

Year 5 Sports Day at Home

Week Commencing: Monday 22nd June



This pack contains:

* Warm up ideas
* Event ideas
* Score cards
* Cool down ideas
* Sports Day certificate

Please dedicate one morning of home learning this week to Sport Day at home. Don’t forget to send some pictures to: [yr5photographs@fiveways.staffs.sch.uk](mailto:yr5photographs@fiveways.staffs.sch.uk)

Have fun!

The Year 5 team 😊

Planning your Sports Day

First, have a think about what events you would like to include in your Sports Day at home. Here are some ideas or you can come up with your own!

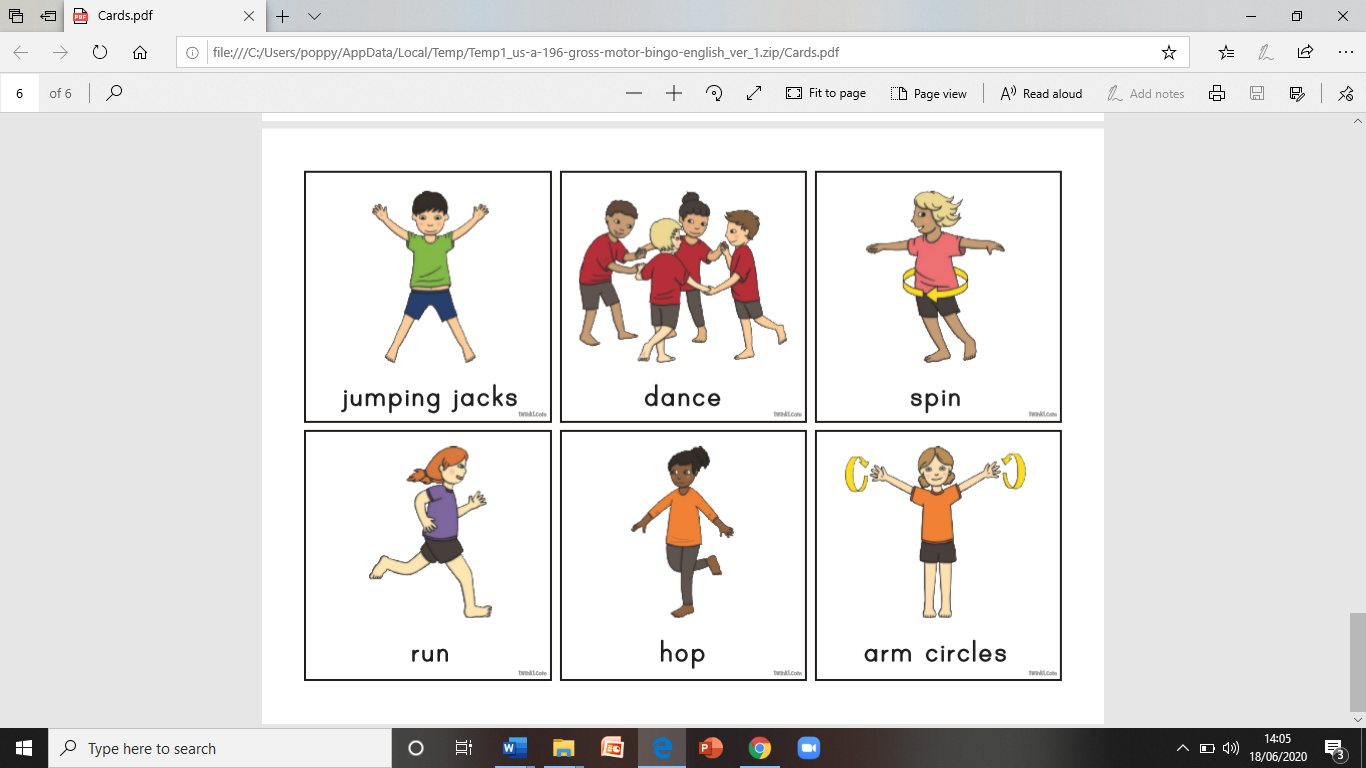
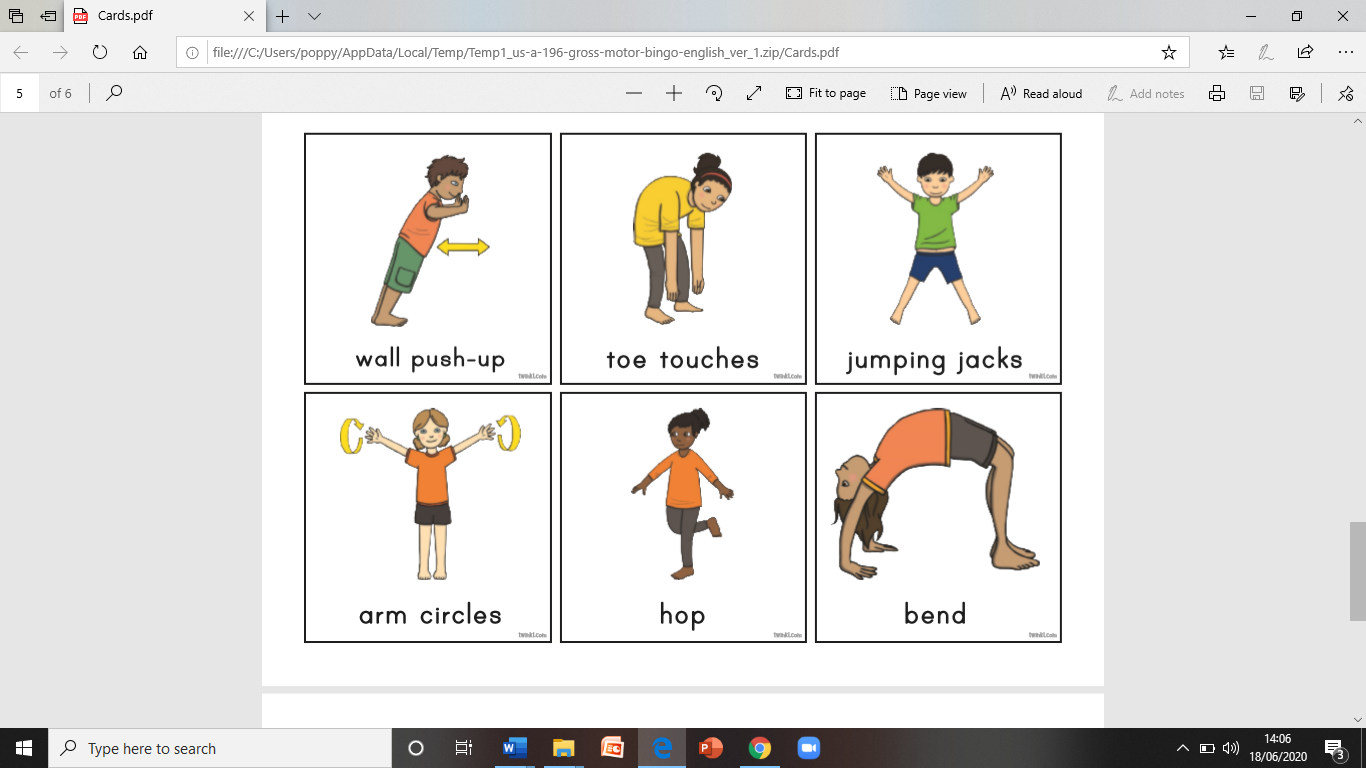
* Egg and Spoon race
* Object balancing race
* Relay
* Standing long jump
* Timed agility
* Underarm throwing

Make a timetable for your events to take place. Think about who will be involved and how you are going to set up each race. Use what objects you can that you have at home.



