

### Slow Bike Race:

Race your bike as slowly as you can (while still balancing) over 100 m. Use a timer to record your time or race against someone. Just go as slowly as you can!

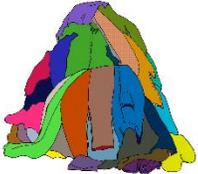
Equipment: Markers for the start and finish line, bike, timer/stopwatch.



### T-shirt Juggling:

Use two or three t-shirts and practice throwing and catching them. When you have practiced for a while, try juggling with them.

Equipment: 2-3 t-shirts



### Spoon catch with socks:

Roll up a pair of socks into a ball. Using two spoons, throw the socks in the air and catch them again. Count how many times you can catch the socks without dropping them.

Equipment: Rolled up pair of socks, two spoons.



### Sock and Spoon Race:

Roll up a pair of socks into a ball. Balance your sockball on a spoon and race. If you drop the sockball, go back to the start line. Time how long it takes you to do one lap without dropping the sockball. Race against someone in your home.

Equipment: Spoon, pair of socks, marker for the start and finish line.



### Foot bowling:

Line up 9 water bottle or cups in the shape of a triangle, like skittles in bowling. Kick a ball towards the skittles and count how many you knock over.

Repeat 3 times. Challenge someone else in your house to a competition.

Equipment: Bottles or cups, ball.



### Water race:

Fill a bowl with water, fill a cup and race to the other bowl or sink. Run back. How long does it take to fill the other bowl? How many cups of water can you get into a bowl in one minute?

Equipment: A cup for each person, a bowl of water and an empty bowl or sink.



### Three-Legged Race:

Tie your left leg to your partner's right leg. How many laps can you do in one minute? If there are enough people in your home have a race.

Equipment: A scarf or something suitable to tie your legs together. Start and End markers

### Wheelbarrow race:

Work with a partner. Lift your partners leg off the ground and help your partner walk on their hands. Use a timer to record how long it takes to complete a lap of your garden or race against someone.

Equipment: Markers for start and finish line, stopwatch.



### Sprinting:

Measure a space in your garden or on a green. You can do 30m, 70m or 100m. Run as fast as you can between the start and finish line. Use a timer to record your time or race against someone.

Equipment: Markers for start and finish line, Stopwatch.



### Skipping/Keepie Uppies:

Count how many keepie uppies/skips you can do in a minute or in a row.

Equipment: ball, skipping rope, timer.

