

# EYFS Races and Field Events

## Sports Day Guide

There will be 6 races and 6 field events which the children could take part in.

### The 6 Races

(Children can take part in all or some of the races, depending on the number of children, their ages and time available.)

1. **Sack Race** - Children step into a sack or pillowcase at the start. They then jump the length of track in sacks or pillowcases.
2. **Sprint** - Children run as fast as they can to reach the end.
3. **Dressing Up Race** - Lay out a range of different clothes e.g. hats, scarfs, T-shirts, shorts. Children run along the track, putting on the clothes as they go.
4. **Egg and Spoon Race** - Children take their time to get to the end without the (plastic or rubber) egg falling off of the spoon.
5. **Obstacle Race** - Children go over, under or through the obstacles e.g. under benches, over cones, through hoops.
6. **Beanbag on Head Race** - Children keep the beanbag on their head and try to get to the end of the track as quickly as they can.

### The 6 Field Events

The number of field events may be affected by staffing levels - you could consider asking the children to take part in the field event before the Sports Day and then announcing the results on the day. You could also reduce the amount of field events you have taking place during Sports Day, or ask for volunteers to help manage the different activities.

(Children can take part in all or some of the races, depending on the number of children, their ages and time available.)

1. **Beanbag Throwing** - Children throw the beanbag as far as they can.
2. **Hula Hooping** - Children keep the hula hoop going for as long as possible.
3. **Standing Long Jump** - Children stand on the edge of a mat and see how far they can jump from a standing position.
4. **How High Can You Jump?** - Children stand next to a wall (so that you can measure roughly how high they can jump) and jump as high as they can.
5. **Backwards Beanbag Throwing** - Children stand facing the opposite direction and see how far they can throw the beanbag.
6. **Target Throwing** - Children see how many beanbags they can throw into the target in 30 seconds.