

24th June - Scoil Chrónáin 4th Class
Sports Day



On your marks, get set and ready for the first Scoil Chrónáin Fourth Class Virtual Sports Day!

Involve all the family and gather together hoops, bean bags, eggs and spoons.

Run races come rain or shine!

Excitement, cheers and occasional tears . . .

All the ingredients for a day to remember.

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Sports Day Preparation

Here are some thoughts for how your Virtual Sports Day may look:

1. Get your chosen county or country colours on.
2. Set up your chosen events using the relevant guides.
3. Make sure you have all of the necessary equipment ready and a 'Tester' on hand, where required.
4. Complete a short warm up before you begin. This could be a couple of low-intensity practice runs at your different events.
5. Finish off with your unique 'Obstacle Course Challenge.'
6. Take pictures and videos throughout the day and send us your best Sports Day shots when everything has been completed.
7. Enjoy a nice treat in the evening to celebrate all of your hard work!

Events

1. Dress-Up Relay
2. Water Relay Races
3. Three-legged Race
4. Crab Walk
5. Egg-and-Spoon Race
6. Wheelbarrow Race
7. Mix-it-up relay Race

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8. Welly-Wanging

9. Sack Race

10. Obstacle Race

1. Dress-Up Relay

Can be played: Indoors or outdoors

Supplies: An assortment of dress-up items

Place two piles, boxes, or suitcases filled with dress-up items at each end of the playing area. Divide the group into two teams.

The first player runs to the pile, puts on all the dress-ups on top of their regular clothes, then runs back to the team.

When they make it back, the player must remove all the dress-up items and pass them off to the next player, who puts them on and runs the length of the playing space before returning to the team. Then, they'll remove the dress-up items so the next player can repeat the process.

Variations: Have the first player put on just one item from the pile. The second player has to put on that item, plus a second one. The third player puts on three items, and so on.

2. Water Relay Races

Can be played: Outdoors

Supplies: Buckets, cups, or sponges

Give each team a plastic cup and put a bucket full of water at the starting line. Put one empty bucket for each team at the finish line. Players take turns filling up their cup from their full bucket and dumping it into their empty bucket.

The game is over when the starting-line bucket is empty. The team with the most water in their finish-line bucket wins.

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Variations: Use a large sponge to soak up water instead of a cup. Or, on a hot day, poke holes in the bottom of the cup and have the kids carry it over their heads to the finish line for a relay turned water game.

3. Three-Legged Race

Can be played: Indoors or outdoors

Supplies: Fabric sashes, long scarves, or bandanas

Pair kids up in teams of two or let them pick a partner. With each pair standing side by side, use a bandana, scarf, or piece of fabric to tie the inside legs of each member of the duo together to create the shared "third leg."

Mark your starting and stopping points, then let the race begin! Each three-legged pair will need to tap into their cooperation and communication skills to work together to make it to the finish line.

Variation: Instead of connecting them at the legs, have duos complete the relay with linked arms. Make the race more challenging by giving the pair something to carry to the finish line, like a football or a small bucket of water.

4. Crab Walk

Can be played: Indoors (in a large gym with mats or a roomy carpeted area) or outdoors (on grass is best)

Supplies: None

Before starting the game, you'll need to teach kids how to do the crab crawl.

First, have them sit on the ground. Then, have them put their hands behind them, palms down, with fingers facing their feet. Have them bring their knees about hip-length apart. Their feet should be planted on the ground.

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Next, have them lift their bottoms from the hips and push up so their body weight is evenly distributed between their hands and feet. It helps if they can tighten their tummies.

From there, they can "scuttle" along, starting by moving one hand and one foot forward, then the other, trying to keep their bottom off the ground as they do.

Once the players are divided into teams and have mastered the crab walk, set the start and finish lines and have the kids race.

Variations: If the crab position is too difficult, kids can crawl sideways on their hands and knees instead. You can also get creative, especially with younger kids, by having them impersonate their favorite animal (think bunny hops or penguin waddles) for the race instead.

5. Egg-and-Spoon Races

Can be played: Indoors or outdoors

Supplies: Spoons (one per player), eggs (real or plastic, one per team)

For this one, you'll need two teams. Each player gets a spoon and an egg (hardboiled or plastic).

