



Mini Missions

# SUMMER camp

## Plan your own sports day

Double tie those laces, Minis.  
Today is sports day, where you'll  
take part in three races, each  
more silly than the last.

Let the  
games begin

THE RACES ARE ON

START

Sponge  
race

Egg and  
spoon



You'll need

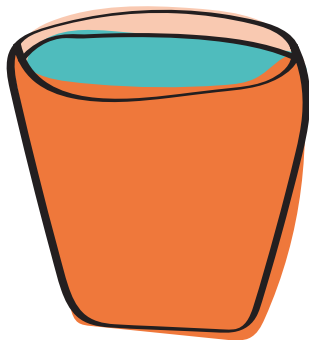
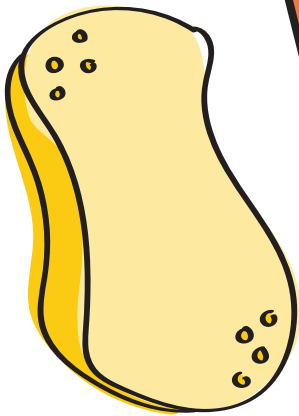
- Buckets  
(or large containers)
- Sponges
- Eggs  
(or tennis balls)
- Big spoons

## RACE 1

# Sponge race

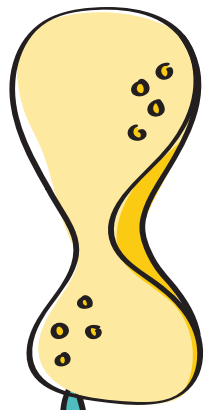
The racers stand behind the starting line with a sponge, next to a full bucket of water each. At the finish line is an empty bucket for each racer.

A



On the word GO, the racers must dunk their sponge in the bucket of water, race to the other side and squeeze the water in their empty bucket. Then run back to the full bucket and repeat.

B



### Fun twist:

Get the racers to carry the sponges above their heads when they run between the buckets. The sponges will drip and the Minis will laugh.

### Tip:

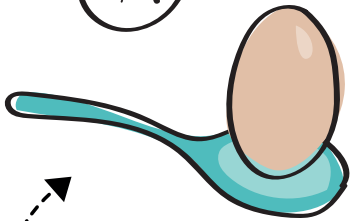
If you're using different sized buckets, you'll need to measure out the water and draw a line on the buckets as a marker, so everyone has to fill up the same amount.

**THE WINNER:** The first racer to fill up their empty bucket.

## RACE 2



A

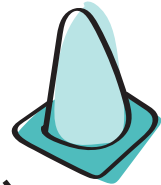
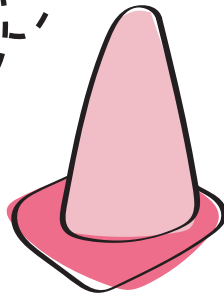


This is a classic race with a twist. For each lap, the racers have to do something slightly different. To make it a less yolk experience, we suggest swapping the eggs for tennis balls.

**The rules are simple:** Everyone stands at the starting line with their 'egg' on a spoon. On the word GO, everyone races to the other end. They then turn around and race back, but with a different challenge to complete...

### Important:

If anyone drops their 'egg' they have to scoop it back up without using their other hand to help.

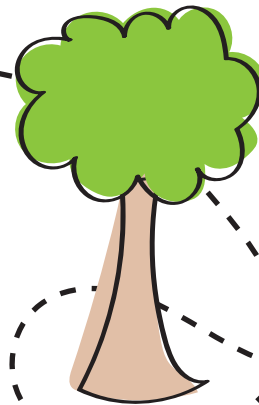


### Lap ideas

You can race as many laps as you like. Just make sure each lap is different and as silly as possible. Here are some ideas:

- Run around obstacles
- Hop on one leg
- Run backwards
- Wear a blindfold
- Hold the spoon in your mouth
- Race on hands and knees

B



**WINNER:** The first racer to complete all the laps.

## RACE 3

# The ULTIMATE challenge

This is a circuit race with 10 parts. On the word GO, everyone races to the first spot and does 10 star jumps, then races to the next spot to do 9 spins, then to the next spot to do 8 of something else, and so on.

## Challenge ideas

Here are some fun ideas to help you fill in the blanks.

- Hops on one foot
- Claps
- Skips
- Dance moves
- Kick-ups with a football/cushion/piece of fruit
- Air punches
- High kicks
- Finger clicks

Make this one funny

10 star jumps

5

9 spins

4 roly-polys

8

3

Make this one easy

7

2

6

1

Make this one tricky

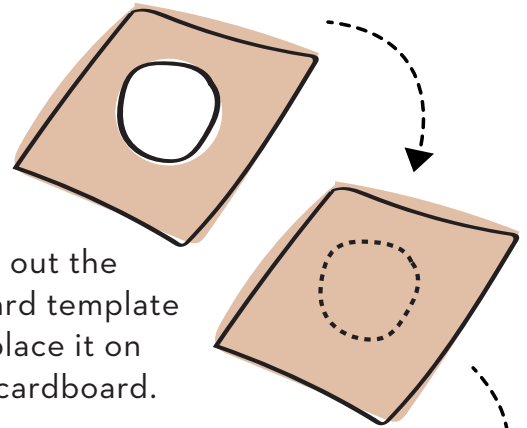
**WINNER:** First person to complete the circuit.

# The awards ceremony

Before the racers go to bed for a much-needed early night, it's time to hand out the medals.

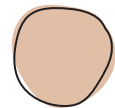
1

Cut out the cardboard template and place it on some cardboard.



2

Draw around the template and cut out the shape.



3

Paint on both sides and leave to dry.

4

Cut out the medal fronts and write in the spaces.



5

When the cardboard has dried, glue the medal front on top.



6

Pierce a hole, thread through some ribbon or string and tie the ends together.



## You will need:

- Templates on the next page
- Card or cardboard
- Paint brush and paints
- Glue
- Scissors
- String/ribbon

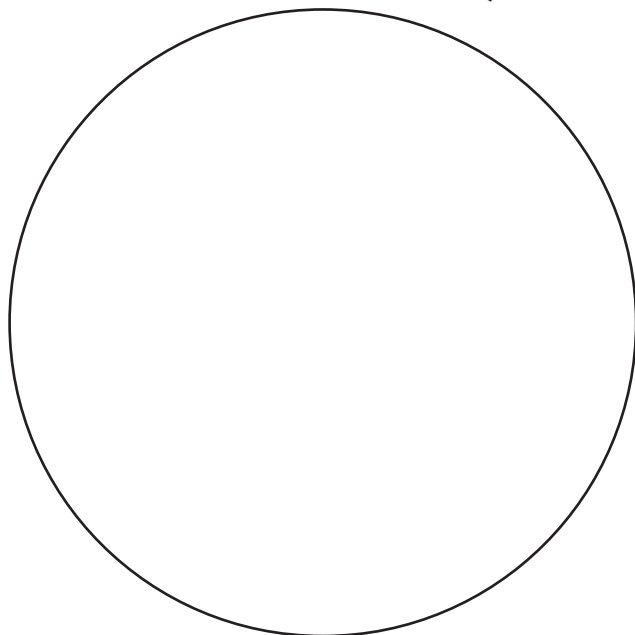
Share photos of your day with  
**#BodenMiniMissions**

or at

**BODEN.COM/MINI-MISSIONS**

You'll need one cardboard template and as many medal fronts as you'd like to make. You can print this page multiple times if needed.

CARDBOARD TEMPLATE



MEDAL FRONT

