



FOUNDATION MINI OLYMPICS VIRTUAL HOME PACK

Hello!

We are so excited for you to receive our new, fun Mini Olympics pack to do at home! Dacorum School Sports Network normally run these events in the summer term for lots of schools to attend with their class children and teachers. Unfortunately due to the coronavirus we are unable to do it this year.

However, we have come up with a great, fun alternative! We have adapted the activities for children to complete them either at home or at school!

As you are still learning from home you can still take part in these too, on each activity sheet there is a green box explaining how you can take part in each activity and how you can use fun items around your house hold to create them!

How do you take part?

Each week you need to select a different activity, throughout the week you can try and complete your chosen activity as many times as you like! You need to make sure you keep note of all your scores ready to enter your best three attempts into your score sheet at the end of the week. How much can you improve from Monday to Friday?! Please follow all the instructions on the activity cards to help you successfully complete them. Please note some parts will not be relevant as you are completing this at home, for example the yellow boxes regarding bonus points are for schools only.

Once you have completed all of the activities please send your score sheet back to your school via email and your teachers will forward them on to DSSN OR you can send your score sheet directly to us on l.bentley@longdean.herts.sch.uk. All scores from children taking part at home will be collated to find an overall Dacorum winner of the mini foundation Olympics and look to send out certificates!

We will really miss seeing you take part this year but know you will be fantastic taking part at home! Good luck, we look forward to seeing your results.

From Clare and Lilli – The DSSN Team.



Bean bag balance.

Balance, agility, co ordination.

Equipment for schools.

1 Bean bag for each child.

Cones

Equipment for home.

If you do not have a bean bag use a book.

If you do not have cones use other objects (socks, tins, chalk to draw e.c.t)

Activities need to be **7 meters** long, from where the child starts to where they stop and return back.

Instructions

The aim of this activity is to balance a bean bag/book on your head and to walk through a course of cones/objects.

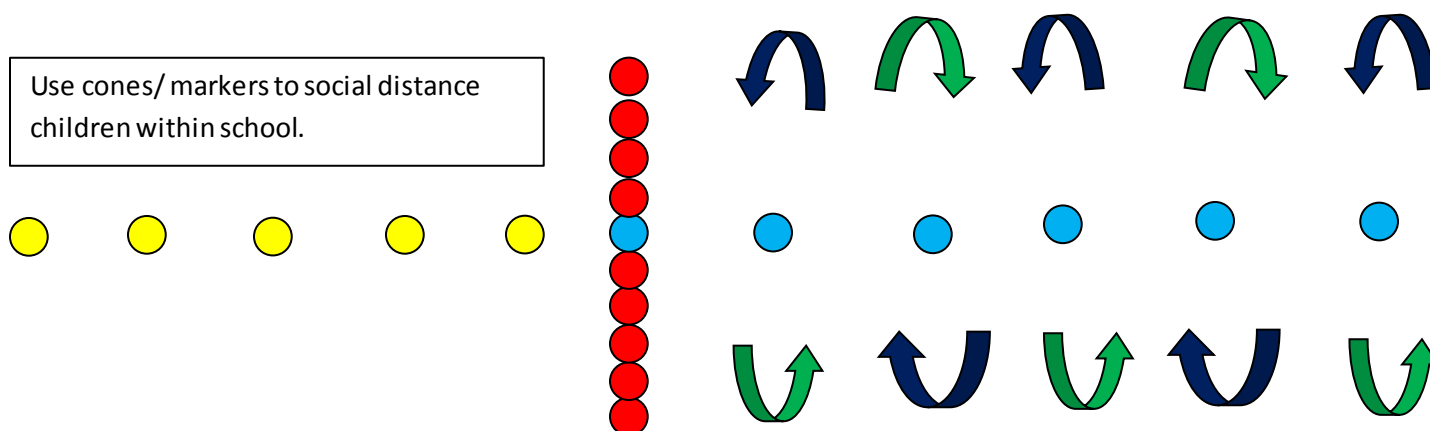
Children need to be placed in a line social distancing (use cones to mark where children need to stand), encourage the children to move up the line 1 at a time ensuring social distancing is always taking place. The activity will be a relay, when the horn/whistle blows 1 child starts the course going in and out of the cones, going there and back, the next pupil goes using their own bean bag, children keep hold of their own equipment. Create three lines of the activity to allow children to have more goes and reduce the amount of children in each line.

If the bean bag/book drops they are to stop put the bean bag back on their head and continue. The score is the amount of times the course is completed in 5 minutes.

