

Do your own sports day



If you're looking for a fun activity to do with children at home or in your care at school, this guide is packed full of ideas for planning and holding your own sports day.*

Whatever you want to do, indoors or outdoors, join the fun using our easy to set out activities. You don't need any extras – all the equipment can be found in your home or school.

Add your own twist on the day, get creative and involve children as much as you can to create a sports day to remember.

Let's do it!

raceforlife.org/sportsday

We understand that these are strange and unsettling times and if you, or someone close to you, has cancer, you might feel especially worried about coronavirus.

The NHS and the governments (both UK and devolved) have put together guidance on these issues which we have summarised and linked to from our website –

cruk.org/coronavirus

On your marks

The essentials

You'll find everything you need to hold your sports day in your home or at school

Challenge checklist

Have water and healthy snacks on standby

Fruit, vegetables and brown bread are excellent sources of energy and keep you feeling full.



All kitted out

Make sure sports superstars are in comfy clothes and shoes that they can run, crawl and jump in. Tie loose hair back and remove any jewellery.

Be sunsmart

Spend time in the shade where possible and keep safe in the sun with a hat and sunscreen (at least SPF 15 and 4 star UVA rating). Take a look at our sun safety tips towards the end of this guide.



Visit our website

Download the bingo card, scavenger hunt and score card.



Have a pen and a bit of paper ready for keeping scores or jotting down times.

Gather a few bean bags or cones if you have them. If not, a jumper is perfect to use as a marker.



Have a phone or camera nearby to capture the fun.

Find something to use as a timer such as a phone stop watch.

Depending on the challenge, you may also need:

Outdoor

- Cushions or pillows
- Blankets or bedsheets
- Rolled towel or some toilet rolls
- Plastic bowls, paper bin or saucepans
- Garden table
- Spoons
- Extra clothes like jumpers and gloves
- Ball or rolled up socks
- Two chairs
- Pillow cases and single bed duvet covers
- Used plastic bottles and boxes
- Skipping rope
- Old cloths or tea towels
- Toys or items that you can pick up easily
- Water

Indoor

- Cushions and pillows
- Blankets or bedsheets
- Rolled towel or some toilet rolls
- Plastic bowls, paper bin or saucepans
- Ribbon or string
- Soft ball or rolled up socks
- Two chairs
- Table
- Book
- Toys or items that you can pick up easily



Get set

Top tips

Now that you have all the essentials ready, here are some tips for planning the day

Set a date and time

A weekend might work better if you're juggling work commitments. Don't forget to check the weather for outdoor challenges. The sun's UV rays are strongest between 11am and 3pm in the UK, so try to plan around this time or use shade.

Decide on the venue

Front room or garden, and for children in school the hall or playground may be best!

Agree on the number of challenges

and what you need to complete them (see the checklist on the essentials page).

Get everyone involved

Younger and older children can take part, parents too. There's not just the competing but also the planning and the running of the day, setting challenges or making posters, so put everyone's skills to use!

Apart but still together

While family and friends are unable to be there in person, could they join in the fun using technology? Video call loved ones and take lots of photos to share with family and friends. Teachers would love to see what you're up to as well!

An extra special day

Some ideas to help make your sports day one to remember:

Have a picnic

Having lunch or dinner outside or inside on a blanket is such a treat!



Have a short opening and closing ceremony in the style of the Olympics!

Sports superstars could make their own flag and you can even craft an Olympic torch with a toilet roll and coloured paper.



Awards ceremony

Present sports superstars with their medals and certificates (which can be found on our [website](#)) or make your own. Share these mementoes with loved ones, teachers and on social media. You could also put them in your windows to share with neighbours.



Go!

Let's get physical



Have fun, but please stay safe... If you or the children in your care have any underlying health conditions that might affect their ability to participate in these activities, we recommend that you seek medical advice before taking part.

Outdoor

Challenges for open air venues

Race!

Ready, set, go! Run or race with a twist: hop, skip, jump, run backwards, crawl on hands and knees or three legged – however you do it, do it as fast as you can.



Scavenger hunt

Lead an expedition! Explore the garden or school playground in the quest to find hidden objects.

Download the scavenger hunt from our [website](#) or get creative with your own.

Bingo!

Take on 9 tasks with our outdoor bingo challenge! Download yours from our [website](#). First to complete all the tasks is the winner.

Water

There's nothing quite like a water challenge! Make holes in a used plastic bottle, then fill it with water. Running between two markers, see how much water you can transport from one side to the other!

Obstacle course

Pay homage to 'The Krypton Factor,' with a course of your own. Crawl under cargo nets made from bed sheets, hold your balance walking a beam made from a rolled towel, crawl under garden tables, jump over and go under a row of towels, make stepping stones to jump between using old cloths and weave around a row of markers. Add paddling pools and sand pits to increase the fun.



Top tip

Plan a short warm up and cool down to help sports superstars get challenge ready! Walk around the garden, jog on the spot and add some stretches.

Egg and spoon race

A sports day classic and you don't even have to use eggs! Balled socks work just as well. Balance soft toys on spoons to increase the difficulty!



Sack race

Another traditional sports day race, that is guaranteed a laugh! An old pillow case works well as a sack for younger children and a single duvet for older children and adults.

Ten-pin bowling

Turn your used plastic bottles and boxes of all shapes and sizes into skittles! Arrange your skittles in the shape of a triangle and roll a ball to see how many you can knock over.

Shuttle run

Set out two markers a few metres apart. Place some objects next to one marker. Starting at the other marker, race to the objects, pick one up, then race back. Keep going until all the objects have been moved.

