



KS1 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 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!

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!

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.



Athletics Relay.

Speed.

Equipment in schools.

Cones

Equipment at home.

Instead of cones can you use chalk?

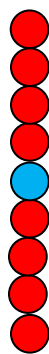
Activities need to be **7 meters** long, from where the child starts to where they stop and return back.

Instructions

The aim of this activity is to run as fast as you can from one cone to the other. Children take it in turns to have their go, once a 1 child has their turn it's the next persons go. Children keep repeating this until the time is up. 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 running as fast as you can there and back. How many laps can you complete in 5 minutes? Good luck 😊.



Basketball Dribble.

Balance, agility, co ordination.

Equipment in schools.

A basketball for each child
Cones

Equipment at home.

Instead of cones use chalk to create markers .
1 Basketball - if you do not have this any ball that you could bounce.

Instructions.

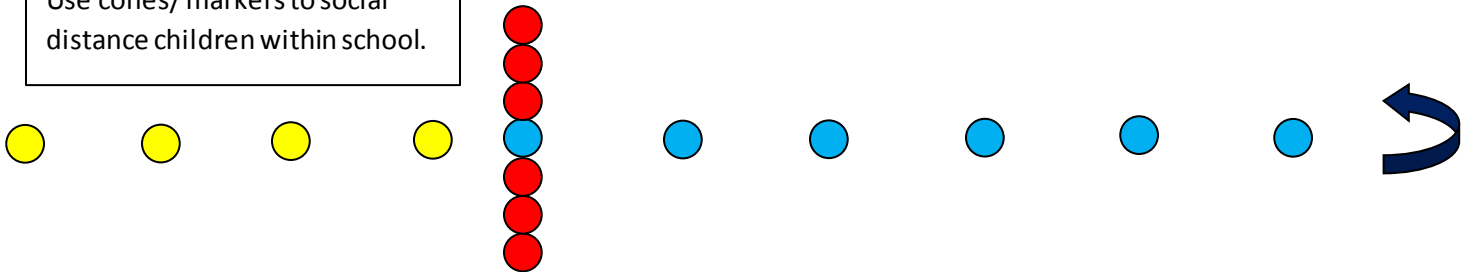
The aim of this activity is to dribble the basketball to the end and back again going in and out of the cones. Each child needs their own basketball that they will keep hold of throughout the activity.

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.

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 **10 bounce and catches** of their ball, staying 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 use chalk to make the markers. Start at one of your markers and travel in and out of your other markers and back again bouncing a ball. How many laps can you complete in 5 minutes? Good luck 😊 .



Boccia.

Hand eye co ordination, Accuracy.

Equipment in schools.

Cones

Boccia Balls enough for 1 per child OR 1 tennis ball per child

Boccia target/Tri golf target/ target created using chalk

Equipment at home

Chalk to create the target

A small ball OR a toilet roll.

This activity needs a space of **4 meters** between the child throwing and the target mat.

Instructions

The aim is to roll the balls towards the target, each child needs to have their own ball for the duration of the activity. Once the children have rolled their balls they need to 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 get as many points as they can.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **10 windmill arms** whilst holding their ball **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!**

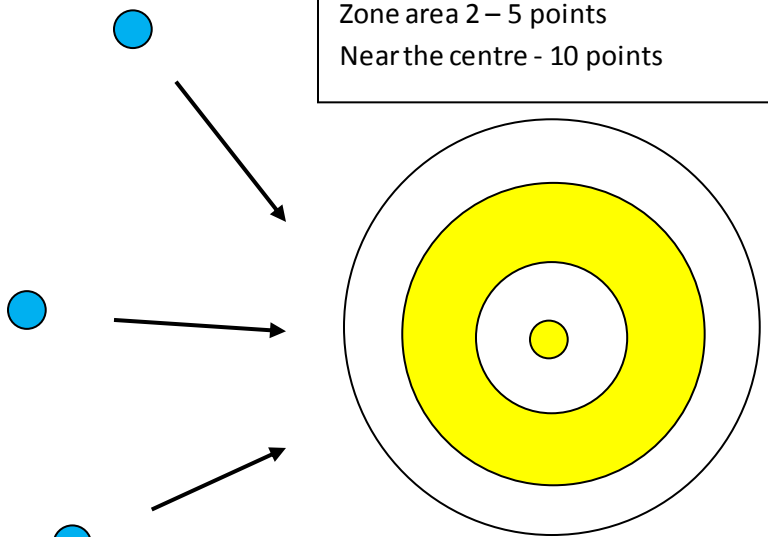
For those children completing the activity at home