Score 1 point for each child that completes the relay in all three lines.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **10 star jumps** before the person taking their turn returns? They all have to do this each time someone takes their turn to get **10 extra points per line!**

Use cones/ markers to social distance children within school.



For those children completing the activity at home

Create the course 7 meters long using tins, socks or anything else you would be able to walk around. If you do not have a bean bag, try to balance a book on your head and walk around the course. If you drop the book, pick it up and carry on. How many times can you complete the course in 5 minutes? Good luck 😊.



Bean bag throwing.

Hand eye co ordination

Equipment for schools

Bean Bags - 1 per child

Cones

Hoops

Equipment for home.

If you do not have bean bags could you use balls or some rolled up socks.

If you do not have hoops could you use a washing basket, empty box e.c.t.

Could you use chalk to draw hoops/targets

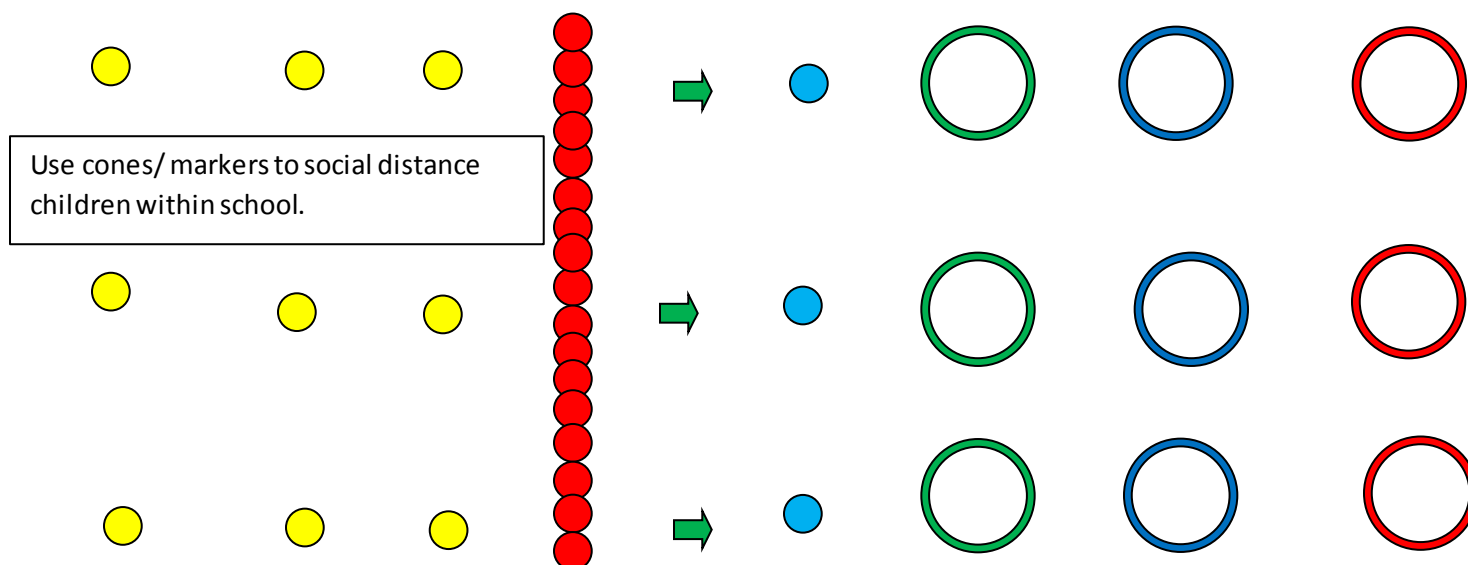
Activities need to be **7 meters** long. Place the first hoop at 3 meters, the second hoop at 5 meters and the last hoop at 7 meters.

Instructions -

The aim of the activity is to throw the bean bags into the hoops. Each bean bag that lands in a hoop will be awarded points. 10 points for the red hoop, 5 for the blue and 1 for the green. If you do not have these coloured hoops it doesn't matter, ensure you use the principle of 10 points for the furthest target being hit e.c.t. Ensure each child has their own bean bag, when it is their turn, they throw their bean bag and then collect it, they then return to the back of the line. Create three lines of the activity to allow children to have more goes and reduce the amount of children in each line. Ensure the lines are placed at least 2 meters apart. Children need to be placed in a line social distancing (use cones to mark where children need to stand), encourage the children to move up the line 1 at a time ensuring social distancing is always taking place.

