

Welcome to the Active Schools Home Sports Day pack!

Below we have six different events to try each with an indoor, outdoor and adapted option.

Pick the one which suits you and give it your best shot!

Events	Indoor	Outdoor	Adapted (Choose your own time limit)
Dress Up Race	Look out as many items of clothing as you can. When the timer starts, how many layers of clothing can you put on in 1 minute?	Set up a start line and finish line. Lay out 5 different items of clothing on the course. On the shout of "Go", run from start to finish putting on the item of clothing as you reach it.	Make a person out of different pieces of clothing. How many can you make within a time limit? Or Adapt indoor version as appropriate.
Jumping	With 2 feet together, how far can you jump from standing? Measure using a measuring tape. You can even use toilet roll sheets!	As indoor version	From seated position stretch your legs out as far as possible on the ground. How far can you go while remaining seated on the chair? Try with one leg at a time or both legs together.
Sprint Race / Cross Country (Choose either Sprint Race, Cross Country or both depending on preference)	Using high knees, sprint on the spot for as long as possible. Time from start to finish. Feel free to use a step counter to track how many steps you can do.	Set up a course and measure the distance, and count your laps completed to find your total distance.	Any type of movement for as long as you can keep it up! See how long you can go.