Each team must carry their egg on their spoon from the starting line to a turnaround point and back again. Then, the egg is passed off to a teammate who takes their turn.

If the egg is dropped, the player must stop and retrieve it. The first team to complete the relay wins.

Variations: If you're willing to make a little mess, use a raw egg. In this version, kids will have to try to keep the egg from breaking or cracking for the duration of the relay. If you have bigger teams (and a full carton of eggs to spare) you can also play a version where each team is allowed one or two replacement eggs.

If you want to use the plastic variety, change the game up by skipping the spoon and having kids run the relay with an armful of colorful, non-messy eggs.

Don't have any eggs on hand? Use coins (one per player, though you may want a few spares) instead. In this take, you can place a small coin on the spoon and have kids try to keep it from falling as they race.

Whether you use eggs or coins, try increasing the challenge by adding obstacles to navigate through or require players to skip instead of walk.

6. Wheelbarrow Race

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Can be played: Outdoors

Supplies: None

Another relay that gets kids moving and bending in new ways is the wheelbarrow race. Mark your start and finish lines, then pair kids off in teams of two (or let them choose a partner).

In each pair, one player will stand and hold the ankles of the other player, who must walk on their hands. Together, they'll head for the finish line as fast as they can. When they reach it, the players switch spots and head back to the starting line. The first team to make it back wins.

7. Mix-It-Up Relay Race

Can be played: Indoors or outdoors

Supplies: None

The rules for this are pretty simple: Players take turns traveling from point A to point B and back again until the whole team has participated. The catch? Each player on the team has to travel in a different way (of their choosing). One runs, one skips, one-hops, and so on.

Variation: Provide a baton or themed party item that teammates must pass to each other. Increase the challenge of the game by giving them an item that will change or limit the movements they can use.

8. Welly-Wanging

Can be played: Indoors or outdoors

Supplies: A Welly

The rules for this are pretty simple: Players take turns throwing the welly as far as they can down a course. The spot where the boot lands is marked and at the end of the day the farthest mark wins.

Variation: Another option is to have some circles marked out on the course. Land a welly in the circle to win a prize. Or what about landing a kid's welly in a strategically placed bucket? There really are all sorts of possibilities.

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9. Sack race

Can be played: Indoors or outdoors

Supplies: Pillowcase or burlap sack or large heavy bag (not plastic)

To play you need one burlap sack for each individual participant. The more people racing, the more fun it is.

- Participants will run to the sack, put both feet in and begin hopping toward the finish line.
- Contestants must keep both feet in sack and at least one hand on the sack at all times.
- The sack must remain as close to the waist as possible and should not fall below the knees.
- The first racer to the finish line wins.

10. Obstacle Course

This is your chance to be your own coach. The final obstacle course design is up to you!

We've suggested some possible courses below, but try to be as creative as possible and send us a picture of your course set-up and a guide on how to complete it.

Option 1 – Basic Course

Start ► Balance ► Bottle Flip ► Crawl under blanket ► Jumper

Step 1 – Balance: Balance a plastic cup on your head

Step 2 – You must bottle flip a ¼ full plastic bottle of water before you can move on

Step 3 – Crawl under a big blanket

Step 4 – Put on a Jumper and race to the finish

Option 2 – Fitness Course

Start ► 20 Star Jumps ► 15 Burpees ► 10 Sit Ups ► 5 Press Ups

Step 1 – Do 20 Star Jumps and run to next station

Step 2 – Do 15 Burpees and run to the next station

Step 3 – Do 10 Sit ups and run to the next station

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Step 4 – Do 5 Press ups and run to the finish

Option 3 – Timed Circuit

(The winner will be whoever can complete the circuit in the quickest time)

Start ► Bottle Flip ► 10 sit ups ► Plastic Cup Balance ► 10 Burpees ► Jumper and Shorts ► Finish

Step 1 – Bottle Flip Challenge, once completed, run to next station

Step 2 – Complete 10 Sit Ups and hop one footed to next station

Step 3 – Balance Plastic cup until next station

Step 4 – Complete 10 Burpees and run to next station

Step 5 – Put a jumper and shorts on over your clothes and run to the finish **(stop the clock!!)**