Allow children 5 minutes to see how many points they can score from each line. Children are awarded 1 point each time the activity is completed.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **10 straight pencil jumps** before the person taking their turn returns? They all have to do this each time someone takes their turn to get **20 extra points per line!**



For those children completing the activity at home

Create the course using wash baskets, empty boxes or any other target you can find. You could draw your hoops with chalk. If you do not have a bean bag, try to use some rolled up socks instead. Please see the purple box for distancing of your objects. How many points can you collect in 5 minutes? Good luck 😊.



Curling Stones.

Hand eye co ordination, Accuracy.

Equipment for schools.

Cones,

Curling stone if you do not have these boccia/tennis balls. 1 per child.

Curling target/ tri golf target, if you do not have one spot mats placed on top of each other creating a target.

Equipment for Home

Tennis ball, if you do not have this any ball, or a roll of toilet roll.

Create a target at home using tops/ items of clothing/ chalk ☺ Can you create it in a circle like the one below?

This activity needs a space of **3 meters** between the child throwing and the target mat.

Instructions.

The aim is to roll the ball towards the target. Ensure each child has their own curling stone/ ball, when it is there turn, they roll/push their curling stone/ball and then collect it, they then return to the back of the line. Create three lines of the activity to allow children to have more goes and reduce the amount of children in each line. Ensure the lines are placed at least 2 meters apart around the target, this will need to be heavily monitored ensuring when children collect their equipment they go 1 at a time social distancing. Children need to be placed in a line also social distancing (use cones to mark where children need to stand), encourage the children to move up the line 1 at a time ensuring social distancing is always taking place. Children have 5 minutes to score as many points as they can.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **jogging on the spot** before the person taking their turn returns? They all have to do this each time someone takes their turn to **get 45 extra points per line!**

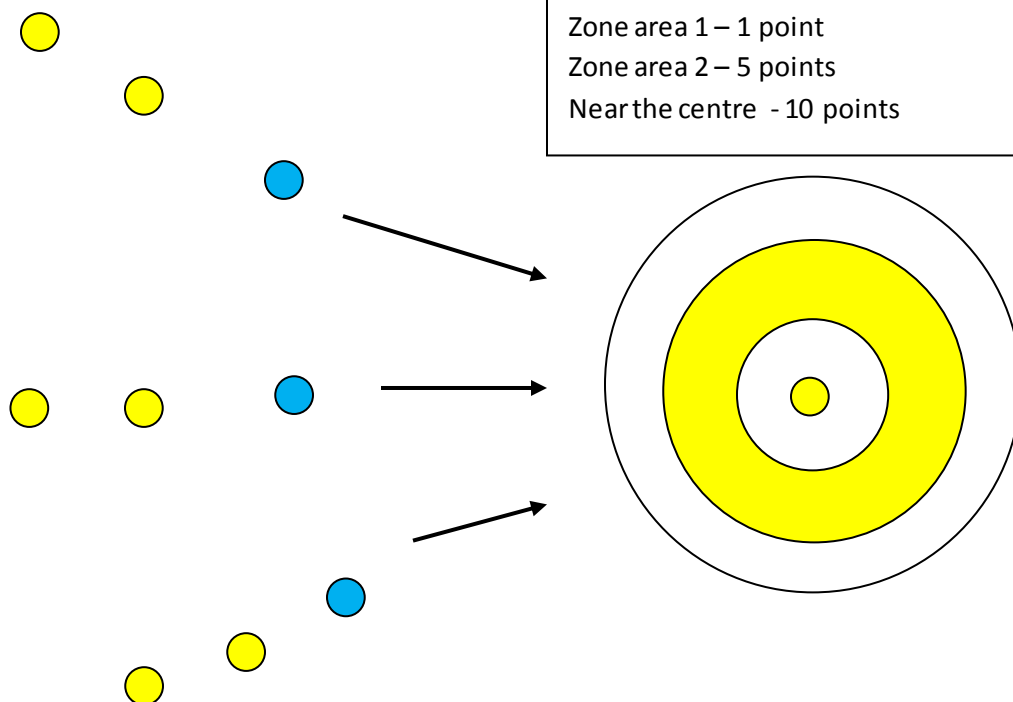
For those children completing the activity at home

Create your very own special target using chalk, make sure the centre of your target is allocated for 10 points and zone the other areas the same as the scoring box. Stand 3 meters back from your target and roll your object onto the target. Keep having a go trying to get as many points as you can in 5 minutes.



Scoring

Zone area 1 – 1 point
Zone area 2 – 5 points
Near the centre - 10 points





Leap frogs relay

Equipment for schools.