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 4 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





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 **4 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!**

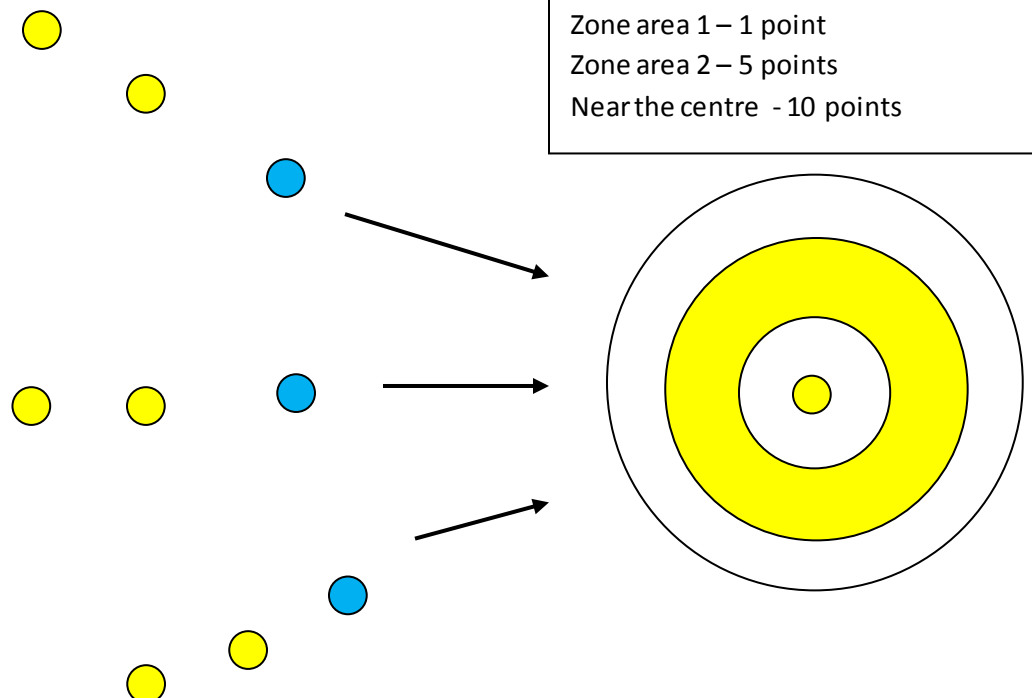
For those children completing the activity at home

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





Throwing.

Hand eye co ordination

Equipment in schools.

use tennis balls –each child needs their own one.

Cones,
spot mats

Equipment at home.

Tennis ball if you do not have one use a pair of rolled up socks.

