



Sports Week Ballina Primary School Junior and Senior Infants



Day 1	Day 2	Day 3	Day 4	Day 5
<p>1. Traffic Lights Game Someone calls: 'Green' run 'Orange' walk 'Red' STOP Add extra challenges; 'Roundabout' spin around in circle, 'Speedbump' jump</p> <p>2. 15 Sprints/15 Shuttle Runs</p>	<p>1. Book/Beanbag Balance Challenge. Make a course and walk/run balancing a book/beanbag on your head.</p> <p>2. Bubble Bashing Challenge. Blow bubbles and burst.</p>	<p>1. 10 Star Jumps, 10 squats 10 lunges</p> <p>2. Blindfolded Balance Challenge. How long can you hold a one legged balance while blindfolded?</p>	<p>Plan and complete an Obstacle course Or</p> <p>1. Practice animal walks; bear walk, crab walk, duck walk, frog jumps, emu walk.</p> <p>2. Go for a cycle/walk.</p>	<p>Sports Day</p> <p>Suggested activities:</p> <ul style="list-style-type: none">• Egg and spoon race• Wheelbarrow race• Sack race• 3 legged race• Use your trampoline (if you have one)• Throw balls/beanbags/rolled up socks into a basket/bucket <p>https://youtu.be/EPGVREk1kfA For some Sports Day inspiration!</p>

There are lots of games and activities at this link <https://sites.google.com/holyangelsns.ie/virtualsportsday/the-activities>

And lots of family themed activities here <https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>