Cones.

Equipment for home.

Cones or any other suitable marker, for example can you draw markers
Using chalk if not maybe use rolled up socks.

Activities need to be **7 meters** long, from where the child starts to where they stop and return back.

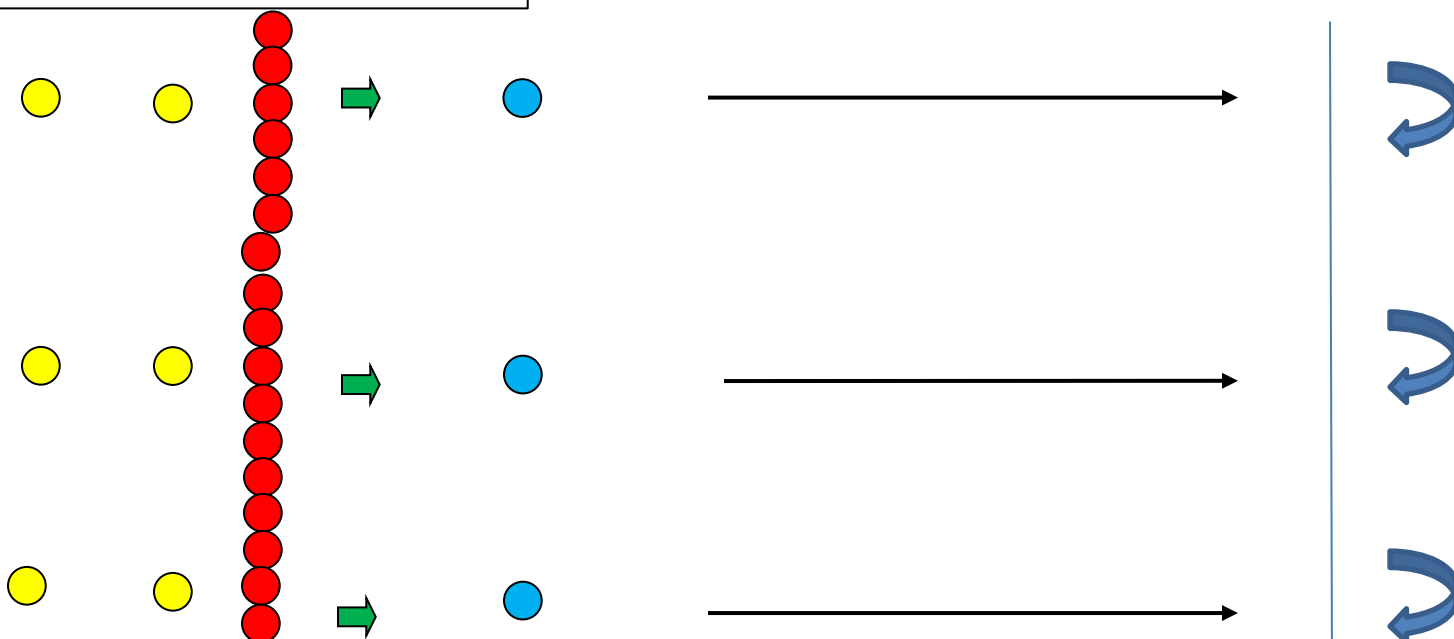
Agility co-ordination, Accuracy.

Instructions.

The aim is to do leap frog jumps from one zone to the end and back again. Scores are calculated for the number of laps completed by all children from each line. Children have 5 minutes to complete as many laps as they can. Each time a child completes a lap they are awarded 1 point. How many points can they get in 8 minutes? Create three lines of the activity to allow children to have more goes and reduce the amount of children in each line. Ensure the lines are placed at least 2 meters apart. Children need to be placed in a line social distancing (use cones to mark where children need to stand), encourage the children to move up the line 1 at a time ensuring social distancing is always taking place.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **jumps on the spot** before the person taking their turn returns? They all have to do this each time someone takes their turn to get **30 extra points per line!**

Use cones/ markers to social distance children within school.



For those children completing the activity at home

Create the course 7 meters long using any suitable object for markers instead of cones chalk or use rolled up socks. Start at one of your markers and travel to the other marker doing leap frog jumps, when you reach the other end turn around and repeat it on the way back! How many laps can you complete in 5 minutes? Good luck 😊



Quoits Throwing.

Hand eye co ordination, Accuracy.

Equipment for schools.

Cones,

Selection of quoits- enough for 1 per child

Tri golf target OR draw your own using chalk.

