

# Challenge 1 - Tea bag into a cup (MBA Sports Day)

Successful completion of the challenge is to get the tea bag into the cup with as few attempts as possible.

## How to play:

1. You place your cup down on the floor / grass and take 5 big steps back.
2. You take hold of the tea bag and throw under arm into the cup
3. Count how many times it takes to get the tea bag in the cup

## Safety

Ensure your take part in a safe area and check before taking on the challenge. Ask your parent/carer permission.

## Equipment:

- 1 Tea Bag
- 1 Mug / Cup

## Challenge:

You place the tea bag on your foot and attempt to flick into the cup

## Top Tips:

Ensure you have enough space  
Choose a good tea bag  
Take your time, accuracy is key

Points will be counted up  
at the end of sports day



# Challenge 2 - Toilet roll keepie uppies (MBA Sports Day)

Successful completion of the challenge is to get as many continuous keepie uppies as possible

How to play:

1. You get one toilet roll and using your foot kick the toilet roll in the air as many times as you can
2. Count how many times you kick the toilet roll without hitting the floor.
3. Have a few attempts and see what is your best score

Safety

Ensure you take part in a safe area and check before taking on the challenge. Ask your parent/carer permission.

Equipment:  
1 x Toilet Roll  
And some skill

Challenge:  
You you alternate which foot you use

Top Tips:  
Ensure you have enough space  
Use a fully rolled toilet roll  
Concentrate

Points will be counted up  
at the end of sports day



# Challenge 3 - Tic ToK Plank Challenge (MBA Sports Day)

Successful completion of the challenge is to complete the plank Tic Tok the best you can

How to play:

1. Watch the video of the plank challenge
2. Record your attempt at the plank challenge (you may want a practice first)
3. Upload evidence of recording to Seesaw

Safety

Ensure you take part in a safe area and check before taking on the challenge.

Equipment:  
Just yourself and some coordination

Challenge:  
Complete with a partner and add a roll

Top Tips:  
Ensure you have enough space

Points will be counted up at the end of sports day



# Challenge 4 - Bottle Flip (MBA Sports Day)

Successful completion of the challenge is to get the bottle to land the correct way up

How to play:

1. Get one bottle, holding in your hand attempt one rotation of the bottle.
2. Bottle needs to land the correct way up
3. How many times did it take?

Safety

Ensure your take part in a safe area and check before taking on the challenge. Ask your parent/carer permission.

Equipment:

1 Drinks bottle (half filled with water)

Challenge:

Throw the bottle a little higher

Top Tips:

Ensure you have enough space  
Half fill the bottle  
Take your time, accuracy is key

Points will be counted up at the end of sports day



# Challenge 5 - Balance (MBA Sports Day)

Successful completion of the challenge is to balance an egg (hard boiled!) on a teaspoon from a standing position down to the floor, lying down and then back to standing position.

## How to play:

1. Get an egg and a tablespoon.
2. Make sure your area has enough space to lie down and stand back up.
3. Make sure if you drop the egg you will not ruin any carpet / floor.

## Safety

Ensure you take part in a safe area and check before taking on the challenge. Ask your parent/carer permission.

## Equipment:

- 1 Spoon of choice
- 1 One egg

## Challenge:

Use a smaller spoon to balance

## Top Tips:

Ensure you have enough space  
Choose your spoon wisely  
Take your time, accuracy is key

Points will be counted up  
at the end of sports day



# Challenge 6 - Elbow Coin Catch (MBA Sports Day)

Successful completion of the challenge is to get the coin from your elbow into the hand (of the same arm)

How to play:

1. Place the coin on your elbow
2. Attempt to flick the coin and catch the coin with the hand from the same arm
3. How many attempts did this take?

Safety

Ensure you take part in a safe area and check before taking on the challenge. Ask your parent/carer permission.

Equipment:

- 1 Coin
- 1 Elbow

Challenge:

How many can you do in a row?

Top Tips:

Ensure you have enough space  
What coin to use?  
Take your time, accuracy is key

Points will be counted up at the end of sports day

