Additional Sports Day Activities

Wet Sponge Designs

On a hot, summer day, gather up lots of sponges, provide a tub of water for endless re-soaking, and have your kids throw their sponges on a wall or on a cement surface to make designs. Sponges can also be used to “paint” walls.

Hopscotch

A favourite with kids of all ages, hopscotch is a game that can be played inside or out. Inside, use painters tape on the floor to pattern your own board and use buttons, rolled up socks or bean bags instead of rocks. Outside, use chalk to make a court and use rocks or the chalk itself as a marker.

Kick Bowling

Switch up regular bowling inside or outside by having your kids use different sizes of balls to kick down different objects such as empty bottles or rolls of paper towels.

Bean Bag Balance

Have your child balance a bean bag on their head and walk from one point to another without dropping it. As they master the walk, move the points further apart or make the course a bit more challenging by adding zig zags or circles, or objects around which they have to manoeuvre.