

European School Sports Day (ESSD)



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School or Organisation: Manister NS, Limerick & Burrow School, Dublin 13 & IPPEA

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European School Sport Day (ESSD) is a pan-European initiative with the main goal to promote physical activity on international level and involve as many children, young people, schools and organisations as possible.

Last year over 3,000,000 pupils took part across 9000 schools. Participate with your class or school by completing 120 minutes of any type of physical activity on the day.

The following games are a selection of games which can be used as a sports day or for European School Sports Day on 25th September 2020;

Froggy finds a pond: (5 Beanbags, 5 hoops)

Give each student 5 bean bags. Each bean bag represents a frog. Each hoop represents a lily pad. How many frogs can each student throw into the lily pads? Each lily pad can be worth a different total e.g. nearest one is worth 5 points and furthest away is worth 25 points.

Balloon between the Knees Race:

Give each student an inflated balloon so it fits comfortably between the knees of each child. Run, hop or walk to the finishing line. If balloon pops out, they go back to the start.

Paired Balloon Races:

Balloon between the Shoulders Race: Children put inflated balloon between shoulders and move to the finishing line.

Balloon between the Forehead Race: Children put inflated balloon between foreheads and move either sideways or backwards to the line.



Hug the Balloon Friend Relay: Place the balloon between the pairs stomachs and children hug each other and move sideways to finishing line.

Each balloon race can be done as a straight-line race or around cones depending on the age of the children.

Tangram Race: (Tangrams, Cones)

Set up square area using cones and put different coloured tangram pieces in the square. Teams line up outside square. Each person on the team collects one tangram piece and when all pieces are gathered, children try to make the perfect square with all the tangram pieces, after been shown the picture of a perfect square beforehand.

Bus Stop Relay

In teams of five or six and can be run as a standard relay or an obstacle course, teams have to race from a starting point to an end point and fill in a category on the bus stop form(A4 sheet with a number of categories to fill in) The first team to have all their categories filled in is the winner. The categories will all start with the same letter or pick one category with different letters.

Hula hut: (six same sized hula hoops)

Each group gets 6 hula hoops and is shown how to build a hula hut. They must then create their own, placing one on the ground (foundation). Place two hoops on the inside edge of this base hoop, but on opposite sides of each other. Lean them together at 45 ° angles. Place two more hoops on the opposite sides and lean them over the first pair. The 6th hoop (roof) is put on top, over the others to hold them in place.

The challenge is for each child to get through the structure from one side to the other without knocking it down. Each should try to find a unique route.

Wacky Waiter Race (a starting line, a designated turnaround point, and two teams (with at least two players per team) along with, a large plastic dinner plate and a Ping-Pong ball for each team.

The first runner on each team places the Ping-Pong ball on top of the plastic dinner plate. Holding the plate waiter-style (one hand underneath the tray; younger racers can use two hands), the player carries it to the turnaround point and back to tag the next teammate, who does the same. If a player drops the ball, she picks it up, puts it back on the plate, and resumes. The first team to finish wins.

Blindfold Fun: (Shirt with lots clothes pegs/hangers stuck on in different places, cones, blindfold)



Children in pairs. Partners surrounding the outside of a circle made of cones, Pupil or teacher wearing the clothes peg shirt in the centre blindfolded. Buckets/cone behind each set of partners.

The teacher is in the middle of the boundary rope with the clothes peg shirt and blindfold on. They may not leave the circle. On signal the players (1st partner) attempt to go into the circle and “steal a clothespin and bring it back to their partner and place it in their area. Now the other partner goes in and repeats the process. If a player is tapped by the blindfolded person they must go back to their place and start again. Partners work together to try and get as many clothes pegs as possible without being tagged.

RULES: ONLY ONE CLOTHES PEG CAN BE TAKEN FROM THE SHIRT AT A TIME

Balloon pop relay: (Hoops, Cones, Balloons)

Children divided up into relay teams. Two children start off with a hop and balloon between them. Both children hold one end of the hoop with one hand and the free hand is used to push the balloon through the hoop forward and back ten times. Once they have done this, they race to a cone ten metres away, whilst holding the balloon and hoop, go around the cone and race back to give the balloon and hoop to the next pair on their team. First team with all players having completed the race, is the winning team. (Might sound a little complicated but not)

Roll or throw for dough: (Monopoly money, and hula hoops)

Children divided up into teams of four or five, each team with a hoop. Monopoly money spread out in front of them at a certain distance. First person in each team rolls (or throws) the hoop out towards the money and wherever the hoop lands, if there is money in the hoop, collects the money and brings it back to their team. Next person then goes, etc. Team with the most money collected after a certain time or the end of the team wins the dough!

Balloon battle relay:

Children divided into teams of two, three, four or five. Each team has one balloon (or two) between them and has one foot in the hoop. The team must keep the balloon in the air whilst having one foot in the hoop to drag it along and the other foot out of the hoop. Relay distance can be set up as a 10 to 15 metre race forward or forward and back around a cone.

OTHER SUGGESTED GAMES/ ACTIVITIES FOR SPORTS DAY OR ESSD

Tennis Ball Balance:(Tennis Racquets and Tennis Balls)

Children balance a ball on a tennis racquet and run to/ around cones and back.

Hoop Play: (Hoops)



Teams form a line or circle holding hands together. Hoop starts on the arm on one child and must pass through all the team to the last person. First team to do it wins. Can also be done as a relay i.e. pass it all the way to the end person and then back to the start person.

Saucers and Domes: (Cones)

Set up square full of saucers (upturned cones). Children to be on outside of square. On whistle children have a certain number of seconds to see how many domes they can make. (e.g. 30 seconds)

Keep it Up: (Balloons, Cones)

Children work in groups of 4 -8 in a circle with a balloon between them. Must keep the balloon in the air and in the circle while holding hands and travelling around a pole and back to starting line.

Quick Change Relay

Children line up without shoes and socks which are placed a certain distance away. On the whistle, the children race to put on their socks and shoes and race back to the start. Can also be done as a relay race.

Rubbish Check: (Piece of large cloth, various rubbish items to be chucked per team)

Teams of 5; one team member stands behind designated line, other members are holding cloth behind their designated line

On signal one team member is the rubbish chucker – they chuck a piece of rubbish and the rest of the team tries to collect it in their cloth. If it is caught the team keeps it collected and a new rubbish chucker is put into place, if it is not caught still swap out rubbish chucker, but the new chucker picks up the rubbish and takes it back **to** the line with them. As more rubbish is collected do not let the other rubbish fall out of the collection bag / sheet. Team with the most rubbish at the end of the time are the king and queens of rubbish.

Keep an eye on www.irishprimarype.com and <http://www.essd.eu/> for more details!