Warm up ideas

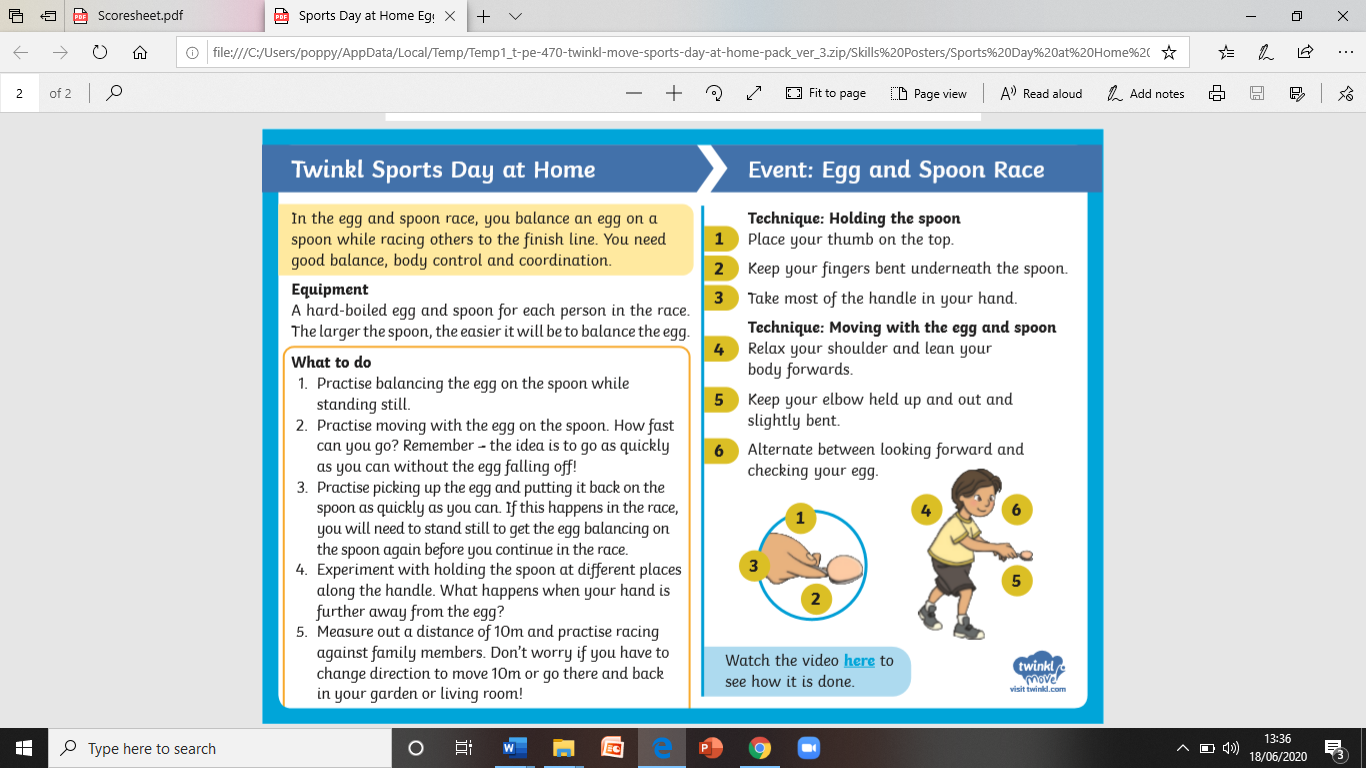
Here are some warm up ideas that you might want to use.

Spend 30 seconds on each idea.

