

OLYMPIC SPORTS DAY



GET ACTIVE



30 MINUTES



IN THE CUPBOARD

GETTING INTO THE ACTIVITY

School sports days and even the Olympic games have all had to be cancelled this year. Make up for it by holding your own Olympic sports day, with some garden races against your family.

Egg & Spoon: Each family member will need an egg and a spoon. Set up some markers and obstacles and the first to cross the line is the winner.

Sack Race: Give each person a bin liner as their sack. Who can jump their way to the finish line the quickest?

Three Legged Race: Using string or rope, tie the inside legs of two family members and set up a race course for them to make their way through.

Create Your Own: Think of your own Olympic sports day races for your family to compete in.

Ask a grown-up to take a photo or video of your Olympic sports day and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Egg & Spoon
- String
- Bin Liners
- Markers



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please make sure the space and equipment used is safe and appropriate. An adult should initiate any contact with the BB group and/or share on social media.