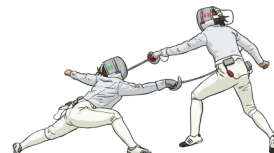
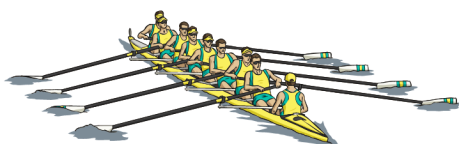




## 1<sup>st</sup> – 3<sup>rd</sup> class Suggested Sports Day Activities



- Long kick - see who can kick the ball the furthest
- Long puck - using a hurley and sliotar, see who can hit the ball the furthest
- Standing long jump - stand with your legs together and jump. Who can jump the furthest?
- Obstacle course
- Create a Tik Tok dance
- Open air Twister (using paper plates)
- Circuits (pick 4 exercises and complete these 3 times)
- Tennis / Basketball / Hurling / Football
- Scavenger hunt around the house/garden
- Try out some yoga poses
- Skipping
- Tug of War
- Penalties
- Relay Races
- Disco – dance to your favourite songs
- Bowling (using water bottles)
- Floor is lava obstacle course
- Practice a new skill – juggling / skipping / gymnastics etc.
- Go for a walk/run/cycle
- Throw a frisbee with someone in your family
- Balloon Tennis/Volleyball



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