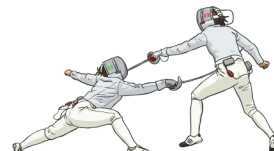
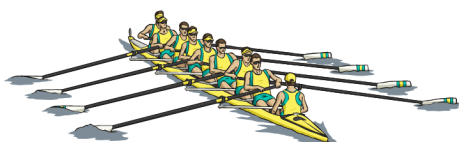




Junior & Senior Infants Suggested Sports Day Activities



- Obstacle course
- 5 senses scavenger hunt
- Circuits (pick 3 exercises and complete these 3 times)
- Practice some yoga poses
- Play musical statues
- Fill the bucket - place a bucket/box 1 metre away and see how many pegs etc. you can toss into the bucket/box in 1 minute
- Basketball / Football / Hurling
- Skipping
- Tug of War
- Penalties
- Relay Races
- Novelty Races (egg & spoon / sack race / wheelbarrow race / silly clothes race/3 legged race)
- Disco – dance to your favourite songs
- Bowling (using water bottles)
- Design and draw a hopscotch with chalk.
- 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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