****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 TossSelect 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
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| Make a Healthy SnackMake a delicious healthy snack for you to refuel and get ready to go again. I wonder what you will make? | Water BreakIt’s very important that you stop and have a water break to help keep yourself hydrated! | Family 2K or 3K WalkGet 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 EventRoll! 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