



Mercy Primary School Sports Day 2020

We may not be able to have our traditional Mercy Primary School Sports Day this year but we can certainly try to recreate it at home! Get your whole family involved in these fun activities and enjoy sports day together. You can use whatever you have at home to create these activities. The kids will have lots of ideas for setting up these tasks. Sports Day wouldn't be the same without music playing to energise you! Why not listen to your favourite tunes to enhance your performance and make the day even more enjoyable! Take a few pictures and email them to us-we'd love to see them.

1. **Wheelbarrow race.** You can either race against other family members or time yourself doing a lap of a room or the garden. What's the fastest time you can do?!
2. **Balance Race:** Run around the garden balancing a loo roll on your head! See who can keep it on their head the longest. Who's the loo roll champion in your house?!



3. **Egg and spoon.** See if you can balance a potato or boiled egg on a spoon while running. Race against other family members or time yourself and see how fast you can run from the starting line to the finishing line without dropping the egg/potato.



4. **Water fun!** Fill a bucket/large sauspans with water. Place an empty bucket/sauspan at the opposite end of the garden. Fill a cup from the bucket of water, run to the opposite side of the garden and drop the water into the empty bucket. See how long it takes to empty all the water from the filled bucket to the empty one!

5. **Sack Race**-use a black refuse sack, shopping bag, sleeping bag, old pillow case or duvet cover and jump from one point to another in the garden or indoors. Who gets to the finish line first?



6. **Obstacle Course**- create your own obstacle course using household items. Who's the fastest member of the family to complete the course?



7. **Hurdles**-use sweepings brushes, mops, shoes or anything you can jump over.



8. **Skipping Rope**-time yourself-how long can you skip for?



9. **Limbo**-use a sweeping brush and see how low you can go!

10. **Your Own Choice**- make up your own activity with whatever equipment you have at home-you could do a slow bicycle race, volleyball over the clothes -line, trampoline activities, knock the skittles, hula hoop challenge , dance challenge, soccer challenge, musical chairs or statues, etc. Be as creative as you like!



Finish the day with a well deserved ice-cream or choice of treat as we always do in Mercy Primary!