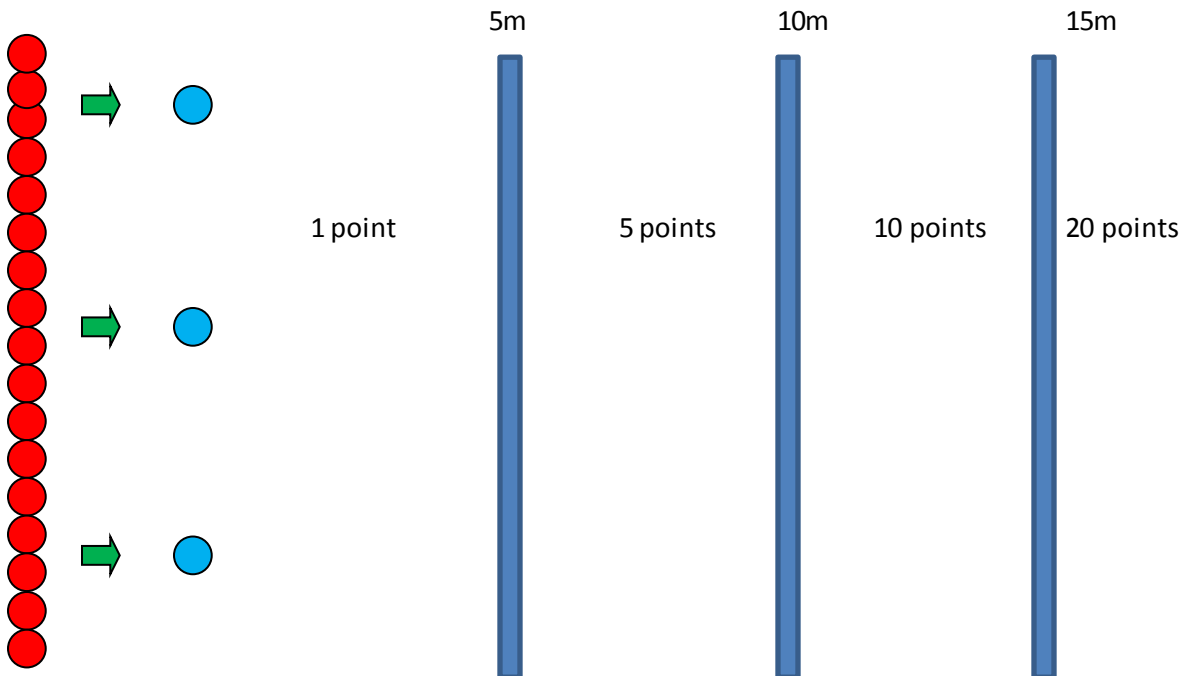
Instructions

The aim of the activity is to throw the ball into the marked zones to score points; children have 5 minutes to see how many points they can score. Please score from where the ball first lands. Use the image below to measure out the throwing area – use cones to create the different zones. Ensure each child has their own ball, when it is their turn, they throw their equipment and then collect it, they then return to the back of the line. This will need full lead of a staff member giving instructions to throw and collect. 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.

This activity needs a space of **5 meters** between where the child is throwing from and the first zone. Please see the image below.

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 15 extra points per line!**

For those children completing the activity at home Create your very own zones with string or chalk. Use the purple box and image below for guidance. Using a tennis ball or a rolled up pair of socks throw your chosen equipment into the target areas trying to score as many points as you can in 5 minutes. Use only 1 piece of equipment, once you have thrown – collect and repeat for 5 minutes. Good luck 😊





Equestrian – Leap Frog Relay

Agility, co-ordination, Accuracy

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.

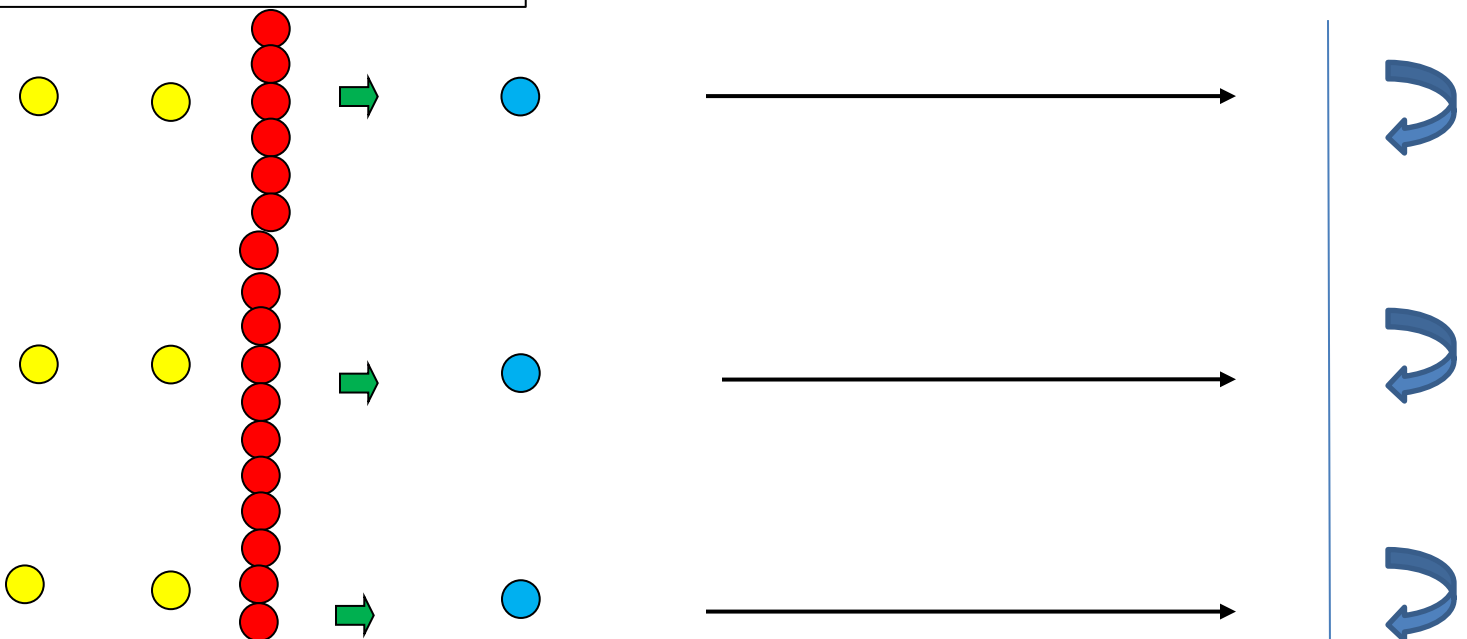
Instructions.

