



GET ACTIVE



30 MINUTES



IN THE
CUPBOARD

SPORTS RACES



▶▶ GETTING INTO THE ACTIVITY

On your marks, get set, GO! Take on your own mini Olympics with a host of sports races and challenges. Link with the Summer Olympics in Tokyo.

Set up a running track. You may want to use some cones to help create lanes. Use one or more of the below races to create a mini Olympics style programme. Consider having certificates or medals for the winners of each race.

Traditional Races: Take on some traditional sports day races such as the running race, egg and spoon, skipping, sack race and so on.

5 In One Race: Set out a 50m running track and leave markers on the track at every 10 metres. For each section of the track participants must move in a different way. The first 10 metres could be running, then hopping, skipping, jumping and walking backwards.

The Caterpillar Race: A team race. Each team should begin at the start line in a straight line, one behind the other. On go, the person at the back of the line should run to the front of the line and stand about a metre forward of the person at the front. Once in position, the person now at the back can run to the front of the line too. Keep going, with the line / caterpillar slowly making its way up the race track. The first team to fully cross the finish line wins. A leader may need to be with each team to help tell the person at the back when they can run each time.

✓✓ WHAT YOU'LL NEED

- Cones
- Sports Equipment

! KEEPING EVERYONE SAFE

Please maintain social distancing as required. Shared equipment should be kept to a minimum. Where shared equipment is being used, hands should be sanitised before and after the activity.