

Inclusive
SPORTS DAY
Resource



A circuit based sports day for all ages and abilities, incorporating challenges of throwing, jumping and running.

Pupils will take part in every activity, scoring points for their team/house.

Scores will be collated and the winning team/house announced at the end of the event.

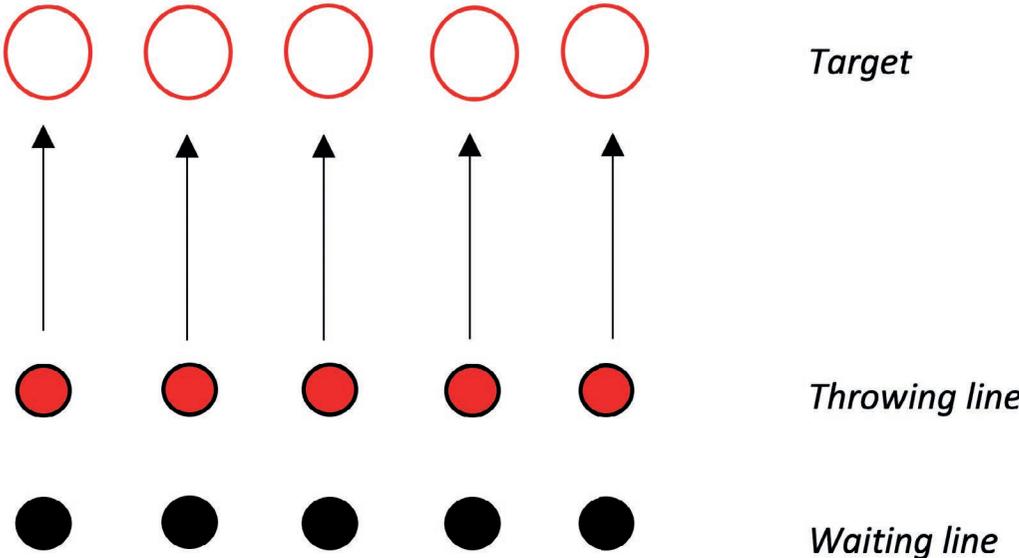
Venue:	
Date(s):	
Order of the day:	
Number of children:	
Number of teams:	
Number of children per team:	
Have children been put into teams?	
Aspire role on the day:	
Time per station:	
Medal/certificate details:	

Equipment

Item	Number Required	Signature	Issues
Agility hurdles	3		
Bean bags	30		
Cones	Plenty		
Cricket stumps set	3		
Hoops	12		
Parachute	1		
Relay baton	1		
Spordas balls	4		
Spot markers	Plenty		
Tall cones	10		
Tennis balls	30		
Tennis rackets	5		
Soft Play Archery	5		
Golf Chippers	5		
Soft golf balls/wind flow balls	5		
Whistle	1		

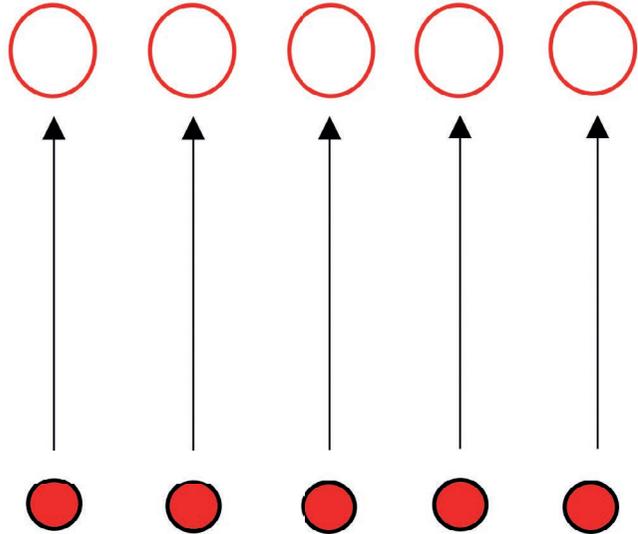
1. Target Throw

Throwing and coordination

Equipment	Diagram	
Hoops, beanbags, cones.		
Details		
Each pupil throws 3 beanbags at the target from 3-6m. After throwing their three bean bags, they collect and throw again.		
Scoring		
Record the points total for all throws. One point is scored for every bean bag in the hoop. Add all successful attempts up after allocated time to give a total score.		

