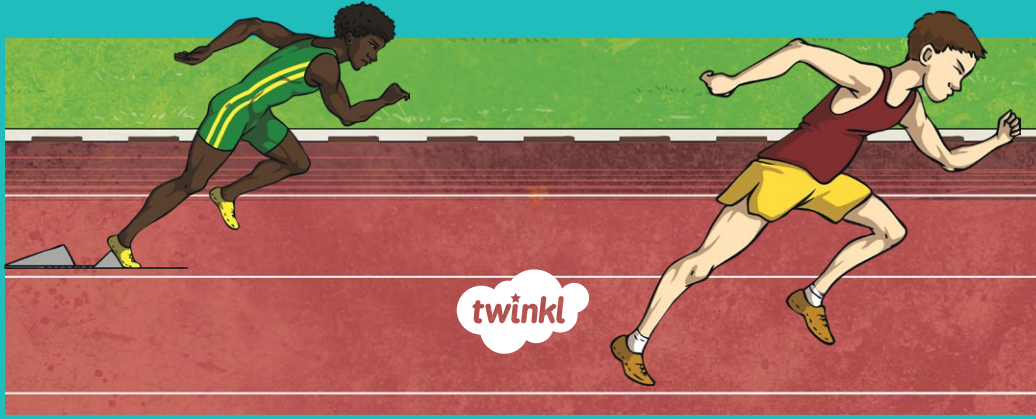


# Sports Day Event Ideas

## Challenge Cards



### Sports Day Event Ideas

#### Standing Long Jump

Children stand in a line and jump as far as they can. The length of the jump should be measured from the back foot. Split the jump track into zones. If children reach the first zone, they receive one point, two points if they reach the second zone and three points if they reach the third zone.



### Sports Day Event Ideas

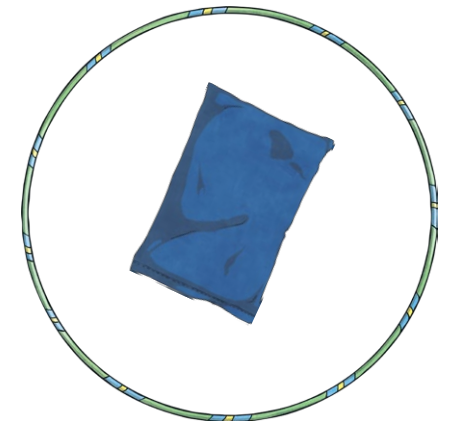
#### Relay Race

Each team should split themselves in half. Half the team will stand at one end and the other half should stand at the other end. Children should pass a baton back and forward by running to their next team member. One point should be awarded for each successful baton exchange.

### Sports Day Event Ideas

#### Target Throw

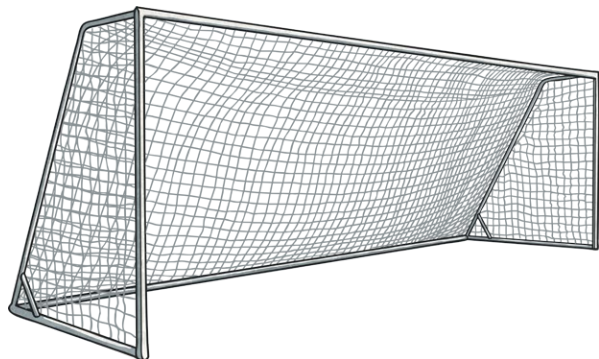
Arrange hoops in a line so there are three clear zones. Children should take turns to throw a bean bag into one hoop. If they reach the first hoop, they will receive one point, two points for the second zone and three points for the third zone.



## Sports Day Event Ideas

### Goal Shoot

Set up a goal. Children to take turns to kick a football into the goal. Points should be awarded for each goal scored.



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## Sports Day Event Ideas

### Hurdles

Set up a hurdle route and award points for each successful hurdler. Bonus points are awarded if a child can run the route without knocking down any hurdles.



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## Sports Day Event Ideas

### Sack Race

Each child should take turns to participate in the sack race. Set up a distance that would be appropriate for the age of your pupils. One point is to be awarded for each time the pupil completes the route.

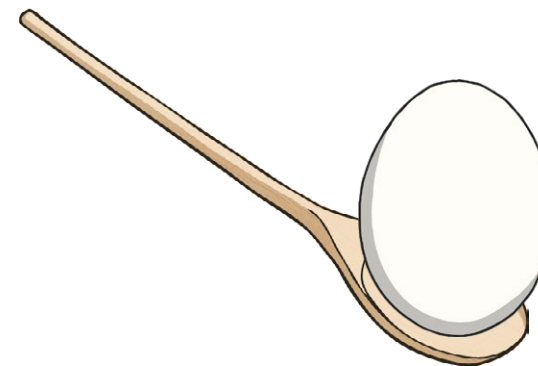


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## Sports Day Event Ideas

### Egg and Spoon

Can children successfully run a race and keep the egg on the spoon? If so, give them a point!

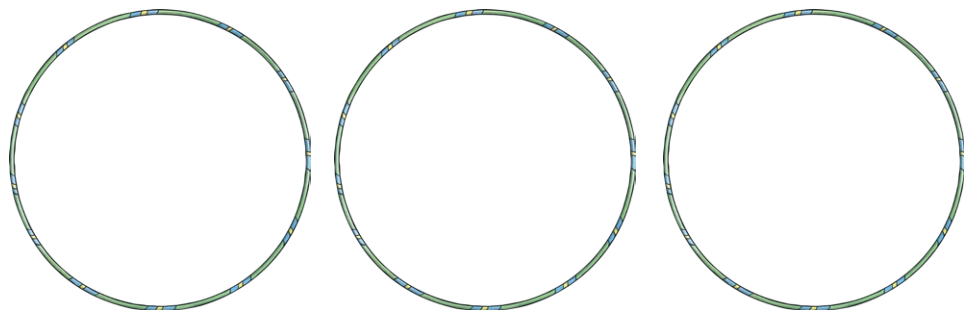


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## Sports Day Event Ideas

### Hoop Race

Set up hula hoops side by side along the ground. Children should run and make sure that they step in every hoop along the way.



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## Sports Day Event Ideas

### Welly Throw

Children should throw a welly and try to land it within a certain zone. Award points for each successful throw.

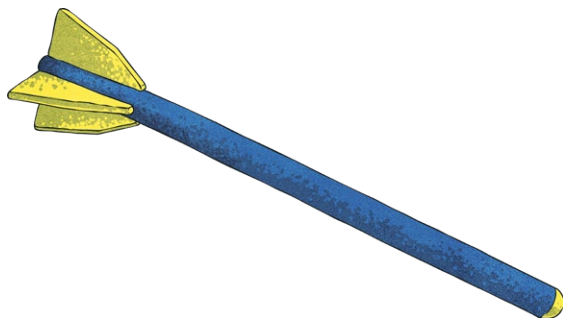


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## Sports Day Event Ideas

### Javelin

Children use foam javelins to hit specific targets. Points for each target that is hit.



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## Sports Day Event Ideas

### Fill the Bucket

Each team should transfer beanbags, balls or other objects from one bucket to another. Points should be awarded for each successful object transferred to the end bucket.



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