

Stay at home Sports Day

Choose your favourite activities from the ideas below and take part in our Stay at Home Sports Day!

With an adult's permission, you could record some of the events you do and tweet them to us @CoppiceB75.

You could even make some of the events into a competition with your friends or family.

Create and complete your own obstacle course	Egg and Spoon – how many lengths of the garden/room can you do in a minute?	Can you sprint non-stop for 30 seconds? This can be on the spot. If you have enough space, why not make it into a race?	How many feet keepy uppies can you do?
How many hand keepy uppies can you do? Scrunch up some paper or use a soft ball.	Water Race – Fill a cup with water and race to a bowl. How full can you make the bowl in a minute?	How many claps can you do when you throw a ball up into the air?	Speed Bounce – how many jumps can you do over an object in a minute?
How many sit ups can you do in a minute?	Rubbish bin Basketball shootout – how many bits of scrunched up paper can you get into the bin in a minute?	Long Jump - How far can you jump?	How long can you hold your balance for? It is up to you how creative you want to be with your pose.
How many times can you skip in a minute?	Three-Legged Race Choose a partner and time how long it takes you to get from one side of the room/garden and back. If there is enough of you, and space, have a race at the same time.	Target Challenge – Create a target and throw/kick a ball or scrunched up paper to see who gets the closest to it. You have got 3 attempts each.	Water balloon toss – Fill up some water balloons and find a partner. Begin tossing your water balloon to each other – the key to winning is to catch it successfully. Every time it is caught, take a step backwards. The game continues until the balloon bursts.