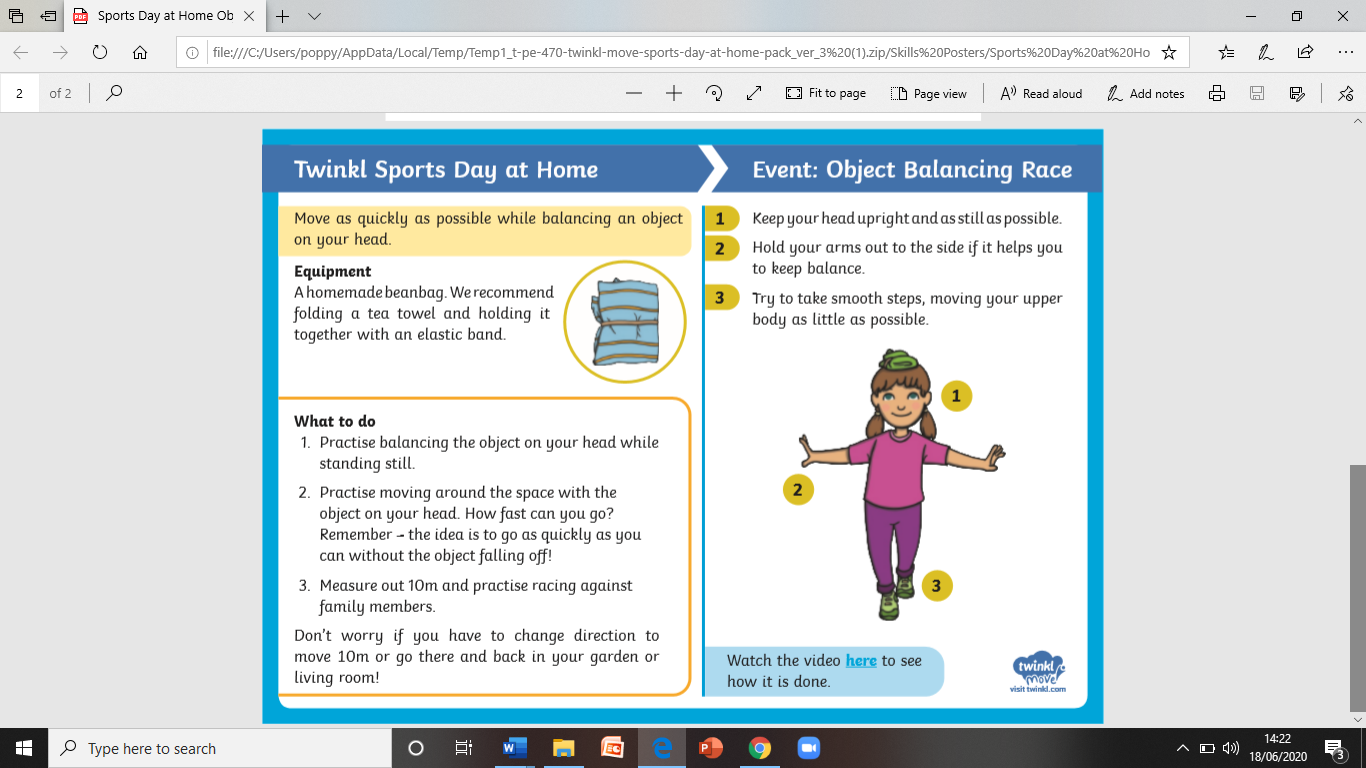


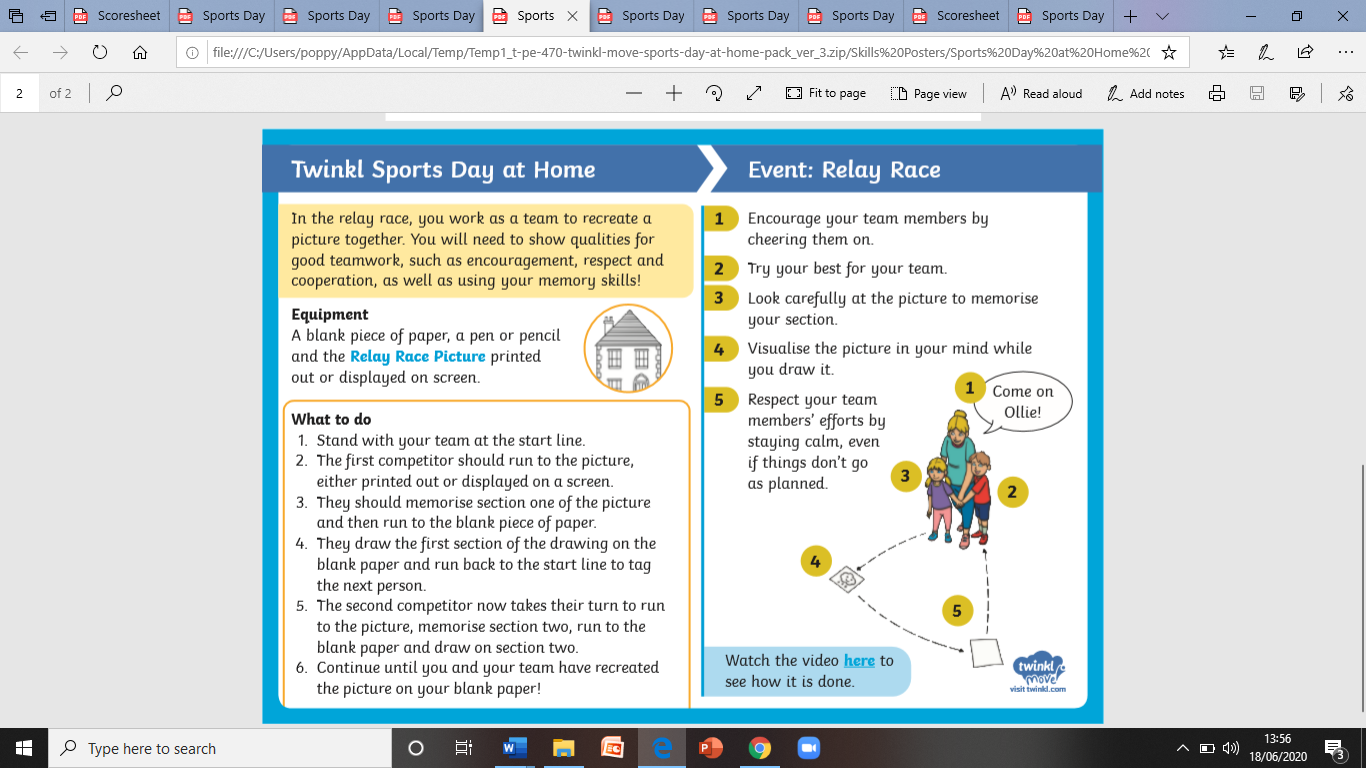


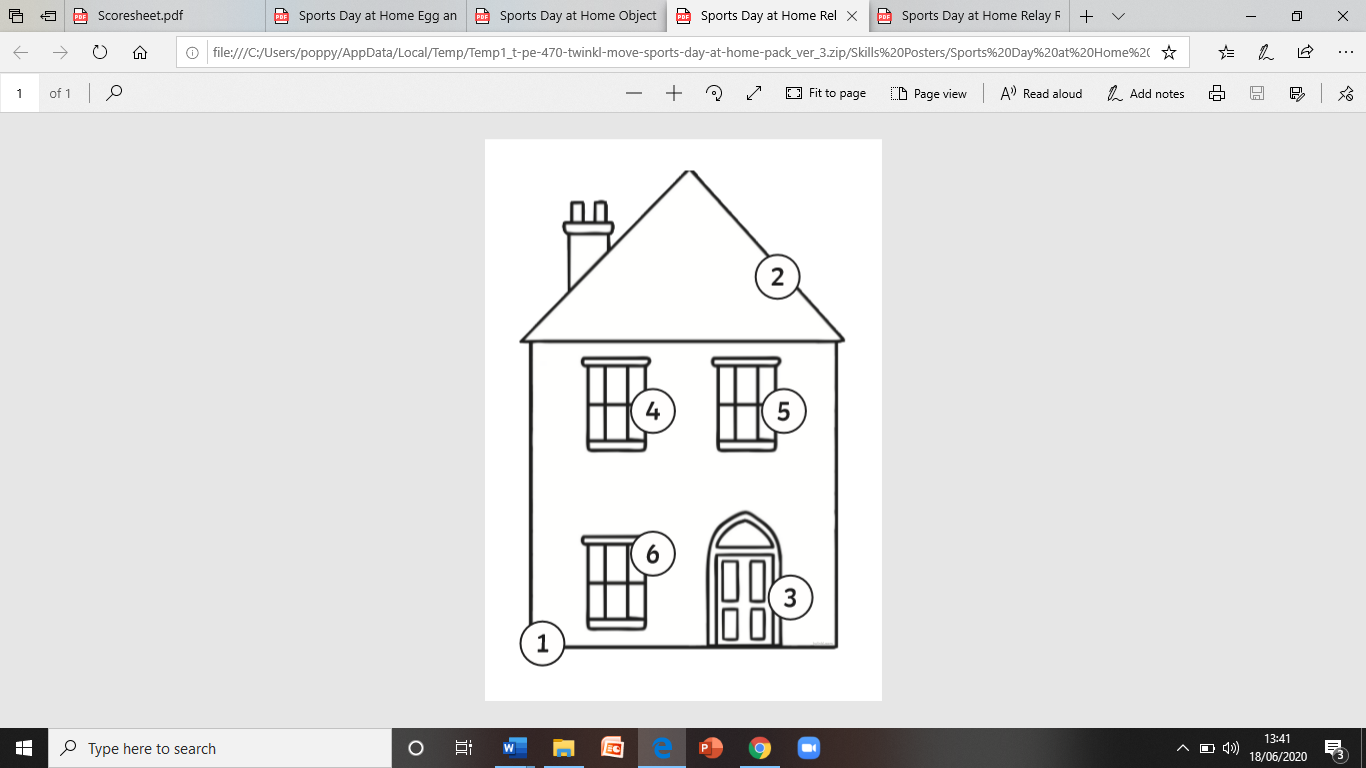
