throw a ball at them from different distances! How many did you knock over? | Balance Challenge  How long can you…   * Plank * Balance on one leg * Balance on leg and arm |
| Make a Healthy Snack  Make a delicious healthy snack for you to refuel and get ready to go again. I wonder what you will make? | Water Break  It’s very important that you stop and have a water break to help keep yourself hydrated! | Family 2K or 3K Walk  Get your daily exercise with your family by going on a 2K or 3K walk. If you want to walk more then go for it! |
| Obstacle/ Assault Course  Timed Event  Design your course first and then with the permission of parents/guardians:  Gather different items from your house and set up an assault course- make it as easy or as difficult as you like! | Dribbling Skills  Set up a circuit using cones or other objects you have at home and dribble the ball around them! Can you challenge yourself to doing it within a set time! | Mini Triathlon  Timed Event  Roll! Run! Cycle!  **Roll-** you decide the type of roll- 1metre  **Run-** Sprinting- 3metres  **Cycle-** as fast as you can 3metres  How fast can you do it? |

Please Tweet us your pictures @St\_BarbarasPS