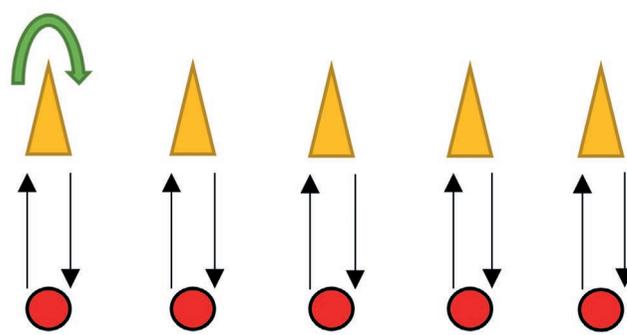
2. Beanbag Balance

Balance

Equipment	Diagram
Hoops, beanbags, cones.	
Details	
<p>Each child walks with a beanbag on their head from the starting cone, puts the beanbag in the hoop (12-15m distance) and runs back.</p> <p>If a child drops a beanbag they return to back of the line.</p>	<p><i>Hoops to place beanbags</i></p>  <p><i>Walk with bean bag on head</i></p>
Scoring	
1 point for every bean bag successfully placed in the hoop	<p><i>Starting line</i></p>

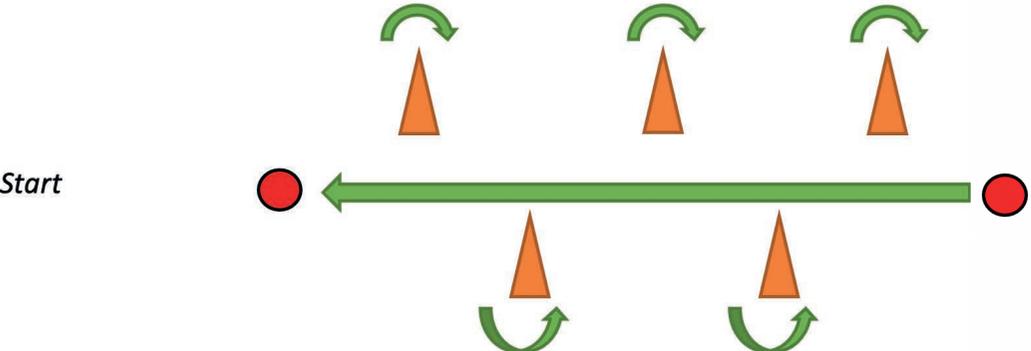
3. Speed Bounce

Agility

Equipment	Diagram
Agility hurdles, cones.	
Details	
<p>Run to the hurdle 8-10m away and jump laterally over the hurdle 6 times (keep feet facing forward and jump sideways).</p> <p>Then run back and join the back of the queue.</p>	<p><i>Complete 6 lateral jumps</i></p> 
Scoring	
1 point every time the hurdle jumps are completed.	<p><i>Run to hurdle</i></p>

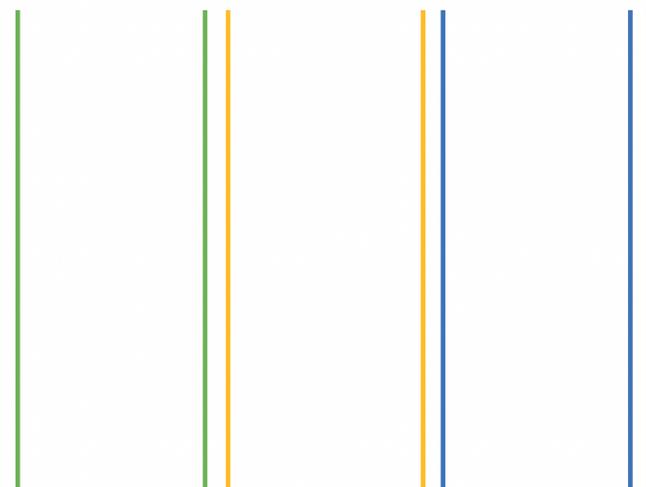
4. Zig Zag Relay

Agility and Co-ordination

Equipment	Diagram
Tall cones, small cones.	
Details	
<p>Children run to cones in zig zag formation touching each cone with their hand as they pass and then run back down the middle to return to their line.</p> <p>Set up 2-3 sets of cones to avoid waiting time.</p>	
Scoring	
Each completed run is recorded and the total number of completed runs during the allocated time is added up to give a team total.	

