

ROCK, PAPER, SCISSORS



Winning person chases partner to safety line behind them.

Egg and Spoon Race



HIGH 5 PLANK

Plank position facing your partner or wall. How many high 5s can you do in one minute?

WELLY TOSS

How far can you throw your welly?



HOW STRONG ARE YOU?

Count how many seconds you can do the bear walk

HOW FAR CAN YOU JUMP?



KICK TO SCORE



See instructions below

SACK RACE

Maybe you could use an old pillow case?

SPRINT



SKIPPING

Practice a skipping game/rhyme. Click [here](#) for Jack be Nimble



OBSTACLE COURSE

Be as inventive as you like! More ideas to help you make a plan below.



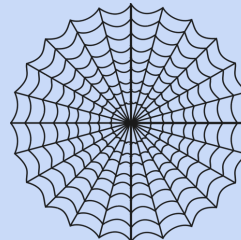
Create a Sports Day Game of your own!

BOWLING

How many skittles/bottles can you knock?



Spider Toe Touches



JUST DANCE!

