

My Sports Day at Home Activities to Practice.

Egg and Spoon race.



Balance a hard-boiled egg, balloon or plastic egg on a spoon and walk along with it.

Do not hold it with your fingers.

Balancing



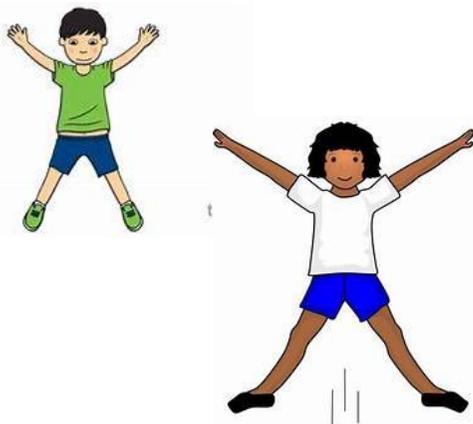
Balance small cushion, bean bag or folded tea towel with elastic band round on head and walk along with it

Throwing with Accuracy



- Stand 1 or more buckets or pots or containers in a line.
- Stand away from the containers. Try to throw a ball or rolled up socks into the container.
- Use up to 6 balls or rolled up socks.

Do 10-star Jumps.

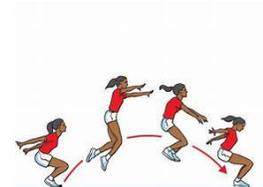


How many times can you hop on 1 foot?



Now try hopping on the other foot.

Standing Long Jump



- Stand on a starting line and try to jump forward as far as you can.
- Measure how far you jumped.
 - Try 3 times.

Welcome to my Sports Day at Home Event.



Other Family members are welcome to join in the activities too.

It is not just about winning activities.
We will be watching:

Who tried their very best at each activity?

Who was able to wait and take turns?

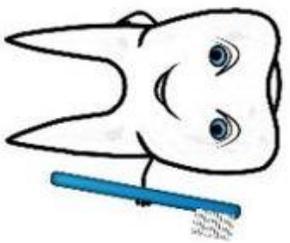
Who was able to share the resources?

Who enjoyed taking part in the activities?

Do not forget to take photographs to share with us.

On:

At:



Don't forget!

Morning

Evening

Sunday

Monday

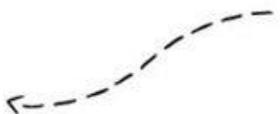
Tuesday

Wednesday

Thursday

Friday

Saturday



B

R

U

S

H

My Weather Chart

Look out of the window and draw the weather on your chart each day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
Afternoon						



sunny



cloudy



rain



snowy



windy



stormy

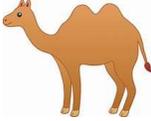
Create a medal.

Write your name on the medal and draw a picture of yourself.
Cut out the medal and punch a hole in the top for a ribbon or string to go through.
You can wear the medal after you complete all the activities at the Sports day at home event.



Ordinal Numbers

The animals were having a race. Can you order the numbers to the place they came.
The numbers will sound a little different from when we use them for counting.

Cut out the numbers and stick them in the right place. Remember the numbers may sound different as they are numbers for ordering. E.g. First, second etc.

1st	4th	7th	3rd	2nd	10th	8th	5th	6th	9th
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