



LET'S PLAY!

Enjoying Athletics doesn't always need a stadium or running track. Let's celebrate Kids' Athletics Day by getting active and having some fun!

We've put together some great, simple activities for you to try at home, your garden or maybe in a local park. Give them a go, and see if you can think of your own ideas too.

DON'T FORGET!

Send us your best pictures or videos at kidsathletics@worldathletics.org or use the hashtag #KidsAthleticsDay on social media so we can be part of your celebration.



YOU'LL NEED...

Different items that you can jump over, throw and run around.

HOW TO PLAY

- Set out your running track and use your items as obstacles or challenges.
- Time yourself and your friends. Who can complete the course fastest?

Ideas of obstacles or challenges:

- Boxes or broom sticks to jump over.
- A rope tied between two objects to crawl under.
- Throwing soft balls or soft objects in a laundry bag.
- Slalom challenge: Lay down some cones or other objects to zig-zag through.

YOU'LL NEED...

A small ball and a spoon.

HOW TO PLAY

- Create your teams (with the same number of people in each team) and give them a fun name.
- Set out a course for your race, split into sections (the same number as you have team members).
- Competing team members stand at the same course section start e.g. runner 2 from Team A and runner 2 from team B both at the start of section 2 and so on.
- Each team has to balance a small ball on a spoon, passing the ball and spoon to their team members like a baton.
- The first team across the finish line (with their ball on their spoon) wins.



Jump Your Own Height



YOU'LL NEED...

Chalk or tape.

HOW TO PLAY

- Lie on your back on the ground. Have a friend mark with chalk (or tape) at your head and feet.
- Start by standing with your knees bent at the mark of your head, and like a ninja do a frog jump to see if you can jump the length of your body!
- Mark out your friend's heights and try jumping each other's heights as well.

YOU'LL NEED...

Tin cans and a small ball (like a tennis ball or a baseball)

HOW TO PLAY

- Set up the tin cans on top of each other to create a pyramid, or another shape you can think of.
- Throw the ball to try and knock over as many tins as possible.
- For more of a challenge, move further back from the target each time.

Air Bowling



Flying Saucers



YOU'LL NEED...

A paper plate, pens or any other objects you can throw

HOW TO PLAY

- Mark out different areas for landing zones.
- Take it in turns to throw your objects into the zones.
- Gain a point for each object that lands in the landing zone.
- The team or person with the most points wins!
- For more of a challenge, mix the size of the zones and make the ones further away worth more points.