Get dressed race

Spread out clothing along a course – like a hat, sunglasses and a jumper. Pick up the items and put them on before continuing to run. The first to arrive dressed at the finish line wins. Add some fancy dress, the sillier the better, for a great photo finish.



Indoor

Challenges for under cover

Bingo!

First to a full house wins our sports day bingo challenge! Download yours from our [website](#).

Scavenger hunt

Search for hidden objects in your home or at school. Create your own scavenger hunt or download ours from the [website](#). Increase the difficulty for older children with cryptic clues or riddles!

Limbo

Tie a piece of ribbon or string between two chairs. Increase the difficulty by lowering the string after each completed limbo and see how low you can go.



Target throw

Grab a few plastic bowls – saucepans or a paper bin are also ideal. Set them out with a marker to throw from. Soft balls or balled up socks are perfect for indoors.

Obstacle course

There are so many obstacles that you can create, here are our favourites – create tunnels with sofa cushions and pillows, crawl under blankets, hurdle over a rolled towel, walk across a room balancing a book on your head, hopscotch over cushions, run upstairs, log roll over a rug and slide on tummies under tables.



Timed challenge

Race against the clock! How many star jumps can you do in a minute? How long can you balance on one leg? Dial up the difficulty for older children – how long can they stand on one leg with a book on their head?



Top tip

You can increase or decrease time, distance and number of obstacles to adapt the activities for younger and older children and children with different needs and abilities.



We'd love to see your photos! Share them with us using #RFLSportsDay. Please always make sure photos are suitable to be shared and that you have permission from parents or guardians.

Quickest collector

A great way to tidy a room quickly. Spread out a number of items on the floor. Who can collect the most things in the quickest time possible?

Carpet bowls

Draw a target on a piece of paper (bigger for younger children and smaller for older ones). Lay your target on the floor, then set out a marker. Roll a ball to see who can get closest.



Visit our website for a number of additional materials such as a scavenger hunt list and a score card to help you plan your day.

raceforlife.org/sportsday

Increase the competition!

We know your sports day will be a lot of fun, but if you want to increase the competitive element too, here are a number of ways you could do this:

Household games

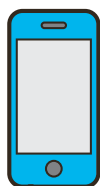
Get everyone in the household to take part. Children versus parent, carer or teacher races are so much fun. You can also increase or decrease the difficulty for older and younger children.

Add time

It's amazing how much faster you can do something when the clock is ticking!

Neighbourhood rivals

If you can see neighbours in their garden next door, why not invite them to take part from their own garden.



Use technology

Compete with family and friends live via video call. Or record and share your challenges. Could the whole family take on a challenge to see who can stand on one leg

for the longest?



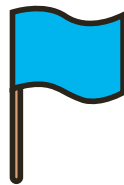
DIY your day

We have lots of materials that you can download from our [website](#), such as a colour in medal. But if you don't have access to a printer, you don't have to miss out.

There are lots of fun craft activities that you can do ahead of the day, here are just a few ideas:

Create your own medal

Sports superstars could copy our design or come up with their own. Medals don't have to be paper drawings, you could use a piece of cardboard, tin foil and a bit of string or ribbon to create a super shiny award.



Have fun creating a flag or banner that can be put up in the 'stands' in support of the contenders!

Create a running number for competitors

You could base this on the participant's age for a great photo opportunity.

Create a poster or an invite to send in the post or share via social media or messaging app with family and friends to join via video call on the day.



Top tip

Check the UV level when looking at the weather forecast. If the level is moderate to very high, you need to think about protecting your skin in the sun.

Sunsmart word search

Sharing tips to stay safe in the sun with children will help to develop life-long sun safe habits.

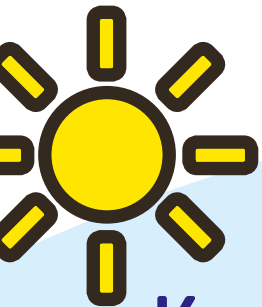
Help to build their knowledge with our sunsmart word search!

Can you find all 12 hidden words?

- Shade
- Cover up
- Hat
- Umbrella
- Sunglasses
- Tshirt
- Ultraviolet
- Trees
- Sunscreen
- SPF
- Star rating
- Protect

For the answers, please see the last page.

a	t	w	m	e	t	s	h	i	r	t
s	e	p	t	b	r	v	e	h	n	f
u	u	m	b	r	e	l	l	a	p	j
n	i	n	o	l	e	u	g	t	r	b
g	r	j	s	r	s	a	h	w	o	c
l	u	f	h	c	d	g	a	e	t	o
a	e	t	a	h	r	v	i	h	e	v
s	p	c	d	u	t	e	p	z	c	e
s	p	y	e	n	x	e	e	h	t	r
e	o	f	g	i	b	d	a	n	s	u
s	t	a	r	r	a	t	i	n	g	p
u	l	t	r	a	v	i	o	l	e	t



Keeping safe in the sun

In the UK, the sun's UV rays are the strongest between 11am and 3pm from early April until late September. During this time, the sun may be strong enough to cause sunburn and damage.

Follow our easy 3 step guide to keeping safe in the sun.

Myth busting!
Did you know that darker skin can still burn.

1 Find shade

Take a break under trees, umbrellas or take the fun inside. We have plenty of indoor challenges.

2 Cover up

Keep shoulders covered with a loose long-sleeved top. Wear a hat, ideally with a wide brim to protect the neck and ears, and sunglasses if you have them.

3 Use sunscreen

Use plenty of sunscreen that's at least SPF 15 and 4 star UVA rating (you can find this on the back of the bottle). Remember to reapply sunscreen regularly through the day.

Myth busting!
Did you know you can still get burnt on cloudy days.

