



Sample

Scoil Chliodhna



## Sports Day Timetable

	Event:
1.	Wake up morning yoga – Cosmic kids Option 1: <a href="https://www.youtube.com/watch?v=LhYtcadR9nw&amp;t=173s">https://www.youtube.com/watch?v=LhYtcadR9nw&amp;t=173s</a> Option 2: <a href="https://www.youtube.com/watch?v=02E1468SdHg&amp;t=17s">https://www.youtube.com/watch?v=02E1468SdHg&amp;t=17s</a>
2.	Create your own obstacle course
3.	Practice your favourite sport / activity
4.	Novelty races – egg/potato & spoon / wheelbarrow race / silly clothes race / 3 legged race
5.	5 senses scavenger hunt *see resource online for ideas
6.	Zumba I've got this Feeling / Dance Monkey *see video on Aladdin
7.	Go for a walk/run/jog with your family

