



Stay Home **HIGHLAND** **GAMES**

Take part in our stay at home Highland Games challenges!

All challenges can be completed with very little equipment and space but will test the family on strength, power, speed and accuracy.

Scoring can be as a team event or as individual with each challenge adding up to the final score.

- **Putting the weight**
- **Target throw**
- **Running time challenge**
- **Shuttle run**
- **Dance challenge**
- **Standing long jump**

Putting the Weight

You require:

- ▶ Carrier bags / freezer bags.
- ▶ Fill the carrier bags with sand or soil (make sure there are no lumps or stones). We suggest: 2 handfulls for 10 & under, 3 handfulls 14 & under, and 4 handfulls for 15+.
- ▶ A throwing line, using chalk, sand or soil, draw a straight line about 50cm in length.
- ▶ Individual throwers markers, which could be different stones, shoes or cones

Aim of the challenge:

- ▶ To putt the weighted bag as far as you can. If you step over the line or bag bursts then no score will be awarded.
- ▶ You each get three throws; you only mark your longest throw with your thrower's marker.
- ▶ Scoring would be:
 - 1st = 10 points
 - 2nd = 8 points
 - 3rd = 6 points, etc.



Target throw

You require:

- ▶ Carrier bags / freezer bags or water balloons.
- ▶ Fill the carrier bags with sand or soil (make sure there are no lumps or stones). We suggest: 2 handfulls for 10 & under, 3 handfulls 14 & under, and 4 handfulls for 15+
- ▶ A throwing line, using chalk, sand or soil draw a straight line about 50cm in length.
- ▶ Target: place a bucket / washing basin / large plant pot or other similar sized object 2metres away.

Aim of the challenge:

- ▶ To throw several weighted bags or water balloons at a target to get a total score.
- ▶ Bags landing in the target get 5 points, bags landing on the edge score 2 points.



Running time challenge

You require:

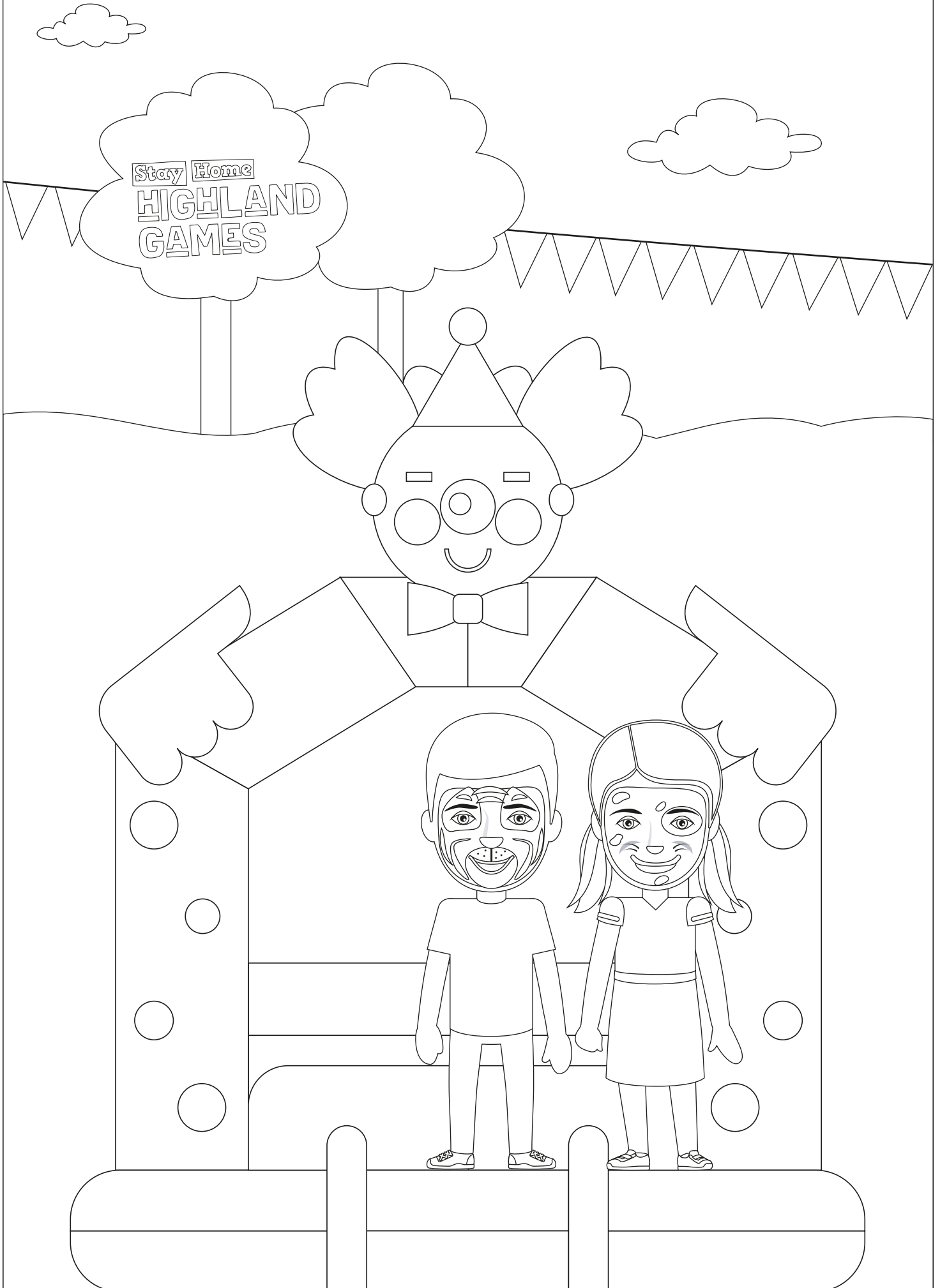
- ▶ Stopwatch or stopwatch app.
- ▶ 1 metre square (running on the spot) or a space to run around in.
- ▶ Timekeeper.