Event ideas

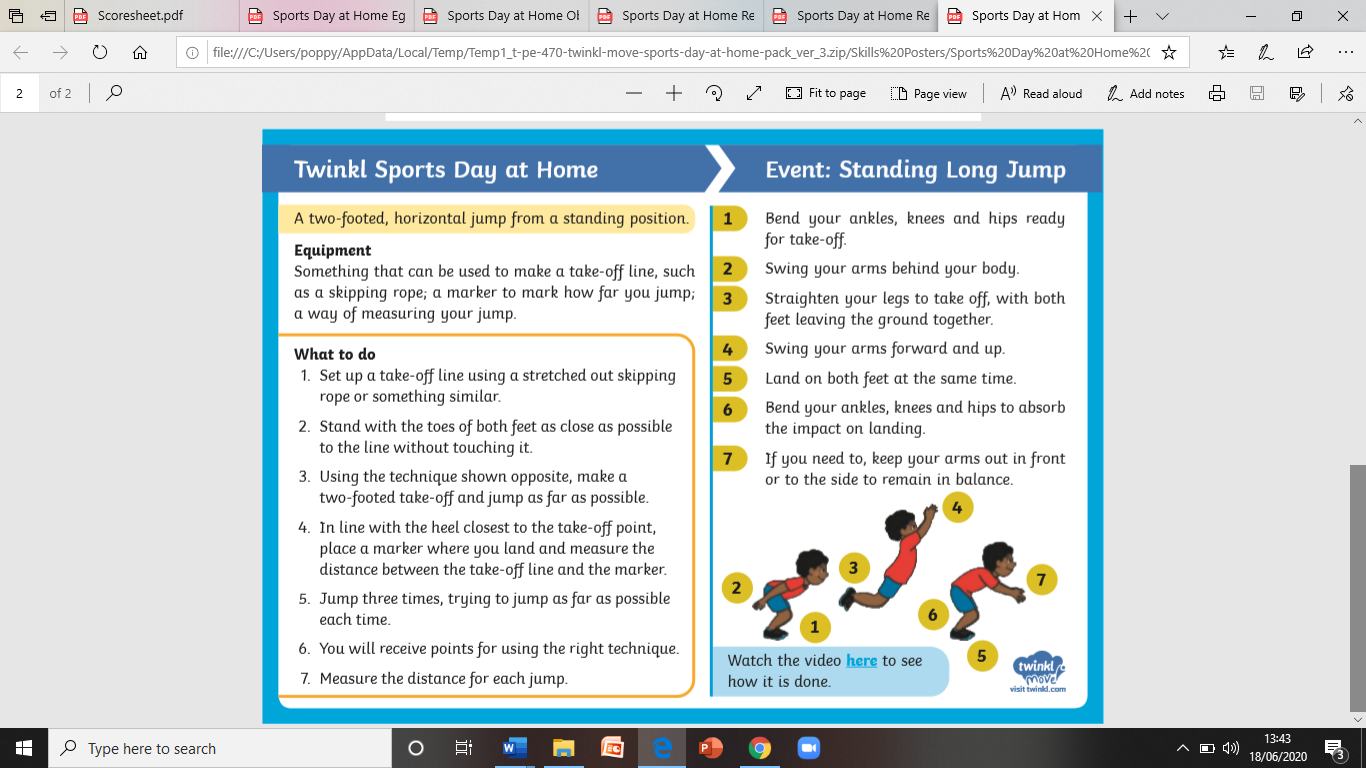
Egg and Spoon race

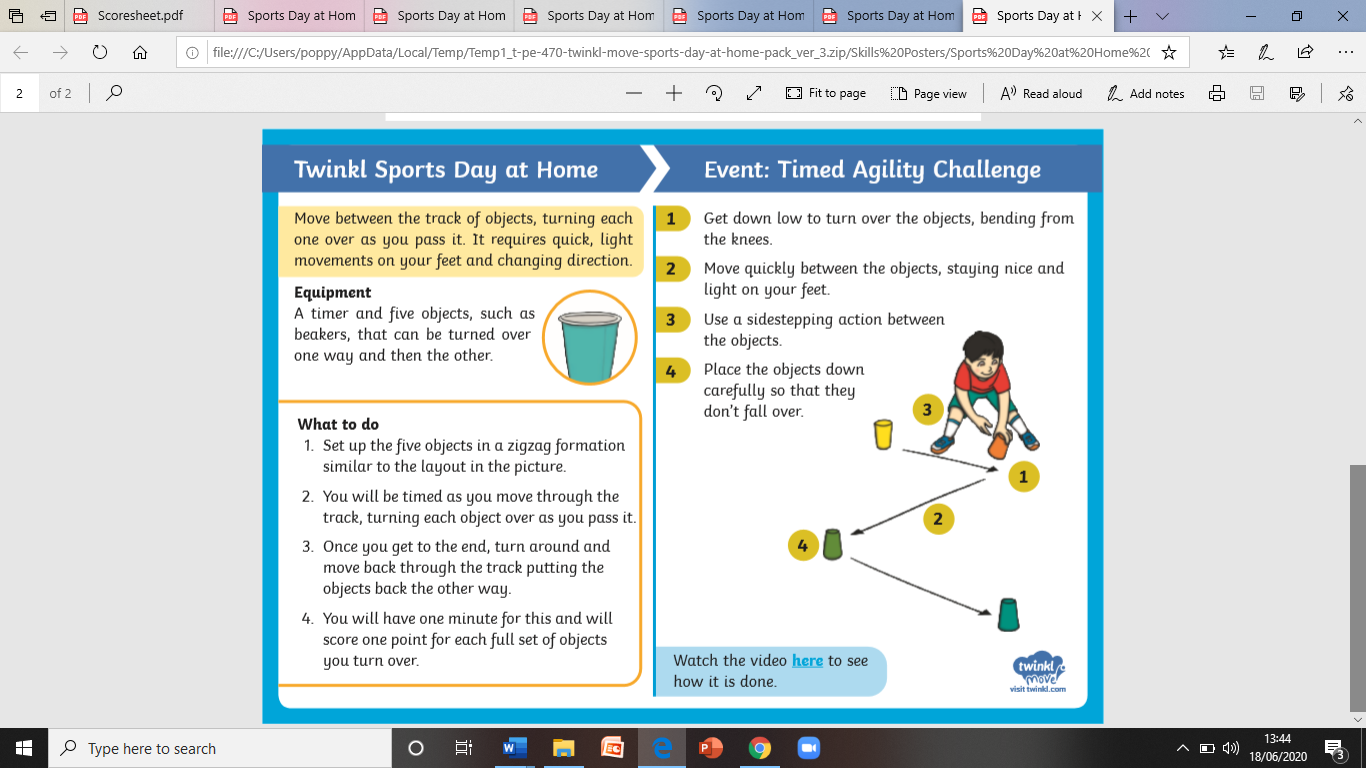
Object Balancing Race

