**Monday 22nd June 2020**

**Sports Day**

Use the sports challenge cards and links to help you plan your own Sports Day.

You will need:

* A ball
* A hurley & sliotar (or bat & ball / tennis racket and ball, whatever is available)
* A hoola hoop or bucket for target throw
* A welly / old shoe
* A sack
* Spoon and potato
* A piece of fabric for three-legged race

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|  Sample Timetable |
| 10.00 | Long kick activity |
| 10.15 | Goal shoot activity |
| 10.30 | Long puck activity |
| 10.45 | Target throw activity |
| 11.00 | Break |
| 11.15 | Running race |
| 11.30 | Hurdles race  |
| 11.45 | Welly throw activity |
| 12.00 | Break |
| 12.30 | Egg and spoon race |
| 12.45 | Sack race |
| 13.00 | Three-legged race |

Link to extra activities: <https://healthy-kidz.com/> (Click on each week for access to resources and videos)

**\*Remember:** Stay safe in the sun. Wear sun cream and sun hats. Don’t stay out in direct sunlight for too long if it’s particularly hot. Take regular breaks and drink plenty of water.



 

 

 

 