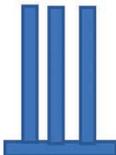
5. Driving Range

Equipment	Diagram
Golf chippers, golf balls, cones.	
Details	
Hitting a ball from the tee, children attempt to hit their ball down the 'driving range'.	
Scoring	
Tee to Green Line 2	
Green to Green 3	
Yellow to Yellow 4	
Blue to Blue 5	
Passed Red 8	



6. Hit the Stumps

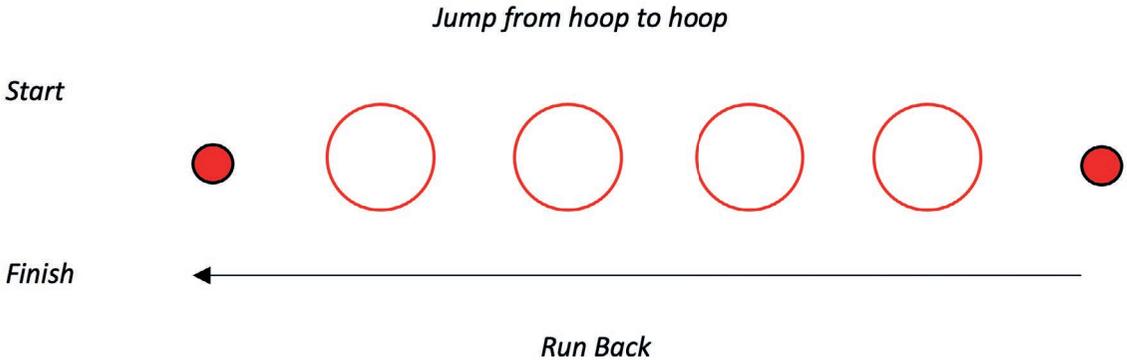
Co-ordination

Equipment	Diagram
Cricket stumps, tennis balls, cones.	
Details	
<p>Children line up 4m away from wickets.</p> <p>One at a time, pupils throw their ball aiming to hit the wicket.</p> <p>After throwing, pupils collect their ball and return to the back of the line.</p>	<p><i>Throw at stumps</i></p>  <p><i>Throwing cone</i></p>  <p><i>Waiting line</i></p> 
Scoring	
All throws that hit the stumps are recorded, 5 points for each hit.	

7. Rest Station *Set out a square with cones for children to rest*

8. Stepping Stones

Jumping and Agility

Equipment	Diagram
Spot markers, cones.	 <p data-bbox="1272 730 1574 762"><i>Jump from hoop to hoop</i></p> <p data-bbox="846 802 913 834"><i>Start</i></p> <p data-bbox="846 986 925 1018"><i>Finish</i></p> <p data-bbox="1384 1058 1507 1090"><i>Run Back</i></p>
Details	
<p data-bbox="219 691 728 802">One at a time, children must step/ jump/ hop from hoop to hoop from the first to last cone.</p> <p data-bbox="219 834 716 914">Once they are at end, they can run back and the next child can start.</p> <p data-bbox="219 946 701 1058">If a child steps on floor and not in a hoop, they should return to the start line.</p>	
Scoring	
One complete circuit is worth two points.	