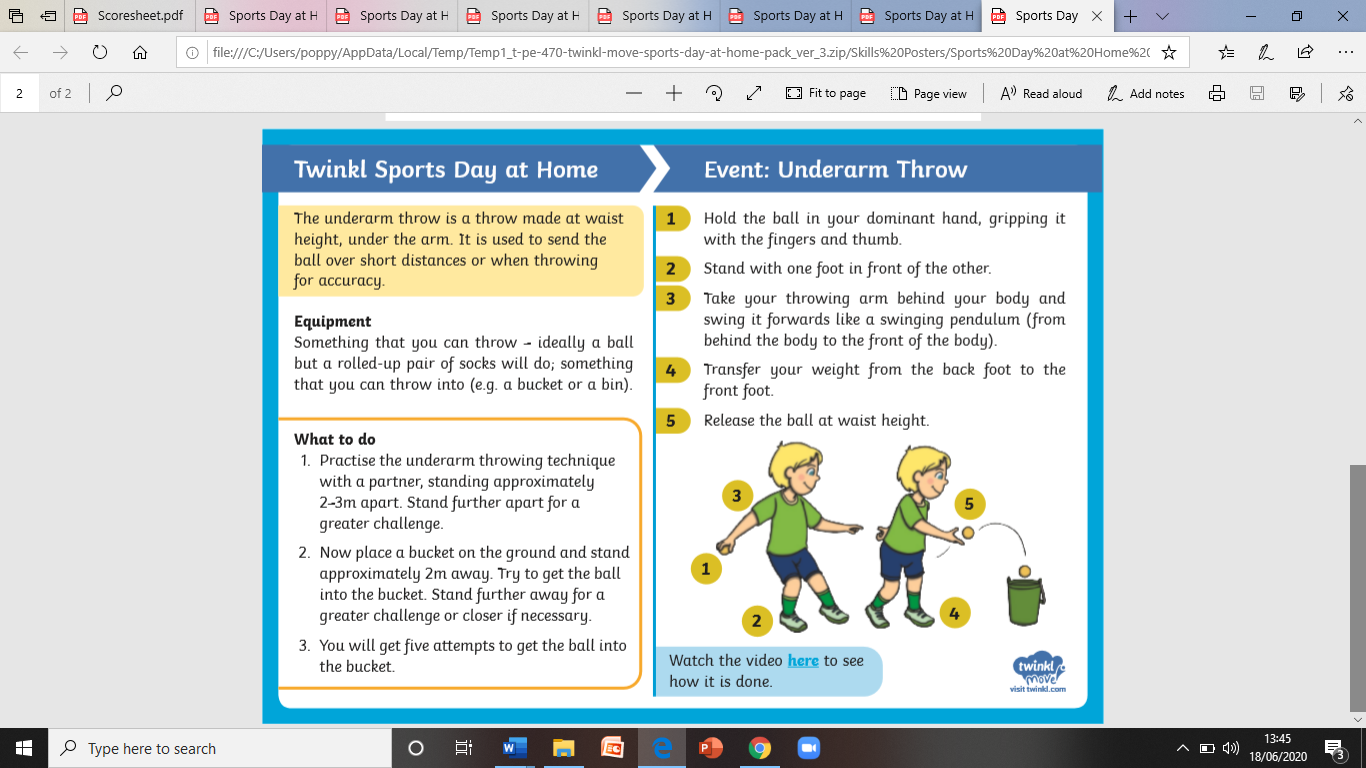


Relay race



Standing Long Jump

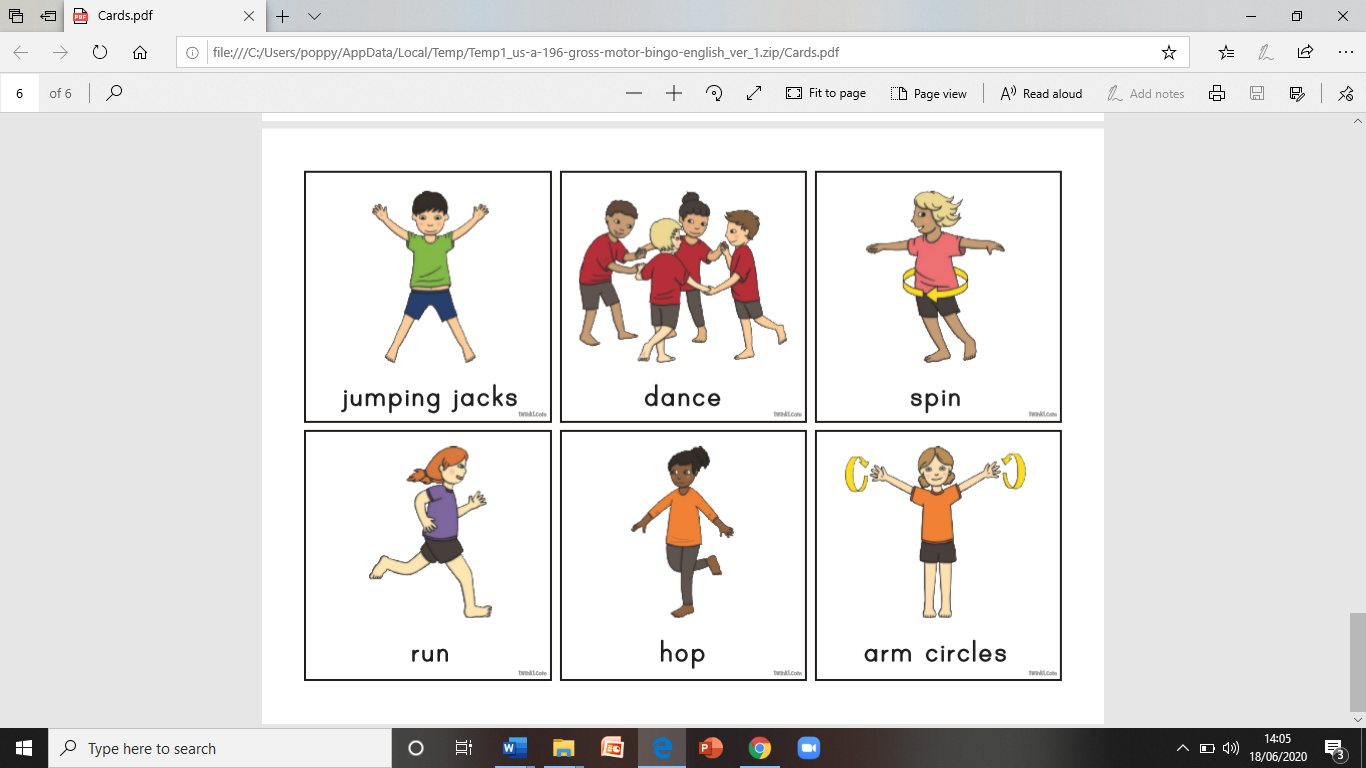
