



The Carrick Games



The Carrick Games is a fun friendly way to compete in Sports Day at home against all Schools in the Carrick Cluster. Pupils will complete the list of 5 challenges below that can be completed either in your garden or in your home. You may need help from an adult to estimate/calculate scores and to be a little creative with resources. Scores will be recorded as an average per School per submission from P1-P3 and P4-P7.

In addition to these challenges, we would love you to make up with one of your own Sports Day races. This will score bonus points for your school with the most creative race being rewarded with 10 bonus points and will be an opportunity to have some fun with the family and for our EYC to get involved. Some suggestions are listed below.

Once you have completed your 5 challenges you can post your (adult verified) scores through the **Schools Teams** or you can post on the [Maybole Active Schools and Community Sport Facebook](#) or [Twitter page](#). Simply post your total score with your child's School and stage and don't forget to add some pictures or videos of your Sports Day.

Please note – If you do not have a measuring tape or ruler, we will trust you to estimate the distances. (1 metre = 1 large step)

Follow the Maybole Active Schools and Community Sport Facebook and Twitter pages for demonstrations on each challenge as well as updates on the Carrick Games!!

Please upload your scores and photos / videos by Monday 15th June.

Challenge 1 – Target Throw (throwing a boot or shoe into a bucket/tub/ large saucepan etc).
3 shots per child and record total score.

P1-P3

- 1 metre – 2 points per successful attempt
- 2 metres – 3 points per successful attempt
- 3 metres – 5 points per successful attempt

P4-P7

- 2 metres - 2 points per successful attempt
- 3 metres – 3 points per successful attempt
- 5 metres – 5 points per successful attempt

Challenge 2 – Side-to-side jumps (P1-7) (speed bounce). Continuous jumping with two feet together over a small object or a drawn line. As many as you can in 30 seconds!

- **Your score will be the total number of jumps completed in the 30 seconds!**

Challenge 3 – Step – ups (P1-7) Continuous stepping up and down the doorstep or bottom of the stairs. As many as you can in 30 seconds!

- **Your score will be the total step-ups completed in 30 seconds!**

Challenge 4 – Ball throw (2 players). Your score will be the total number of catches in 1 minute. Only the **child competing's catches** count as a point.

Distance between throwers:

- P1 – 2 metres
- P2 – 3 metres
- P3 – 4 metres
- P4/5 – 5 metres
- P6/7 – 6 metres

Challenge 5 – Shuttle Runs – place markers (any items) 10 metres apart and run as many times as you can between the two markers in 30 seconds!

- **1 point is awarded every shuttle run (there and back is 1 run)**

Fun Family Race

Suggested family races (upload a photo or small video to the Maybole Active Schools and Community Sport Page on Facebook or Twitter with your child's School and stage. (Example - Kirkmichael, P2)

- Washing line race
- Wheelbarrow race
- Egg and spoon (potato, stone etc)
- Hopping race
- Obstacle races

Good Luck everyone and more importantly, HAVE FUN!

Ryan Douglas