

# SUMMER SPORTS DAY

This week's Summer Sports Day Challenge is all about fun, have a go at the events below and have some fun with your family!

- EGG & SPOON RACE
- SACK / PILLOW CASE RACE
- SKIPPING RACE

Set out a 10 metre course and have a go at these races!

If you drop the egg go back to the start!

For the sack race make sure to keep two feet in the sack at all times!

For the skipping race see if you can do one or two feet each skip!

Don't take it too seriously and have some fun!!

Don't forget to send us your pics and videos to @KnowsleySSP !