

Ann's Creative Corner

Project #736: Outdoor Sport Races!

- Sports Day Ideas.
- **3 Legged Race** - attached a loose stretchy band such as a hairband onto the right and left leg of two people at the ankle.
- A few pairs of people may be part of this idea.
- The "Race" will be who can get to the finish line the quickest.
- This must be supervised and done on soft ground such as grass as the participants can fall.
- Be aware to go at a safe pace as ankles can get twisted or falls can happen. This would be best to practice before an actual race. Older Preschool Children and up may be able to participate.
- **Sack Race**: step into a sack such as a burlap potato sack or other sacks such as a pillow case.
- The race is about hopping in the sack to the finish line.
- Please do this on a soft surface such as a grassy area.
- This also can be a fun independent activity so it does not have to be a race.
- **Broad Jump**: Over a soft area of sand have a start line.
- Participants may jump from start line as far as they can go and measure the distance.
- Try doing this by running up to the start line and then jumping too as the participant will go further. Measure the distance and compare.

Activity: Prepare or make the props needed!

