

Running Your Twinkl Move Sports Day at Home

Welcome to our first Twinkl Move Sports Day at Home. In these unprecedented and unusual times, we are bringing you a Sports Day with a difference this year. We hope it is an event you can enjoy safely with your family.

This document outlines how to set up and run your Sports Day at Home.

Ideally, it will take place in an outdoor space but everything can be adapted to suit your circumstances and the size of the area you have available.

Events

Standing Long Jump
Egg and Spoon Race
Object Balancing Race
Underarm Throw
Agility Challenge
Relay Race

Event packs are found on the Twinkl website [here](#). These packs help you practise for the events and include: Skills Posters, Scoresheets, and links to 'How to...' Videos.



Preparation

Every day leading up to your Sports Day at Home, you will have been given the opportunity to practise the six different events by following the information in the [event packs](#) on Twinkl. If you have not had a chance to practise the events or would like to practise any of the events again, then the [Skills Posters](#) with video links are included in this Sports Day at Home Pack.

Setting Up

Refer to the [Skills Posters](#) and/or videos included in this pack for the equipment that you will need and how to set up each event.

You might want to decorate your garden with this [Sports Day at Home Bunting](#) also included in this pack.



Running the Sports Day at Home Events

Remember to warm up and cool down. A [Warm-Up and Cool-Down Activity Card](#) has been included in the pack.

Run through the events in your preferred order and use the [Scoresheet](#) to mark down your scores.

Each event should take no longer than 10 minutes.

Remember to drink water and keep hydrated, especially if it is a hot day.

There are a range of certificates for you and your family in this pack which you can award at the end of your Sports Day at Home.

You might also want to personalise and print off your own [Sports Day Medals](#) or make this [3D Trophy](#).



Most importantly remember to have fun and enjoy your Sports Day at Home!