Equipment for Home

Quiots or Tennis ball, if you do not have these use any ball, or a roll of toilet roll.

Create a target at home using chalk if not maybe tops/ items of clothing 😊

Can you create it in a circle like the one below?

Instructions

The aim is to underarm or sidearm throw the quoits towards the target, the better the throw the more points scored. Ensure each child has their own quoit, when it is there turn, they throw their quoit and then collect it, they then return to the back of the line. Create three lines of the activity to allow children to have more goes and reduce the amount of children in each line. Ensure the lines are placed at least 2 meters apart around the target, this will need to be heavily monitored ensuring when children collect their quoit they go 1 at a time social distancing. Children need to be placed in a line social distancing (use cones to mark where children need to stand), encourage the children to move up the line 1 at a time ensuring social distancing is always taking place.

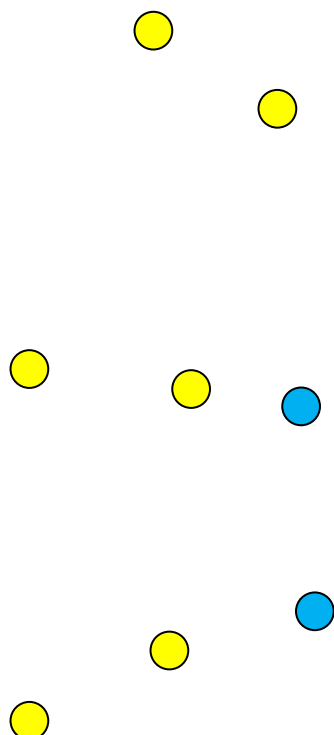
Allow children 5 minutes to see how many points they can score from each line.

This activity needs a space of **3 meters** between the child throwing and the target mat.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **windmills with their arms** before the person taking their turn returns? They all have to do this each time someone takes their turn to **get 20 extra points per line!**

For those children completing the activity at home

Create your very own special target, make sure the centre of your target is allocated for 10 points and zone the other areas the same as the scoring box. Stand 3 meters back from your target and throw your object onto the target. Keep having a go trying to get as many points as you can in 5 minutes. 😊

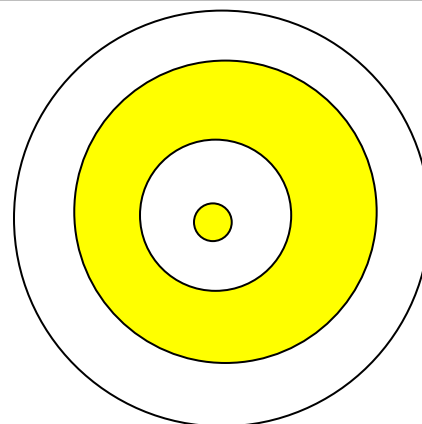


Scoring

Zone area 1 – 1 point

Zone area 2 – 5 points

Near the centre - 10 points





Skipping Relay

Speed, Agility

Equipment at school

Cones

Equipment at Home

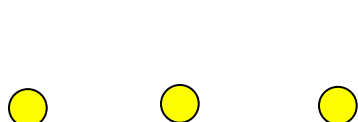
If you do not have any cones find another marker for the start and end of your relay – draw with chalk, rolled socks, a shoe, a line of string e.c.t.

Activities need to be **7 meters** long, from where the child starts to where they stop and return back.

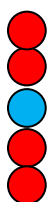
Instructions

The aim of the activity is to travel from one cone to the other skipping, children must skip to the end cone and then skip back again, before returning for the next person to start the process again. Children have 5 minutes to complete as many laps as they can; 1 point is awarded for each lap a child completes. Create three lines of the activity to allow children to have more goes and reduce the amount of children in each line. Ensure the lines are placed at least 2 meters apart. Children need to be placed in a line social distancing (use cones to mark where children need to stand), encourage the children to move up the line 1 at a time ensuring social distancing is always taking place.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **High Knees** on the spot before the person taking their turn returns? They all have to do this each time someone takes their turn to get **20 extra points per line!**



Use cones/ markers to social distance children within school.



For those children completing the activity at home

Create the course 7 meters long using any suitable object for markers instead of cones use chalk to make the markers or rolled up socks. Start at one of your markers and travel to the other marker skipping there and back. How many laps can you complete in 5 minutes? Good luck 😊.



Speed stacking relay.

Speed, Agility, hand eye co-ordination, dexterity.

Equipment for school.

1 box of speed stacks
Cones

Equipment for home.

