

Kids Decathlon



Field area
by fence

Shortened the actual events for this:

-10 meters run with ping pong ball on a spoon

-Hop, Skip, & Jump

Hop 4 times, skip 4 times, and jump

-Toss volleyball like a shot put

-paper plate discuss throw

Kameshine Mpuku

The cat & the Rat

Line up in 4 rows holding hands

One child is the caller, one the rat

and one the cat.

The cat chases the rat up & down the aisles.

The caller calls "Mpuki ekale" (let the rat stop)

Players in rows drop hands and hold hands with

other rows changing the direction of the rows

Caller can call it when ever they want.

When the rat is trapped. New game starts



Upper cement