

Cairns Primary School
Online Sports Day
May/June 2020

Activities and Instructions (movies can be made as examples)

All family members should take part

1. Egg and spoon race

Resources – spoon, hard boiled eggs for each player or a small ball for each player, stop watch

Aim – run from the starting point to the finishing point with the ‘egg’ on the spoon.

Mark out an area for the race. You can do a double journey to make it longer.

Option 1 – All players run at the same time.

Option 2 – Each player runs separately against the clock. Shortest time wins

You choose – If you drop the egg should you return to the start or keep going.

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

2. Sock Toss

Resources – 5 pairs of socks and a bucket

Aim – throw the socks in the bucket from a short distance

Points – 1 point for each pair of socks that land in the bucket

3. Long Jump

Resources – something to mark the starting line and name tags to mark the final jump position

Aim – Jump the furthest

You can choose whether it is a standing jump or a running run depending on your space

Each player completes 1 jump.

The person who jumps the furthest is the winner

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

4. Ladder run

Resources - Pens/pencils and a stop watch

Aim – Complete the most ladder runs in 2 minutes

Set up by marking the rungs on the ladder using the pens/pencils

Each player should be given 2 minutes to complete as many ladder runs as they can. A ladder run is when you step both feet into the space between the rungs. If only one foot is placed in between the rungs it does not count. Most ladder runs wins

SAFETY NOTICE – I do not recommend using a ladder for this activity

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

5. Sack Race

Resources – Pillow cases, bin bags or plastic bags to use as a sack.

Something to mark the start and finish.

Aim – Complete the sack track in the fastest time.

Set up a start and finish post. You could do a double run to make it longer.

Option 1 – All players race at the same time

Option 2 – Each player completed the course in against the clock.

Quickest time is the winner

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

6. Dribbling

Resources – Tins and a ball

Aim - Dribble the ball around the tins

Set the tins out in a line with some space in between. Each player should dribble the ball around the tins against the clock. Fastest player wins.

Challenge – At the end of your dribbling course you could try to score a goal. Fastest time wins. Bonus point if you score a goal.

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point
+ bonus point if you score a goal

7. Tin man shuttle

Resources – 4 or 5 tins and markers

Aim – place one tin at each marker

Set up the markers in a line with space in between. Make sure you are clear on the starting point. Place all tins at the starting point. Against the clock each player should run from the starting point to 1 marker carrying 1 tin. Place the tin on the marker and return to the start point to collect the next tin. Fastest time is the winner

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

8. Obstacle course

Resources – This is for you to be creative (and safe) by making your own obstacle course.

Aim – complete the course in the fastest time.

Each player should be given the chance to complete the obstacle course against the clock. The player who completes it quickest wins.

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point

9. HIIT challenge

Resources – Stopwatch

Aim – to complete the HIIT workout in the fastest time

10 sit ups

10 press ups

10 burpees

10 squats

The person who completes this quickest is the winner

Points – 1st – 3 points 2nd – 2 points 3rd – 1 point