

# Virtual Sports Day

## How to set up a Sports Day (or a virtual sports day)

Contact parents/friends and gather a small group to attend a Sports Day in your local park or if you are doing it virtually arrange a time and date to Zoom/Facetime in the garden.

### In-person Sports day:

- Remember to maintain 2 metre distance from friends.
- Set out Start and Finish markers with jumpers or cones if you have them.

### Virtual Sports day:

- Set up a Zoom/Face time call with the group
- Send a list of agreed sporting activities in advance of the sports day so everyone can prepare.
- Set out the Start and Finish markers with jumpers or cones if you have them
- Have a stopwatch or phone to time your child (All times will be compared by the parents to decide the winners).

### Sporting activity ideas:

- Hop on one leg race
- Running race
- Running backwards race
- Egg/potato and spoon race
- Ball between legs race
- Water balloon on spoon race
- Hula hoop time challenge
- Skipping rope challenge

### Options: to include small prizes for winners

- Pack of colouring pencils
- Stickers
- Water balloons
- Pack of jellies

**Congratulations! You have participated in Barnardos Virtual Sports day. Give certificates to all children who attended and participated.**