

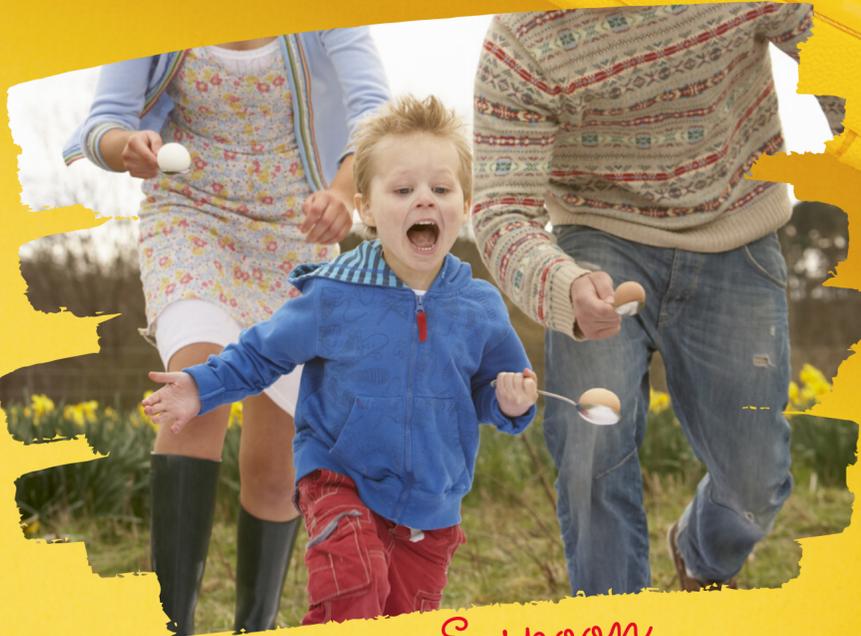
# Yellow Yorkshire At Home Sports Day

On Friday 3rd July why not take part in your very own sports day at home and raise money for the Yorkshire Air Ambulance!

There are lots of sports and games you could try. We have a few ideas for you but feel free to come up with your own wild and wonderful ideas!



sack race



egg & spoon



skipping

Set up the events around the house or in the garden and ask your friends and family to sponsor you.

running



football



**YORKSHIRE**  
AIR AMBULANCE

Registered Charity No. 1084305

# What you need to do

## Children:

1. Decide which games you will do
2. Set up your online fundraising page
3. Help the adults set up the games
4. Find something yellow to wear
5. Take part
6. Have fun
7. Raise money for the Yorkshire Air Ambulance

*jumping*



*welly throwing*



## Adults:

1. Help to set up the online fundraising page
2. Print out the score sheet  
(add your own games if they are not already on) or create your own
1. Gather the items you need, like eggs, spoons, cones, wellies, sacks, skipping rope and balls
2. Get the stop watch ready - this could be on a phone
3. Provide snacks and drinks
4. Take lots of pictures and videos
5. Help to get sponsors and donations

## Online Fundraising:

It's really easy to set up your own online fundraising page and many of the platforms, like JustGiving, Virgin Money Giving and Facebook, have step by step guides to help you.

Take a look at our guide to [Online Fundraising](#) for all of the details and links you will need to get you started.

Don't forget to share your photos and videos of your At Home Sports Day



Yorkshire Air Ambulance



@YorkshireAirAmb



@yorkshireairambulance

# Score Sheet

Name

*activity*

*score/time*

*score/time*

*score/time*

Egg & spoon

Long jump

Sprint

Blind folded leg balance

Sack race

Skipping race

Football dribble

Apple bobbing

Box target

# Score Sheet

Name

*activity*

*score/time*

*score/time*

*score/time*