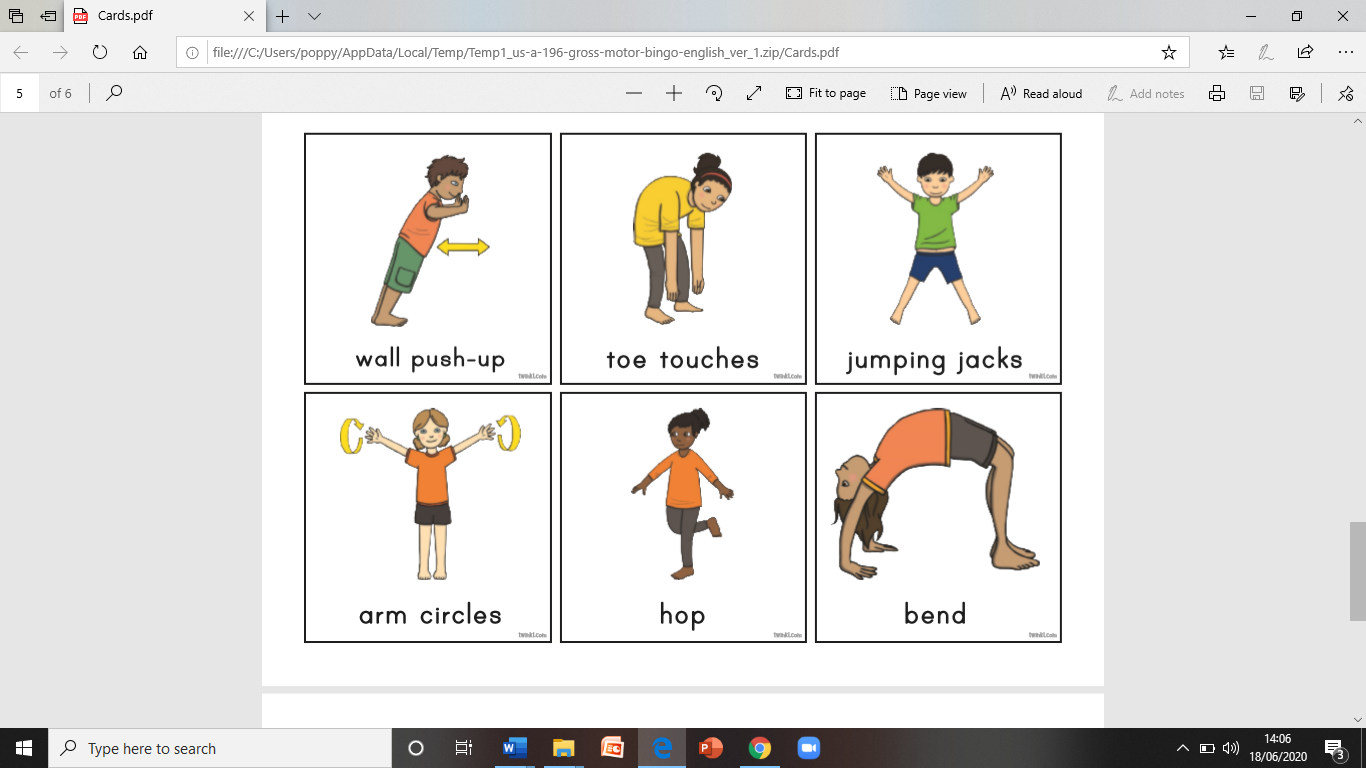
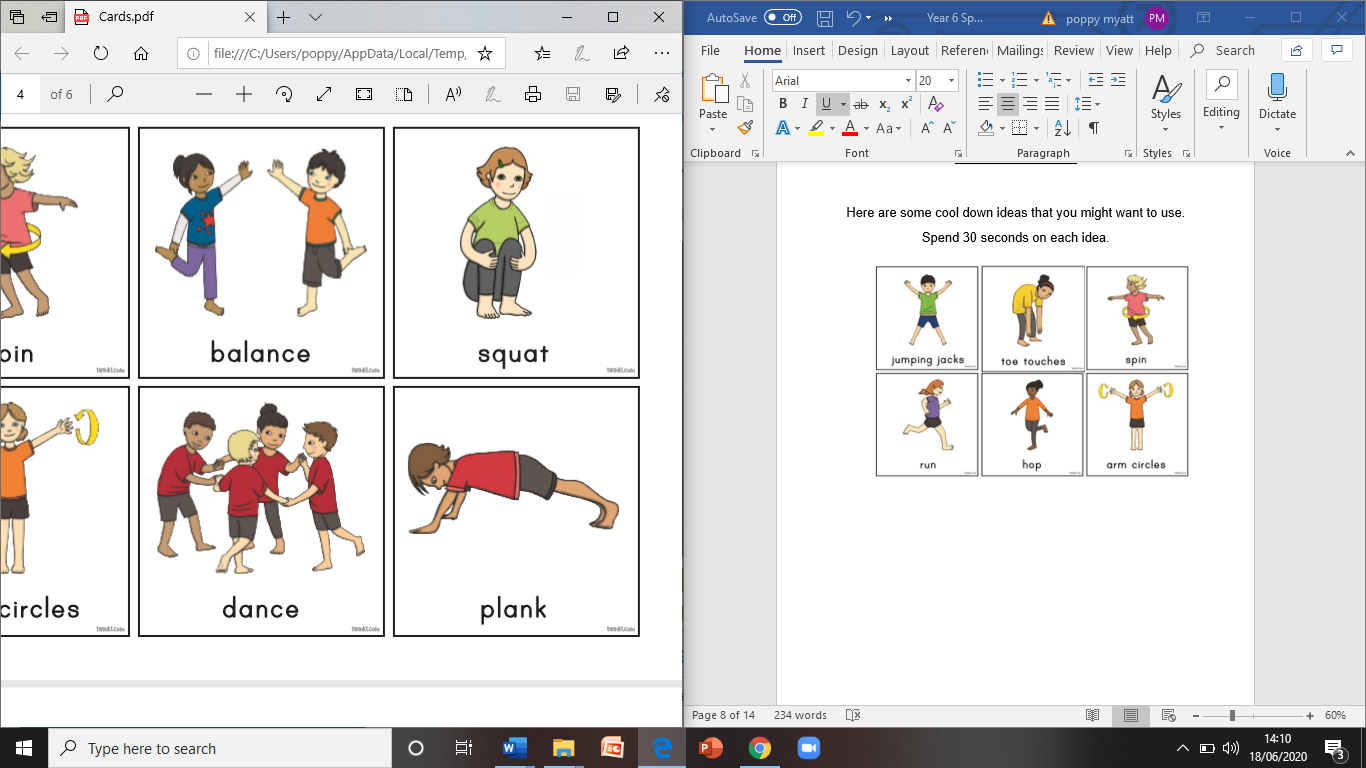
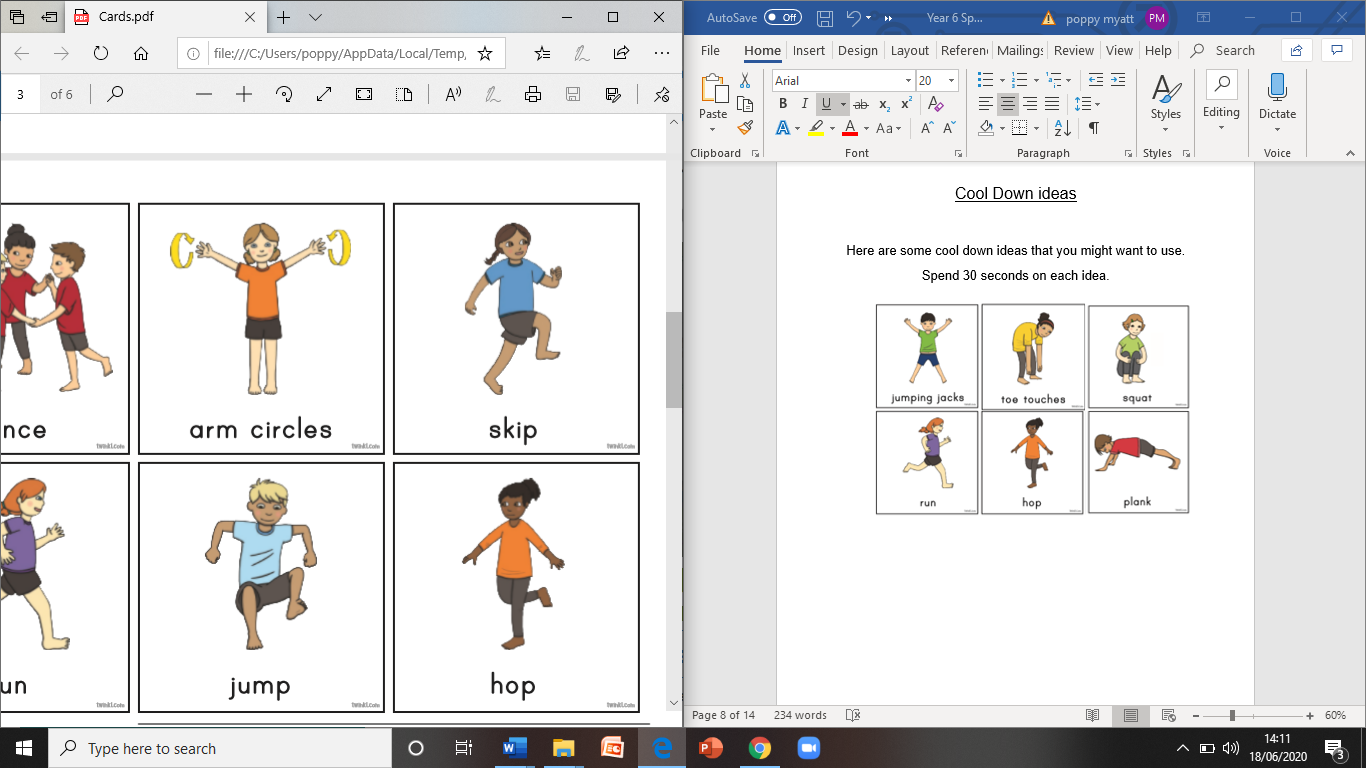
Timed Agility

