

Garden Sports Day Practice

Notes

This practice is designed to use household items. Please make sure you have asked an adult before using anything and keep in mind the following things before taking part:

- Make sure that all household items used are safe. They shouldn't have any sharp edges or cause you to trip over.**
- Make sure the surface on which you are running is as flat as possible and, if it isn't, that you are aware of where there are bumps or slopes.**
- Wear suitable footwear.**
- Have a water bottle on hand and keep hydrated.**

For each activity, set two markers ten metres apart (markers can be anything from jumpers, plastic cups, etc.) When referring to shuttles, it means running there and back (so two sets of 10 metres for each shuttle, making each shuttle 20 metres long).

The events are designed to be full distance and standardised so you could record your times and see your improvement.

You are welcome to shorten the distance you run or the number of shuttles.

Event 1: Egg 'n' Spoon

You will need: a spoon from the kitchen, a hard-boiled egg, markers.

- Complete three shuttles as quickly as possible.**

Tips: hold the spoon firmly by the handle; bend slightly at the hips and keep your elbow slightly bent; don't go too quickly until you are confident you've got the balance; do not hold the egg with your thumb.

Event 2: Sack Race

You will need: old pillow case, markers

- Complete three shuttles as quickly as possible**

Tips: keep feet together inside the pillow case; hold the pillow case tightly so you do not trip; be careful and go steady.

Event 3: Bean Bag Race

You will need: 4 pairs of socks (each pair should be tightly rolled together); A bucket/washing up bowl.

- Set the "bean bags" equally spaced out over your 10 metre distance.**
- The bucket should be at the start line.**
- On "go" you must run and pick up one "bean bag" at a time, running back to the bucket and putting the "bean bag" inside it.**

- Once all four beanbags have been collected, you pick up the bucket and complete five shuttles as quickly as possible.

Tips: collect the furthest “bean bag” first; hold the bucket in one hand if possible so you can use your arms to speed up your run.

Event 4: Skipping

For this event you will really need a proper skipping rope, although you may have something suitable at home.

- Complete five shuttles as quickly as you can.

Tips: For this event, if you have the space, you may wish to do a large circle around your markers so you don't have to stop skipping.

Event 5: Obstacle

You will need: an additional marker, such as jumper, rolled up socks, etc.

- Place the additional marker halfway between your two main markers.
- For this event, you will complete five shuttles (there and back) in the following way:
 - Shuttle 1: Sprint
 - Shuttle 2: Crawl on hands and feet
 - Shuttle 3: Sprint but stop at the middle marker on the way there and do 10 star jumps. Sprint back.

- **Shuttle 4: Sprint but stop at the middle marker on the way there and do 10 sideways bunny hops (think of speedbounce). Sprint back.**
- **Shuttle 5: Sprint**

Event 6: Sprint

- **Choose to sprint over either 60, 80 or 100 metres by completing 3, 4 or 5 shuttles as quickly as you can.**

Tips: keep elbows close to your body; pump your arms to increase speed; keep your stride lengths quite long.

Event 7: Long Distance

- **Choose to sprint either 600, 800 or 1000 metres by completing 30, 40 or 50 shuttles as quickly as you can.**
- **Alternately, if you are going outside for daily exercising, you could set yourself a challenge of running laps of a field to equal approximately 600, 800 or 1000 metres.**

Tips: Pace yourselves and try to avoid stopping. Just slow down if you need to.

Event 8: Relay

You will need: a brush from a dustpan, a middle marker such as rolled up socks or a jumper.

- Ask another member of your household to stand at the middle marker and you stand at the first marker.**
- The person stood at the middle marker should hold the dustpan with the handle facing you.**
- Retrieve the “baton” without slowing down and complete five shuttles. On each shuttle, pass the “baton” back to the middle marker and collect it on your next shuttle.**

Tips: Time your arms so you can just snap the “baton” out of your partner’s hand and continue running.