

SPORTS DAY

Early Years

EQUIPMENT:

Cones
hoops
bean bags
throw-down strips
Score cards

Set up: Split Year group into 4 teams. e.g. Red team, blue team, Green team, Yellow team.

- Reds start on station 1 & 2, blues start on 3& 4, Greens on 5 & 6, and Yellows on 7 & 8 (7-8 children on each station)
- 3 minutes per station. Use a whistle to start and stop. Ring the bell to signal children to move onto the next station.
- If scoring you can ask the young leaders to fill in the score cards.

Station 1: Shuttle Run (2 x red cones)

1. Place the cones 4–7m apart.
2. One child to run at a time.
3. Children to 'high-five' the next person to go.
4. If scoring: 1 shuttle = 1 point



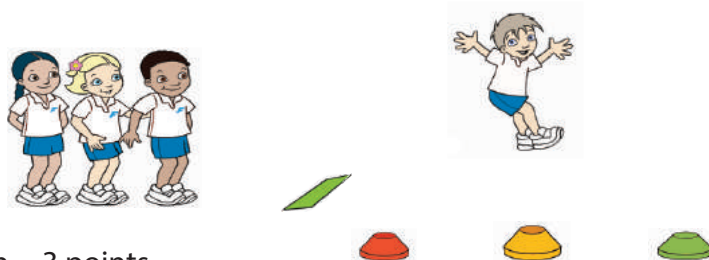
Station 2: Target throw (1 beanbag per child, 1 strip, 1 red hoop, 1 yellow hoop, 1 Green hoop)

1. Children to take it in turns at throwing their bean bag into a hoop.
2. If scoring: red = 1 point; amber = 2 points; green = 3 points.



Station 3: Standing long jump (1 strip, 1 red cone, 1 yellow cone, 1 Green cone)

1. Spot and cones to be placed 0.5m apart.
2. Team to line up behind the spot.
3. Each member of the team is to take it in turns to jump as far as they can.
4. If scoring: red = 1 point; amber = 2 points; green = 3 points.



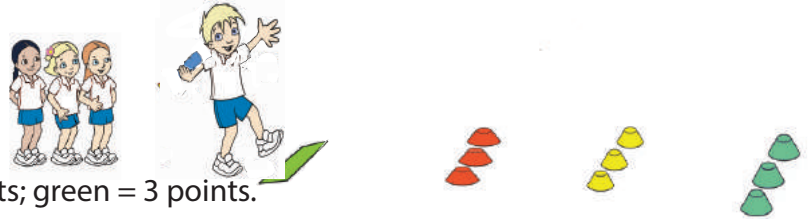
Station 4: Kangaroo Jump

1. Team lines up behind the throw-down spot
2. Each member of the team takes it in turn to kangaroo hop to the equipment, collect a bean bag. Place it in their pouch (t-shirt) and return it to their team
3. 'High-five' the next person to go
4. If scoring: How many shuttles can the team do?



Station 5: Superhero arm (1 strip, 3 red cones, 3 yellow cones, 3 Green cones, 1 beanbag)

1. Each child takes a turn throwing the object as far as they can.
2. If scoring: red = 1 point; amber = 2 points; green = 3 points.



Objects you can use: beanbags,

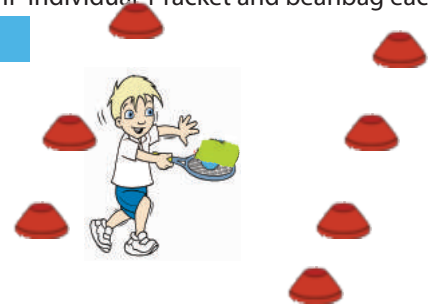
Station 6: stepping stones

1. Team lines up behind the hoop
 2. Each member of the team takes it in turn to leap over the lava spots, collect a piece of equipment and return it to the hoop.
- 'High-five' the next person to go. If scoring add up the number of beanbags



Station 7: Egg and spoon (As a team- 1 racket, 2 cones and 1 beanbag or if individual 1 racket and beanbag each)

- 1 Place the 2 cones 5m apart. Team to line up behind the cone.
1. Children to line up behind cone
2. Children to balance the egg and spoon/ bean bag on the racket.
3. If scoring number of shuttles = number of points.



Station 8: Rest Station

Children to have a drink on this station - they will move onto station 1.