Underarm Throw

Don’t forget, if you have your own race ideas please use them! 😊

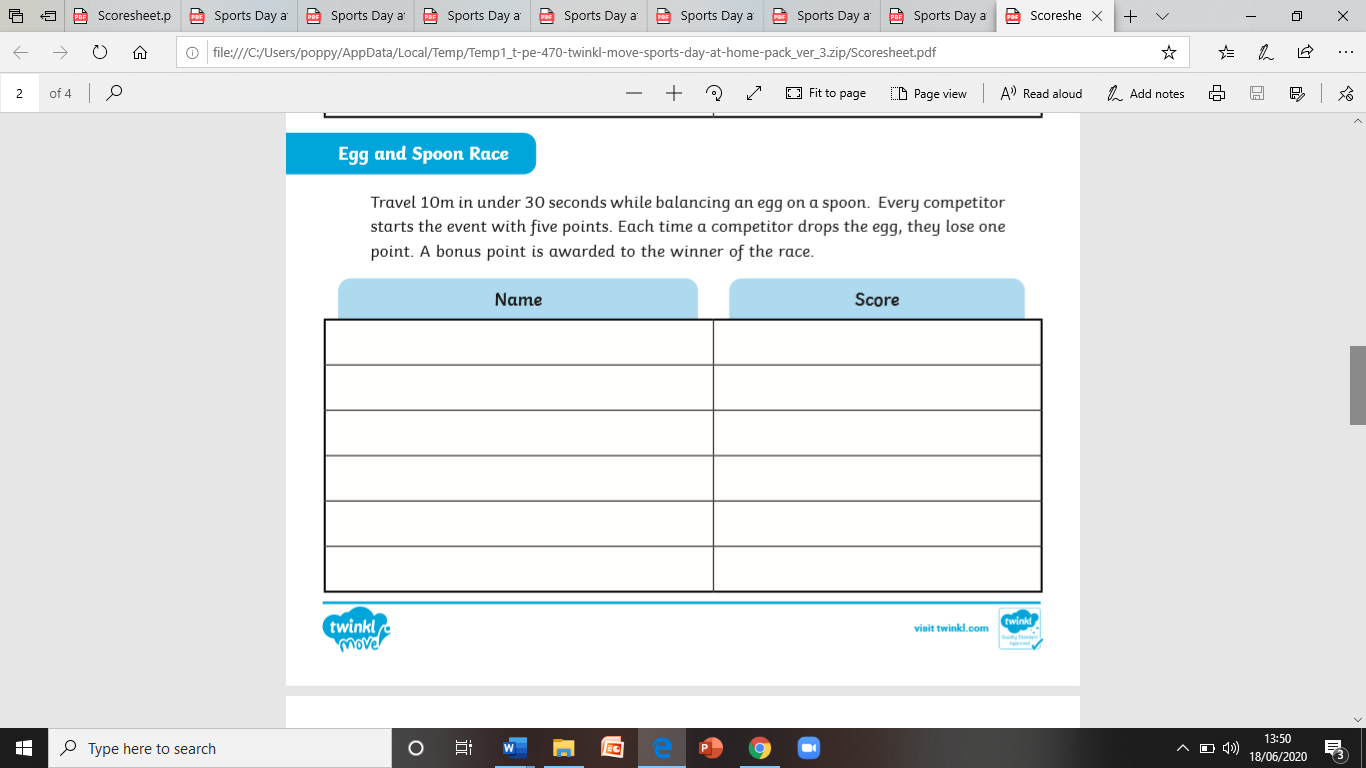
Cool Down ideas

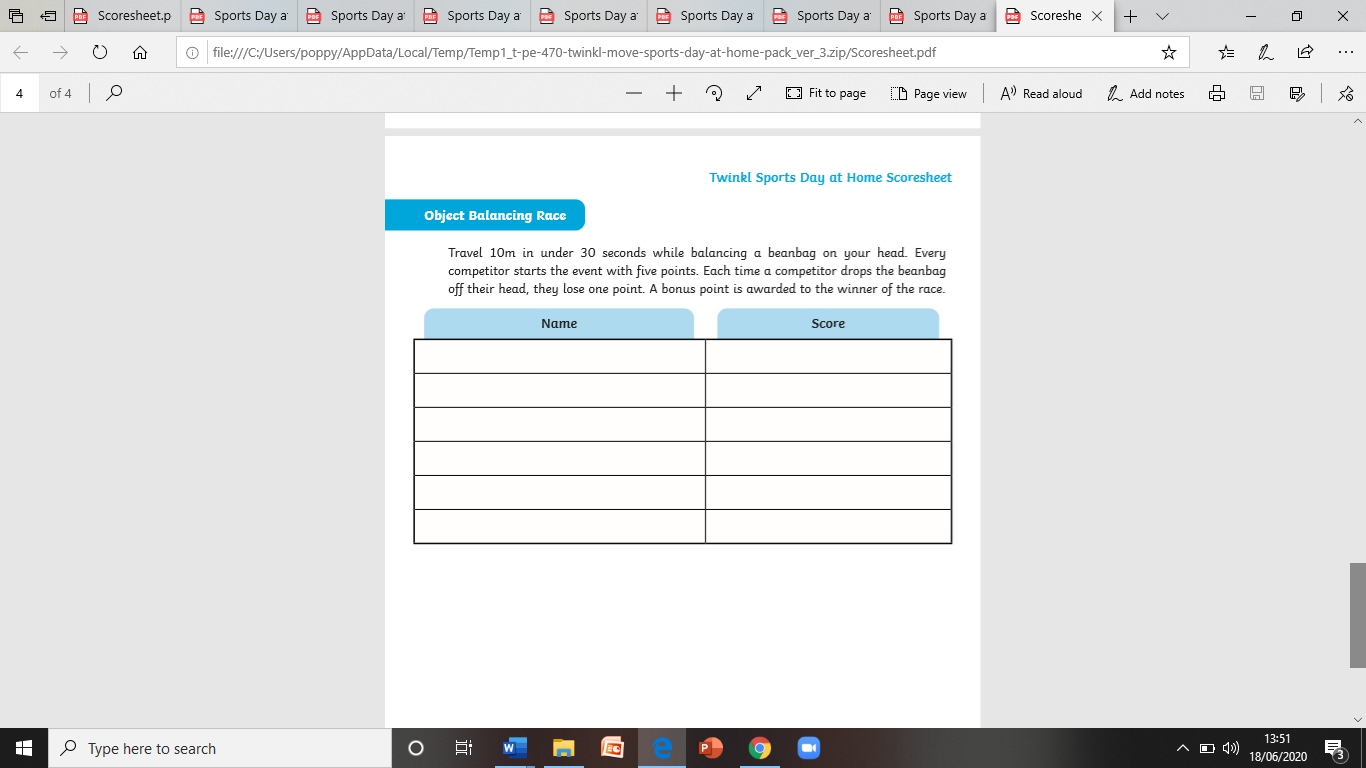
Here are some cool down ideas that you might want to use.

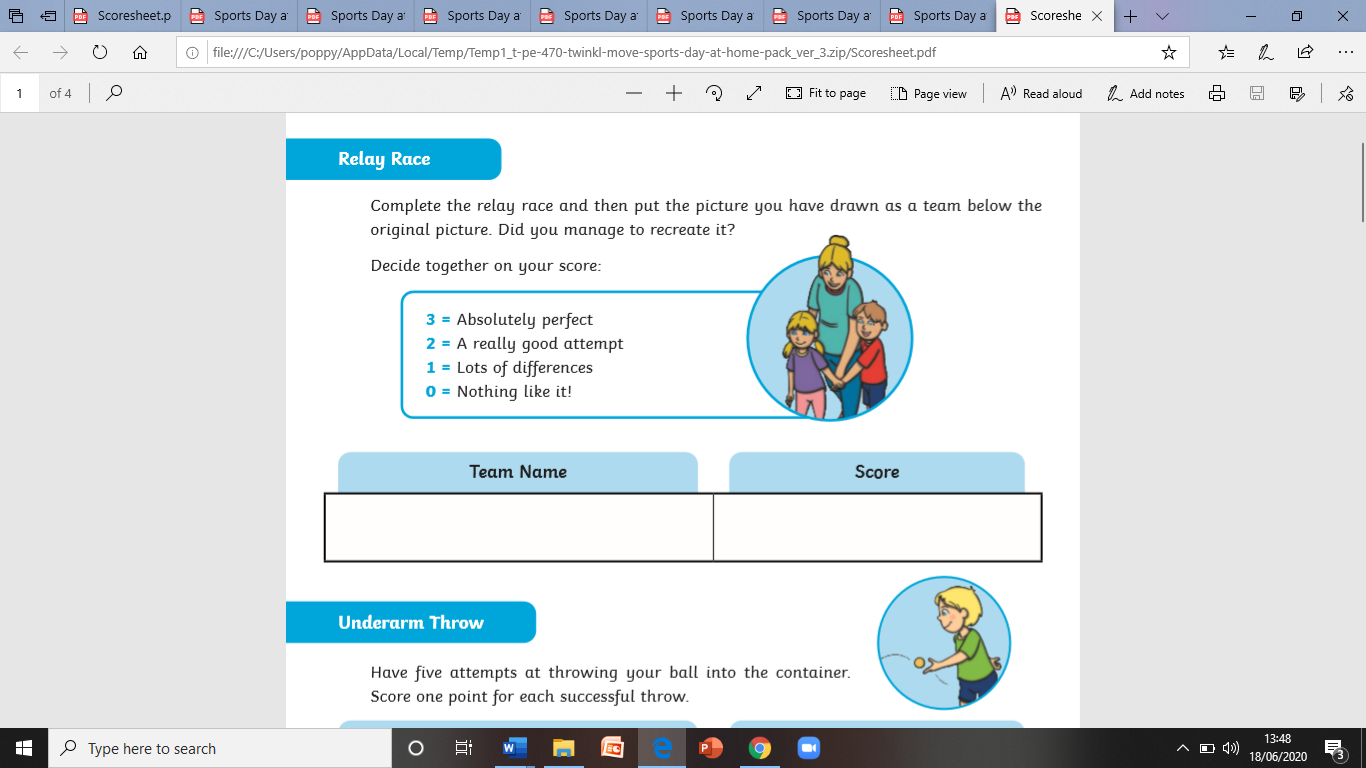
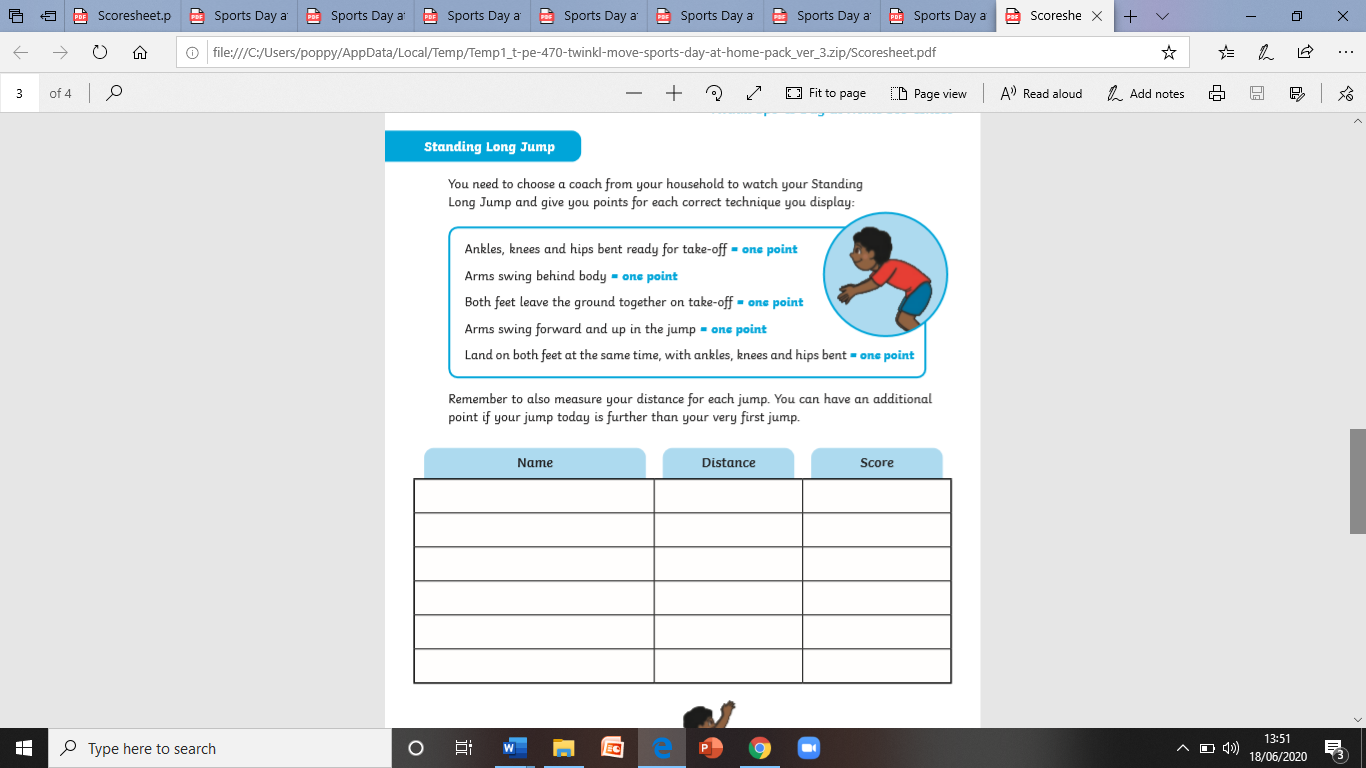
Spend 30 seconds on each idea.