Instead of speed stacks use 3 plastic cups.
For markers you can use chalk

Instructions

The aim of the activity is to run from one cone to the other carrying a stack of 3 cups. When the child reaches the other end they need to up stack their cups and then down stack. They collect their cups and run back returning for the next person to start the process again. Each child keeps hold of their stack of cups. Create three lines of the activity to allow children to have more goes and reduce the amount of children in each line. Ensure the lines are placed at least 2 meters apart. Children need to be placed in a line social distancing (use cones to mark where children need to stand), encourage the children to move up the line 1 at a time ensuring social distancing is always taking place.

The score is the amount of times the course is completed in 5 minutes. Score 1 point for each child that completes the relay in all three lines.

Activities need to be **7 meters** long, from where the child starts to where they stop and return back.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **5 up stacks and down stacks with their cups** before the person taking their turn returns? They all have to do this each time someone takes their turn to get **15 extra points per line!**

Use cones/ markers to social distance children within school.



For those children completing the activity at home

Create the course 7 meters long, using any suitable object for markers instead of cones could you use a rolled up t-shirt, shoe. Start at one of your markers and run to the other one, once you get there up stack your 3 cups and then down stack, pick the cups up and run back to your first marker. See how many times you can do this in 5 minutes 😊 good luck.



Stepping Stones relay.

Speed, Agility, hand eye co ordination, dexterity.

Equipment for schools.

Throw down spots.

Cones

Equipment for home

Can you draw the stepping stones using chalk

Kitchen roll sheets/ cushions

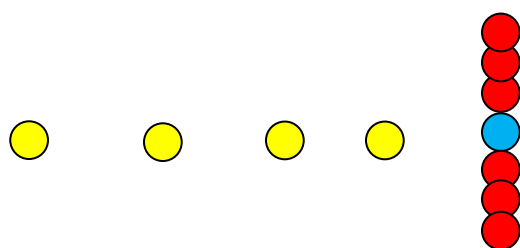
Activities need to be **7 meters** long, from where the child starts to where they stop and return back.

Instructions

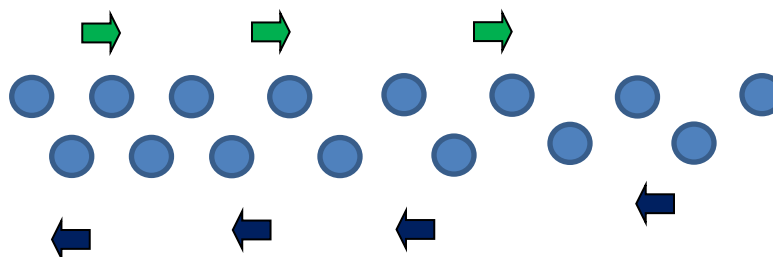
The aim of the activity is to travel between the spots by Jumping. Every spot must be touched. Once the child gets to the end they must turn around and run back returning for the next person to start the process again. Create three lines of the activity to allow children to have more goes and reduce the amount of children in each line. Ensure the lines are placed at least 2 meters apart. Children need to be placed in a line social distancing (use cones to mark where children need to stand), encourage the children to move up the line 1 at a time ensuring social distancing is always taking place.

The score is the amount of times the course is completed in 5 minutes. Score 1 point for each child that completes the relay in all three lines.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **fast running** on the spot before the person taking their turn returns? They all have to do this each time someone takes their turn to get **30 extra points per line!**



Use cones/ markers to social distance children within school.



For those children completing the activity at home

Create the course 7 meters long using any suitable object for markers instead of spot mats could you use chalk to draw the spots or squares of kitchen roll, cushions e.c.t. Start at one of your markers and travel between the objects you have laid down by jumping, once you reach the end run back to the beginning and start again! How many can you complete in 5 minutes? Good luck ☺.



FOUNDATION OLYMPIC HOME SCORE SHEET

Pick a different activity for each week and have as many goes of that activity as you wish during the week. I have allocated the attempt boxes for you to record your best 3 scores. Do not worry if you don't manage more than 1 attempt, that's fine. I will take your best scores from each activity and collate them onto my overall score board comparing results from all children across Dacorum taking part.

School	Attempt 1	Attempt 2	Attempt 3	Best Score
Bean Bag Balance				
Bean Bag Throw				
Curling Stones				
Leap Frog Relay				
Quiots Relay				
Skipping Relay				
Speed Stacking Tower				
Stepping Stones				

Once completed please send your results to back to your school or directly to DSSN on l.bentley@longdean.herts.sch.uk no later than