

# Swaythling Infants

## Sports Day

This week Years R, 1 and 2 would have been taking part in our annual sports day. As we can't all be together, the teachers have put together some fun sports day activities that you can try at home.

### How it works:

**At school:** We race across the playground and back.

**At home:** You can race across your garden or use markers like coats or jumpers to set a distance in the park.

**At school:** We race against our friends in our class.

**At home:** You could have a few tries and try to beat your best or compete against your family.

### Events:

**Running Race:** Just run as fast as you can.

**Skipping Race:** Skip all the way. Remember – skipping is a hop and a step.

**Jumping Race:** Keep your feet together and don't forget to bend your knees.

**Egg and Spoon Race:** Instead of an egg, try a small ball or rolled up socks.

**Racket Race:** Balance a ball on your racket or the back of your hand.

**Football Race:** Dribble a ball between cones or markers.

**Bean Bag in a Hoop Competition:** Put a hoop on the floor and take 5 big steps back. Throw your bean bag and then collect it. How many times can you do this in 1 minute? If you don't have a hoop or beanbag, try a big bowl and rolled up pair of socks!

### Show us:

Take some pictures and make a note of your scores/times. Send them to your teacher at:

[yearr@swaythlingprimary.org](mailto:yearr@swaythlingprimary.org)

[year1@swaythlingprimary.org](mailto:year1@swaythlingprimary.org)

[year2@swaythlingprimary.org](mailto:year2@swaythlingprimary.org)