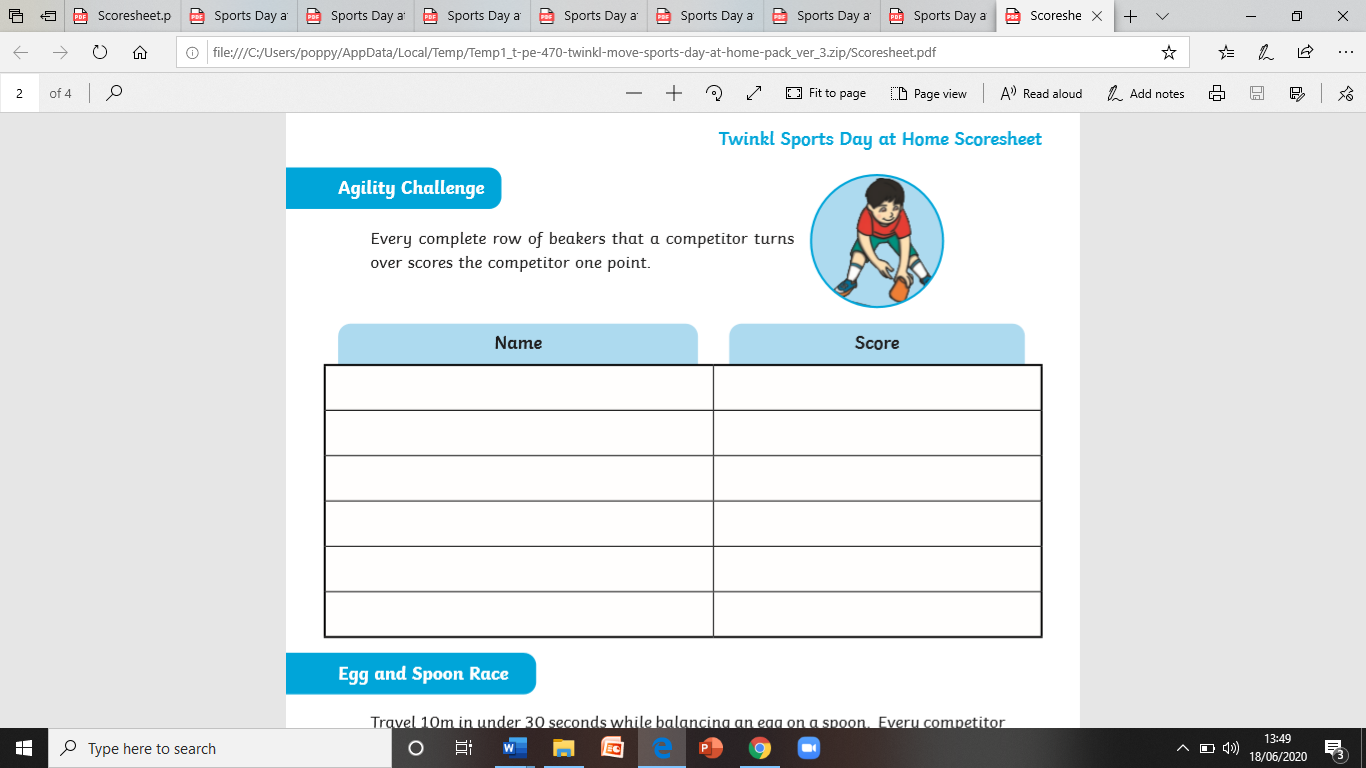


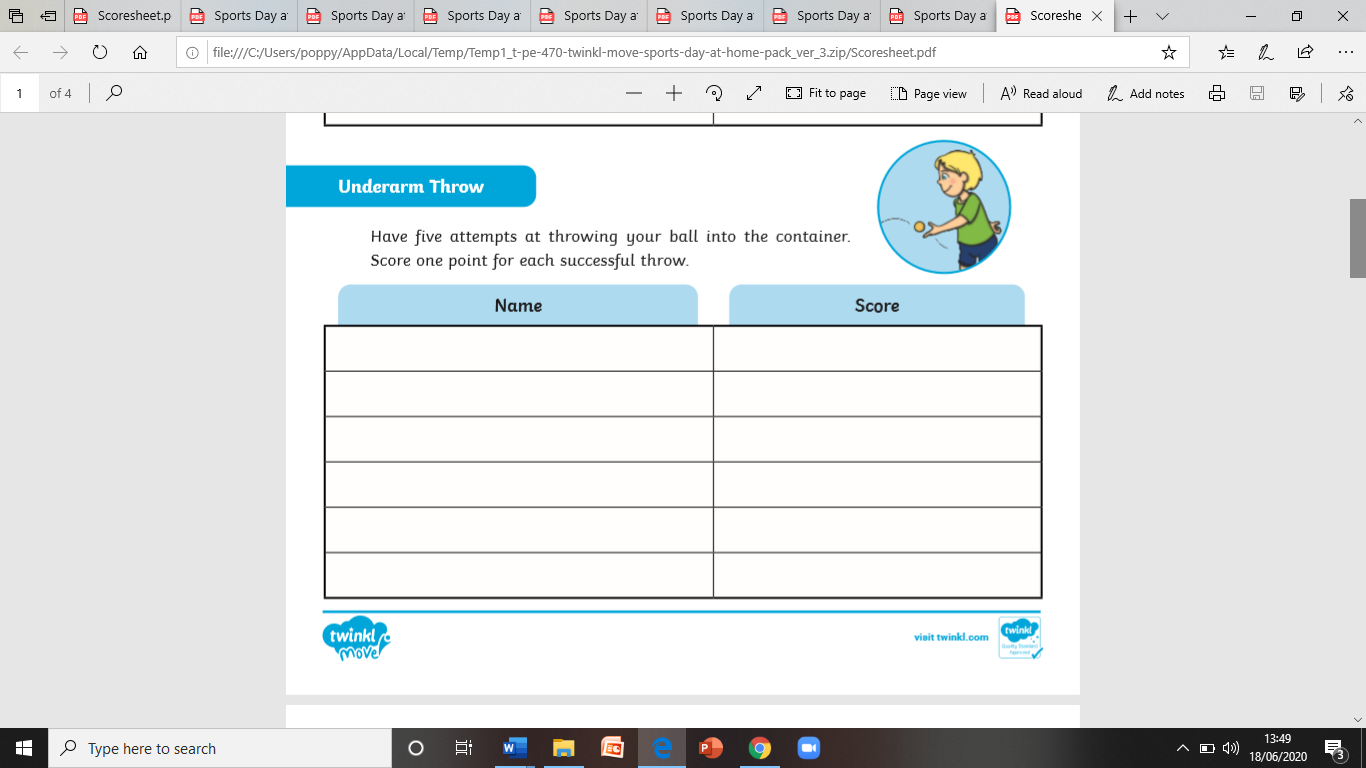
Score Sheets











Certificate



Well done for completing your Sports Day at Home!

Keep smiling,

The Year 6 Team 😊