



# MAIN ACTIVITY

## GAME

### Sports Day Races

## LEARNING OUTCOMES:

- Gross motor skills.
- Winning and losing.
- Teamwork.
- EYFS Prime: C.L / P.D / P.S.E.D.
- EYFS Specific: Maths.

## TIME:

30 mins.

## EQUIPMENT:

Quoits, hurdles, cones, team vests, any equipment depending on races.

## SAFETY:

Make sure your area is clear and there is sufficient space between each group.

## SET-UP:

Give out team vests and organise group into teams. Set up a start cone that matches their team colour. Place another matching colour cone for each team at the end of the race track for the children to run around.

## DESCRIPTION

Each race is run as a relay race, with players starting and finishing at the same place. The teams make a line behind their start cone, the player at the front holds the team quoit and upon command of go they run down the racetrack and around their matching colour cone, they run back and hand the quoit to the next player in their team, once each player has had a turn in a race they sit back down at the back of the line. The races can include: running race, side steps race, skipping race, hurdles race.

## PROGRESSION/VARIATION

1. Can include some skills races – place equipment in a hoop at end of racetrack for each team, when the player reaches the equipment they perform a skill before running back. For example 5 toe taps with a football. Pass the rugby ball around body before running back, 5 quick taps with a hockey stick and ball, a bounce and a catch etc.
2. Other good events for a sports day can include: Team Messy Bedrooms, Team stuck in the mud, Team hungry hippos, Team crocodile-river, Tug of War.