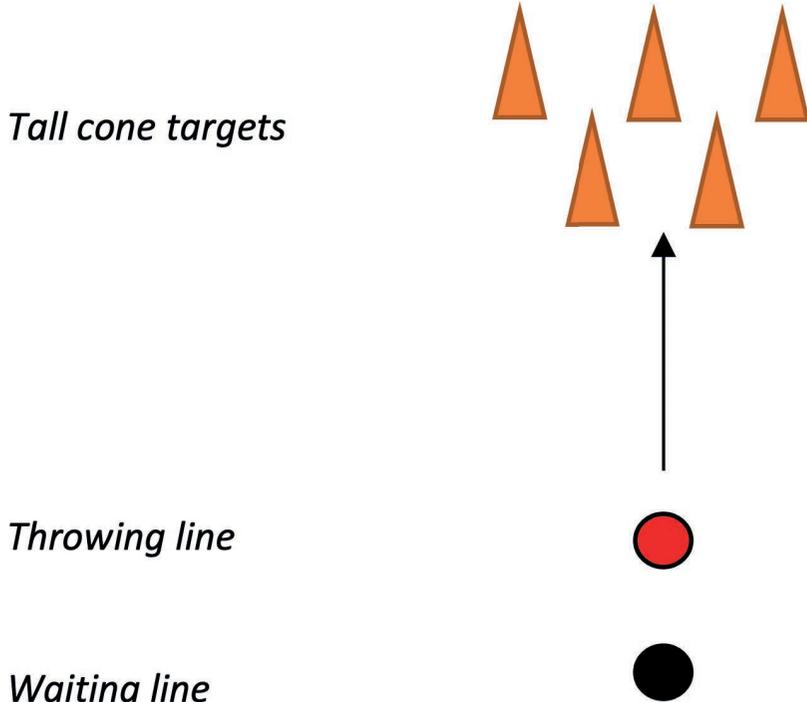
9. Multi-skills Course

ABC's

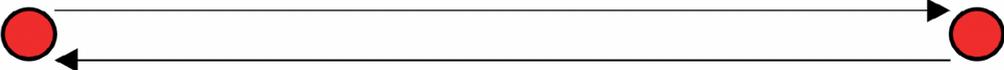
Equipment	Diagram
<p>tall cones, cones, spot markers, parachute, hurdles, ball.</p>	
Details	
<p>One child at a time completes the course. The next child goes when person in front reaches the 'bouncing the ball' zone.</p> <p>Pupil then must sprint across finish line and re-join line.</p>	
Scoring	
<p>Each time a pupil successfully completes the course, 5pts are awarded.</p> <p>At the end of the allocated time, the points are added to give a team total.</p>	

10. Frisbee Throw

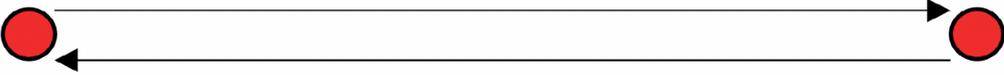
ABC's

Equipment	Diagram
Frisbees, tall cones.	 <p>The diagram illustrates the setup for the Frisbee Throw activity. It features five orange triangles representing tall cones arranged in a semi-circle. A vertical arrow points upwards from a red circle, labeled 'Throwing line', to the center of the cones. Below the red circle is a black circle, labeled 'Waiting line'.</p>
Details	
<p>One at a time, a child throws the Frisbee at tall cones aiming to knock them over.</p> <p>Pupil then retrieves Frisbee and stands up all cones before returning to team and handing Frisbee to next child (have multiple groups).</p>	
Scoring	
1 point awarded for every cone knocked over.	

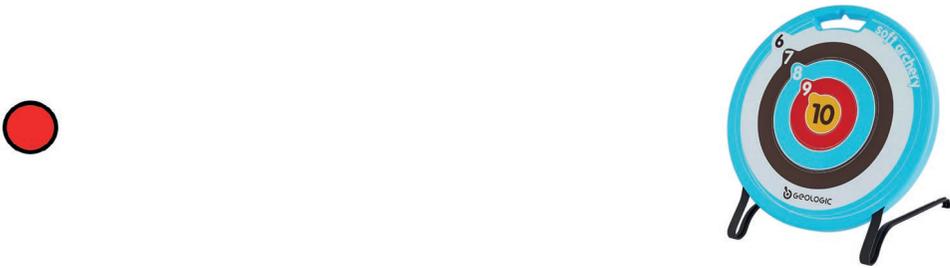
11. Egg and Spoon Race

Equipment	Diagram
Cones, tennis rackets, tennis balls.	 <p>The diagram illustrates the course for the Egg and Spoon Race. It consists of two red circles representing cones, positioned at opposite ends of a horizontal line. Two arrows are drawn above and below the line, both pointing from the right circle to the left circle, indicating a shuttle relay path.</p>
Details	
<p>One at a time, children complete the course (shuttle relay set up cones approx. 20m apart).</p> <p>Next child goes when the person in front hands them the racket and ball.</p> <p>Complete as many shuttles as possible.</p> <p>If the ball is dropped, children can pick it up and carry on (set up 4 lanes to reduce waiting times)</p>	
Scoring	
1 point per completed go	

12. Basketball Pass

Equipment	Diagram
Cones, spordas balls.	
Details	
<p>Children line up opposite each other in small groups.</p> <p>On command, the 1st child passes the ball to child opposite and runs to back of the line.</p> <p>The 2nd child then passes to 3rd child and runs to back of the line.</p> <p>Routine continues.</p>	
Scoring	
1 point per completed pass	

13. Archery

Equipment	Diagram
Soft play archery set.	
Details	
Children have three arrows to score the highest number of points.	
Scoring	
Scoring system in target.	

14. Rest Station Optional depending on numbers

Scoring

Activity				
Target Throw				
Beanbag Balance				
Speed Bounce				
Zig Zag Relay				
Driving Range				
Hit the Stumps				
Rest Station				
Stepping Stones				
Multi Skills Course				
Frisbee Throw				
Egg and Spoon Race				
Basketball Pass				
Archery				
Rest Station				



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