



6 x 30 MINS



CHECK EACH GAME FOR THE MATERIALS YOU WILL NEED

CLICK [HERE](#) TO WATCH THE VIDEO INTRODUCTION FOR THESE ACTIVITIES

## Home Olympics

The Tokyo Olympics may have been postponed but you can still experience the fun of friendly competition at home, with your family. To host your own Olympics at home you will need **athletes** (the people in your house), a **stadium** (inside your home or in your yard/garden) and a **schedule** (a plan of when you'll hold your Olympics). Decide whether you will host one game per day during the week or have one special Olympic Day when you play all the games. Choose whichever you think sounds most fun.

Before you get started, **measure and make a note of the height of each person taking part**. You'll need this information for some of the games.

When all the games are complete, **design a medal** for each game and award it to the winner. There are templates on **Page 4** for this.



## GAME 1—STAR JUMP TIME TRIAL



## TIMER/STOPWATCH

**Test yourself against the clock. How many star jumps can you do in 60 seconds?**

### Rules:

- Set a timer for **60 seconds**.
- Each athlete must compete **one at a time**.
- Complete as many star jumps as you can before your 60 seconds runs out.
- Tip: Count your star jumps out loud as you complete them. Play your favourite song on your turn if it helps!



THE WINNING ATHLETE IS THE PERSON WHO COMPLETES THE MOST STAR JUMPS WITHIN 60 SECONDS.

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The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at [www.sustrans.org.uk/NIschools](http://www.sustrans.org.uk/NIschools)



## GAME 2—HIGH JUMP



HEIGHT MEASUREMENTS, STICKY TAPE, A WALL, MEASURING TAPE

How high can you jump compared to your own height?

Rules:

- Each athlete must have their height measured before beginning and must compete **one at a time**.
- Use a wall that won't be damaged by the sticky tape.
- Take some sticky tape and roll it up into a ball, sticky side out.
- On your turn, jump as high as you can and stick your tape at the highest point.
- Measure the height of the sticky tape then **divide this number** by your height in centimetres to get your score.

**E.g. tape height 180cm ÷ athlete height 150cm = score 1.2**

- Tip: Allow each athlete to have a few practice goes before their final attempt.



THE WINNING ATHLETE IS THE PERSON WITH THE HIGHEST SCORE.



## GAME 3—STANDING LONG JUMP



CHALK/STICKY NOTES, MEASURING TAPE

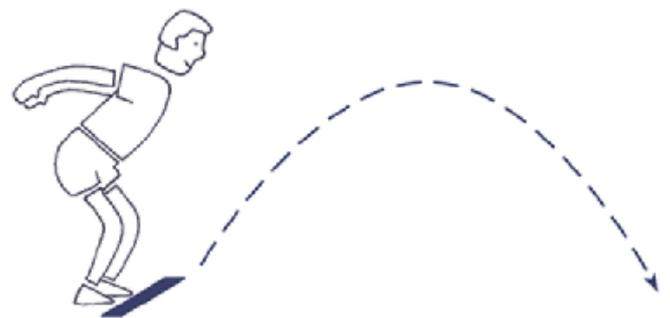
How far can you jump compared to your own height?

Rules:

- Each athlete must have their height measured before beginning and must compete **one at a time**.
- Mark a starting point on the ground with chalk or a sticky note. **No run ups are allowed.**
- On your turn, jump as far as you can and wait there until someone marks your landing spot.
- Measure how far you jumped then **divide this number** by your height in centimetres to get your score.

**E.g. jumped 165cm ÷ athlete height 140cm = score 1.18**

- Tip: Bend your knees and lower your hips before jumping and swing your arms backwards as you jump for added momentum.



THE WINNING ATHLETE IS THE PERSON WITH THE HIGHEST SCORE.

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## GAME 4—SPUD AND SPOON RACE



TIMER, SPOON, POTATO

Can you run a race while balancing a potato on a spoon?

Rules:

- Choose a course indoors or out. Ideally, a lap of your yard, driveway or garden is best but you could also race from your back door to front door.
- Each athlete must compete **one at a time**.
- Balance a potato on a spoon and make your way around the course as quickly as possible while someone else times you.
- If you drop the potato you **must** stop and reset it on your spoon before restarting.
- Tip: Use the same spoon and potato for every athlete to keep it fair.



THE WINNING ATHLETE IS THE PERSON WITH THE FASTEST TIME.



## GAME 5—SPAGHETTI JAVELIN THROW

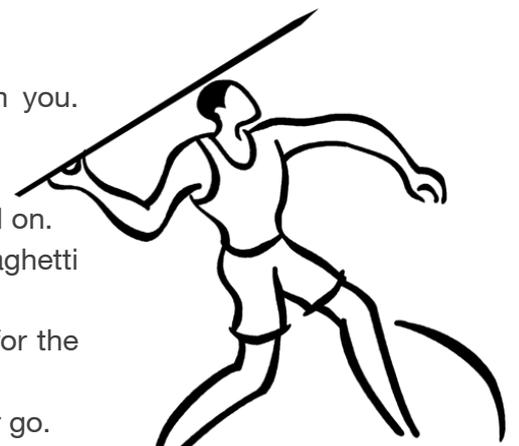


3 X SAUCEPANS, SPAGHETTI, MEASURING TAPE

Can you hit a target using spaghetti as a javelin?

