

GNAAS #StayHome SPORTS DAY!

Join us for family-friendly fundraising fun



10am: EGG + SPOON RACE

Set yourself a race route, about 15 meters long and including a set of stairs or something you can step up and down on five times (inside or outside – you choose!). Complete the course four times, and time each lap. The aim here is to (safely) beat your own time. Share your photos - both of you on the course, and your broken eggs!



11am: CHEERLEADER STAR JUMPS

Be a GNAAS Star Jumper! Complete 4 x 10 sets of BIG Cheerleader Star Jumps, getting higher and faster each round. Time your first set, then take a rest before your second, third and fourth time. We want to see an improvement each time in how quickly you do each set!



12pm: LOO ROLL KEEPIE UPPIES

Simple, just beat our crew!
- Paramedic Jamie Walsh: 5-seconds
- Paramedic Ian Grey: 10-seconds
Think you can do better? Film yourself and prove your skills by sharing on our Facebook page.



1pm: SOCK JUGGLING

Toss your sock ball (or an actual ball if you have one) from hand to hand without dropping it for as long as possible. The higher the sock ball goes the more kudos you get! How many throws can you get before dropping it, and how quickly can you go?! Points also go to the best choice of sock!



2pm: SACK RACE

Grab a pillowcase and stand inside it. Choose a room and make sure you have a clear course from one side to the other. The aim is to jump across the room to the opposite wall, then turn around and jump all the way back! Count how many jumps it takes you and see who can get there and back the quickest.



3pm: BALANCING ACT PART 1

How long can you stand on one foot with your eyes closed? It's harder than you think! Keep your balance for as long as you can. Film yourself and upload the video (no cheating using slow motion on your camera settings!).



4pm: BALANCING ACT PART 2

Lie down on your back and ask someone in your household to balance a plastic cup on your forehead and see how long you can balance it there. The water should be to the brim! If you're staying home alone, you are allowed the water level to be one finger depth off the brim to allow you to get it into place. Photos of how wet you get please!



5pm: FREEZE DANCE

Choose your music and prepare to pose! Dance away, and when the music stops you get into your best animal pose and hold it! Pick a different animal each time – how many different animals can you be?

SHARE YOUR SPORTS DAY SNAPS WITH #TeamGNAAS!