

Our Lady of Peace Virtual Sports Day



Here are some activities you can try in your home or garden for Sports Day fun!

Get an adult to time each activity for a minute and note your scores.....

You can send your scores and/or pictures of you completing the challenges if you wish to Mrs McPhee through Showbie to receive a certificate of participation!

Sack Race

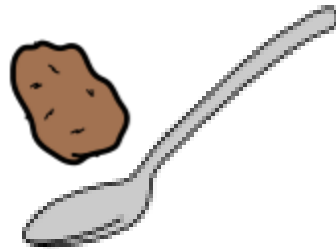
Have a pillowcase sack race. How many times can you make it round the garden/up and down the hall in a minute?



Score -

Tattie and Spoon

Can you balance a potato on a spoon and run around the garden or walk up and down the hall?
How many times in a minute?



Score -

Wellie Toss

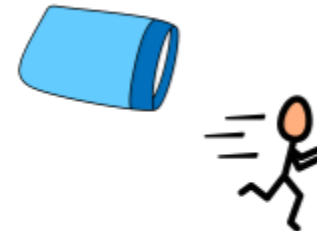
Stand at one end of the garden and see how far you can toss a wellie (or something softer like a teddy if indoors)
Measure the distance in footsteps!



Score -

Cushion Challenge

How many times can you make it around the garden/room with a cushion balanced on your head within a minute??



Score -

Tea Cup Challenge

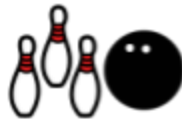
Set up a tea cup and stand 5 footsteps away. How many times can you get a teabag in the cup in a minute?



Score -

Bottle Skittles

Set up 3 empty bottles and stand 10 footsteps away. Have 3 shots. How many did you knock down in total?



Score -

Ball and bucket

Use a bucket, basin or box. Stand 10 footsteps away. How many times in a minute can you get the ball to go in?



Score -

Shuttle Runs

How many times can you run from one end of the garden or hallway to the other in a minute?



Score -



Ultimate Challenge - Get an adult to help you design an obstacle course. Record your time (and anyone else in the family who wants a go!). Try and beat your time next time you do it!



Good Luck Everyone and remember to have lots of fun!

