

**Can you remember your sports day and all the fun you had? Or is it your first sports day?  
Here are a few ideas – but I'm sure you can think of more...**

**Egg and Spoon Race** - 2 metres apart each pupil has their own spot/cone to start from, they have to race to another spot or cone a distance away in relation to age.  
(Each pupil must bring a potato and a spoon to school).

**Dressing Up Game** - 2 metres apart each pupil has their own spot/cone to start from, they have to race to another spot or cone a distance away in relation to age.  
(Each pupil must bring 3 items of their own clothing to school, top, shorts/skirt, sun glasses)

**Obstacle Game** - 2 metres apart each pupil has their own spot/cone to start from, they have to race to another spot or cone a distance away in relation to age.  
(Set up an obstacle course using everyday items, jump over, crawl under, weave your way through, move sideways).

**Cargo/Parachute/Duvet Race** - Set up a cargo/parachute/duvet at a reasonable height- crawl your way under to cone and return. How many laps can you do in a minute?

**Trainer Throw** - Alternative welly wanging – take off your trainer and throw as far as you can.

**Sack Race** - 2 metres apart each pupil has their own spot/cone to start from, they have to race to another spot or cone a distance away in relation to age.  
(Each pupil must bring an old pillow case to race in.)

**Skipping Race** - Each pupil to skip (no ropes) in and out of cones that are zig zag spaced. 2 metres apart each pupil has their own spot/cone to start from, they have to race to another spot or cone a distance away in relation to age.

**Teacher/Parent/Carer race** - Dressing up game: 3 items of clothing including a hat

**Silly Poem Games** - Share a SILLY poem that makes us laugh.

**Rules are simple:**

Play music selected by pupils. Create a carnival atmosphere at school or at home.

No winners, no losers- laughter is the winner, smile all round.

**Just have fun and be SILLY.**