

Egg and Spoon Race

Description: Choose an area for your race. Balance an egg on a spoon and race! Don't drop your egg!

Equipment: Start and finish markers, egg and spoon for each person.



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Balance

Description: How long can you hold a balance for? The person who can hold their balance the longest wins. You could try standing on something to make it more challenging.

Equipment: None!

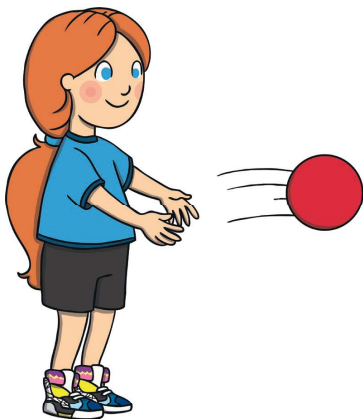


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Ball Toss

Description: How many times can you throw a ball into a bucket in one minute?

Equipment: A ball or bean bag and bucket or target.



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Standing Long Jump

Description: Stand with your legs together and jump. Who can jump the farthest?

Equipment: None!



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Sit Ups

Description: How many sits up can you do in one minute?

Equipment: Something to lie on.



Over and Under

Description: Find something in your home you can go over and under in one minute!

Equipment ideas: Under the table, over a chair. A bamboo cane or long brush balanced on two chairs.



Water Race

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

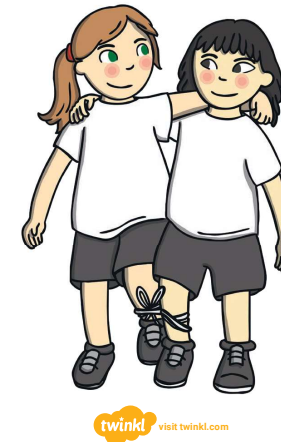
Equipment: A cup for each person, a bowl of water and an empty bowl or sink.



Three-legged Race

Description: 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.



Ball Catches

Description: How many times you can catch a ball in one minute. You could do this with a family member.

Equipment: A ball.



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Pillowcase Sack Race

Description: Have a sack race at home! Who can get to the finish first?

Equipment: Start and finish markers, a pillowcase for each person.



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