Rules:

- Place 3 saucepans in a line, each getting further away from you. Measure 50 cm between each saucepan.
- Each athlete must compete **one at a time** and gets **5** throws.
- Use **uncooked** spaghetti. You could also use a pen with the lid on.
- Stand 1 m away from the first saucepan and throw your spaghetti javelin. Aim to land it in a saucepan.
- You get 3 points for the saucepan farthest away from you, 2 for the middle saucepan and 1 point for the closest one.
- Tip: Allow each athlete to have a few practice goes before their go.



THE WINNING ATHLETE IS THE PERSON WITH THE HIGHEST SCORE.

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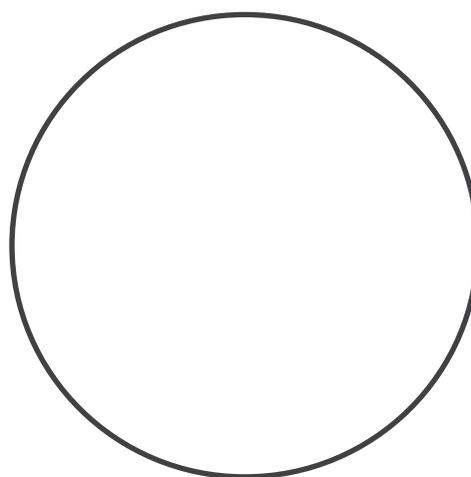
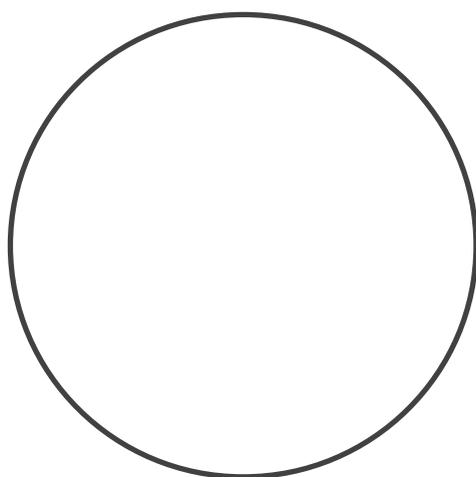
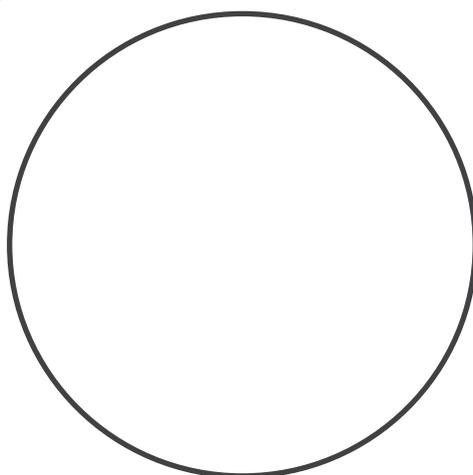
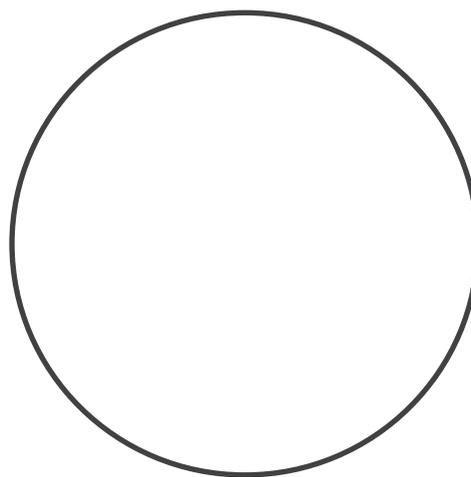
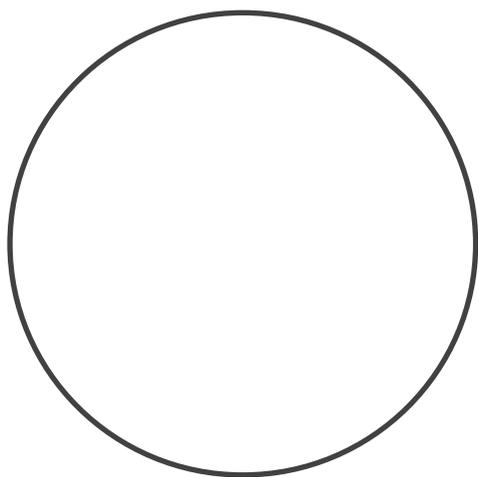
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ACTIVE  
SCHOOL  
TRAVEL

# HOME OLYMPICS



DESIGN A MEDAL FOR EACH GAME AND HOLD AN AWARDS CEREMONY FOR THE WINNING ATHLETES



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