Aim of the challenge:

- ▶ To run for a set time, either run on the spot or around your space / garden.
- ▶ Challenge is that you must stop running when you think you have run for the distance times.
- ▶ Times could be 10 sec for 100m, 1m 40 sec for 800m or run for a minute.
- ▶ Start the watch and shout GO.
- ▶ Each runner shouts their NAME out when they STOP, and the timer person then presses stop or lap time to get their time.

Scoring system:

10 - if ran exactly for the set time
8 points if you are within 2 seconds.
5 points - 6 seconds
2 points - 10 seconds



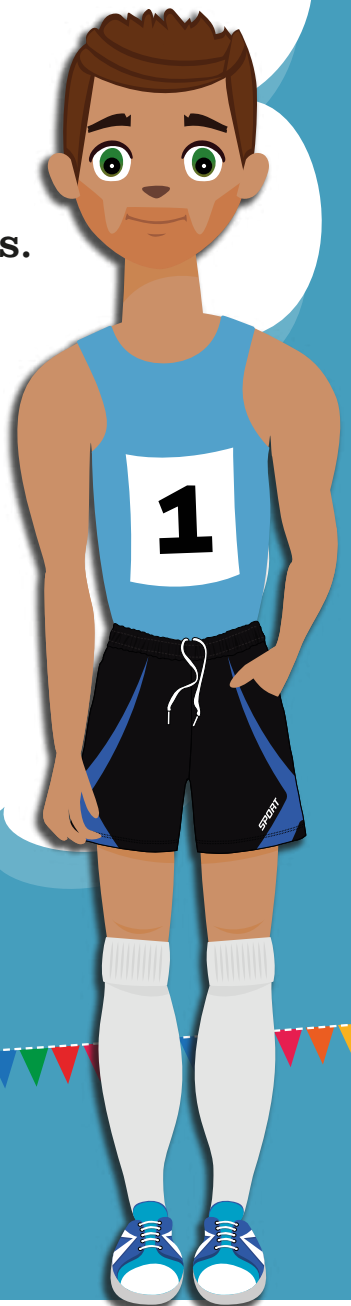
Shuttle run

You require:

- ▶ Stopwatch or stopwatch app.
- ▶ Space to mark out a 5m length with at least 1 metre wide.
- ▶ Two marker points: a spare pair of shoes / jumpers x2 / a mound of soil / buckets / plant pots etc.
- ▶ A measuring tape or a 30cm ruler.
- ▶ Timekeeper.

Aim of the challenge:

- ▶ Each runner does the shuttle run challenge over 5 metres for 20 laps / runs.
- ▶ Run around each marker 10 times.
- ▶ Start the timer either as they move off or by saying GO.
- ▶ Rank the times from fastest to slowest and award the points.
- ▶ Scoring would be:
 - 1st = 10 points
 - 2nd = 8 points
 - 3rd = 6 points, etc.



Dance challenge

You require:

- ▶ Stopwatch or stopwatch app.
- ▶ A device to play your music or someone to play music.
- ▶ A space to perform your routine.
For example; 1 metre by 1 metre area.
- ▶ Piece of paper and pen / pencil, judges with scorecards 1, 2, 3, 4, 5
- ▶ Timekeeper.

Aim of the challenge:

- ▶ Do a dance routine to any song for 30sec, the others score you out of 5.
- ▶ Add up all the judges scores for their total score, add this score to their current challenge activity scores.



Standing long jump challenge

You require:

- ▶ Draw a straight line about 50cm in length, using chalk, sand, soil or towel.
- ▶ A spare shoe to mark out your height from the jump line.
- ▶ A measuring tape or a 30cm ruler.
- ▶ Jump markers: several coloured stones / different stones or a spare shoe.

Aim of the challenge:

- ▶ Do a standing long jump, can you jump your own height?
- ▶ Lie down with your heels touching the jump line.
- ▶ Place a shoe against the top of your head on the ground. This is now your height line and your jump target.
- ▶ Mark the height line from the side of the shoe that was touching your head.

- ▶ Now go to the jump line and jump (both feet leave the ground at the same time).
- ▶ Land on two feet and bend your knees to help you.
- ▶ You will need someone to spot where you land, mark at the heel of the foot closest to the jump line with your jump marker.
- ▶ Measure the distance from your jump marker to your height line.

Scoring:

1st = 10 points

2nd = 8 points

3rd = 6 points

Every centimetre short of your height line you get as minus points (eg 20cm short would be -20 points)



Stay Home
**HIGHLAND
GAMES**

Spot the difference challenge

Try and spot **10** differences
between each Highland Dancer.



I took part in

Stay Home

HIGHLAND GAMES



Presented to

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For

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Signed

Date

