

Thursday 4th June 2020

9:00  LAUNCH VIDEO

Get yourself ready – A healthy breakfast, PE gear on and a short warm up will help to get you ready for all the events.

9:30 **Sack Race**

All children must complete a 30m course in their sack.

9:45 **Sprint Race**

Children must run as fast as they can for the distance set for their class.

P1,2 & 3 – 30m

P4, 5, 6 & 7 – 50m

10:00 **Egg and Spoon Race**

All children must complete a 20m course with their egg (or potato) on their spoon. If the egg falls you must try again!

10:30

SNACK TIME – GRAB A HEALTHY SNACK AND A DRINK!

10:45 **Pre-School Race**

All the new P1 children who will be joining our school next year or any pre-school child in your house must run a 20m course.

11:00 **Long Jump**

The children must stand with both feet behind the start line. They must jump forward with both feet together. Distance should be measured from the start line to the back of the closest landing foot. The jump must be from a standing position not a run and jump.

11:00

The Lockdown Long Distance Run

This race may not be suited to everyone, so only enter if you wish. You must measure out a 1km route. This could be around your house/garden or up and down your lane. Parents will have to help children to work out a safe 1km course.

11:30

Parents/Grandparents and Past Pupils

Entrants must complete a 100m course, with no toilet breaks or refreshment stops, in the fastest possible time!

12:00

LUNCH BREAK – REFUEL WITH A HEALTHY LUNCH

12:30

Family Fun Obstacle Course

You must create your own obstacle course. You can be as creative as you like! It can include anything from monkey bars, scooters, hula hoops, footballs, water balloons or paddling pools...anything goes! Try to get the whole family involved.

There will be a SPOT PRIZE for the best effort on this one!



You have until 2pm on Thursday to submit the times/distances for each event via email to a member of staff to secure a medal!

Please record name, class and results clearly.

15:00 – 17:00

Medal Collection

Medals will be available to collect for anyone who has participated in the Sports Day activities and submitted their entries. The new P1 children will also be entitled to their special medal. We will also have a collection of token medals (while stocks last) for any tiny tots at home who participated so they don't feel left out!



**Winners will be announced on Friday Morning!
House points will be awarded to winners in
each category! There will also be a few spot prizes!**

Have Fun!