



## **Sports Day Set**

### **Before starting**

#### **Please take some safeguards:**

As most of the games involve movement, there should not be any sharp edges or objects in the playing area which could cause injuries

The playing area you choose should be large enough to ensure that the children cannot impede or injure one another

Make sure the game parts are not used in any way which could injure a child (EG by throwing)

### **Egg & Spoon Race**

Each team gets an egg and a spoon of the same colour, a start and turning line is laid out and held in place with pegs supplied. The children balance the egg on the spoon without holding onto it with their fingers. They must go once to the turning line and return. When they get back to the start line they must hand over the egg & spoon to the next child. If the egg falls off the spoon, that player goes back to the start. The team or player that is the first to complete the number of rounds specified wins

### **Three legged race**

Two players stand next to each other for the three legged race, the two legs touching are tied together in the middle with the Velcro bands. The two partners now have to run the distance without the band falling off. Otherwise they have to go back to the start. The team that is the first to complete the number of rounds specified wins

### **Sack Race**

One child from each team gets into the sack. When the start signal is given, all players begin jumping over the distance. The team or player that is the first to complete the number of rounds specified wins

### **Bean Bag Race**

The children balance the bean bag on their head without holding onto it with their hands. If the bean bag falls off, that player goes back to the start. The team or player that is the first to complete the number of rounds specified wins

### **Contents**

- 4 x Jumping Sacks
- 4 x Plastic Spoons & Eggs
- 4 x Bean Bags
- 4 x Plastic Stakes
- 2 x Ankle Straps
- 1 x Start Line
- 1 x Finish Line