

## Family Sports day ideas

### If you have not got an outside space use the hall/living room

Use a phone/clock to time the stations **2mins** each station!

One of you count and keep the scores on a page e.g. mum station 1 34  
station 2 68  
station 3 120 etc

Add them up at the end to find the **Champion!**

- Station 1** Sprint from house wall to fence/gate/front door to kitchen
- Station 2** Balance a cushion on your head and run/walk without dropping it!
- Station 3** Bear Crawls on all fours...hands and feet crawl along as many times as you can
- Station 4** How many STAR jumps can you do in 2mins?
- Station 5** Egg and spoon or use a mini ball/golf ball on a spoon! If you drop stop and pick up. How many times?
- Station 6** Goal Score ...shoot the ball in between 2 markers to score. How many in 2 mins?
- Station 7** Target Throw. Set up a teddy or toy and stand at least 3 metres back. Throw something at it to hit it off. How many in 2mins? Or use a dart board or washing hanging on a line to hit from a distance
- Station 8/9/10 don't need to be timed. Just try your best**
- Station 8** Standing Long Jump. Draw a line on the ground to start with your toes against it and with 2 feet together jump as far as you can!
- Station 9** Fill the bucket is fun for everyone in back yard. Put an empty saucepan at a distance and fill cups of water and run to fill the saucepan. Time how long it takes you to fill it!
- Station 10** A well-deserved rest and drink of water!!!! **Well Done!**