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.

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 **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 😊



Standing Long Jump.

Hand eye co ordination

Equipment in school.

Cones/ spot mats / chalk

Equipment at home

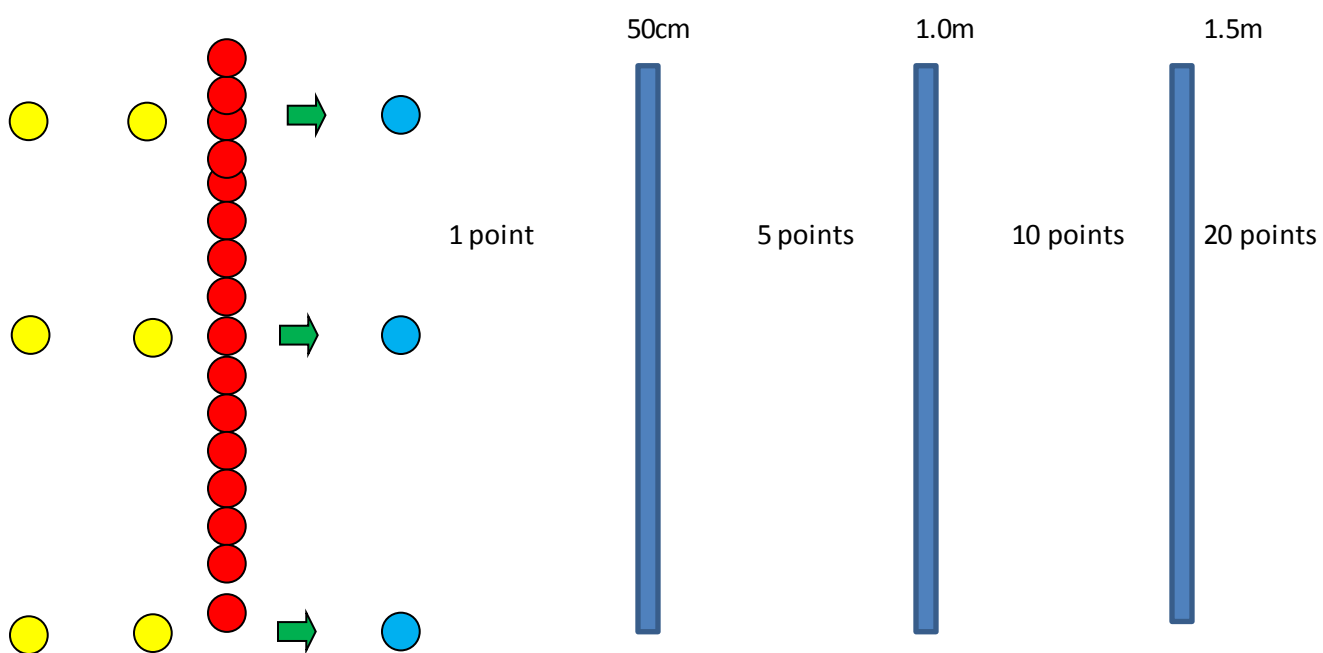
Can you use chalk to mark out your zones.

Instructions

The aim is to jump into the marked zones to score points. When it's a child turn they will come forward and stand on a stop mat or cone. They will stand, bend their knees and jump forward as far as the can. Depending where they land depends how many points are awarded. Please see the below image to help measure and lay out your zones. Children have 5 minutes to try and gain as many points as they can. 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.

This activity needs a space of **50cm** between where the child is standing from and the first zone. Please see the image below.

BONUS POINTS! Whilst children are waiting in the line social distancing, can they be challenged to do **5 high 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 **25 extra points** per line!



For those children completing the activity at home

Create your very own zones with string or chalk. Use the purple box and image above for guidance on measurements. Stand on your marker, bend your knees use your arms and jump forward as far as you can. Once you have jumped once – go back to your starting point repeat for 5 minutes. How many points can you collect? Good luck 😊



Target football.

Accuracy

Equipment for schools.

Each child needs their own size 4 footballs,
Cones/spot mats,
Use cones to mark out a goal 2 meters wide.

Equipment for home

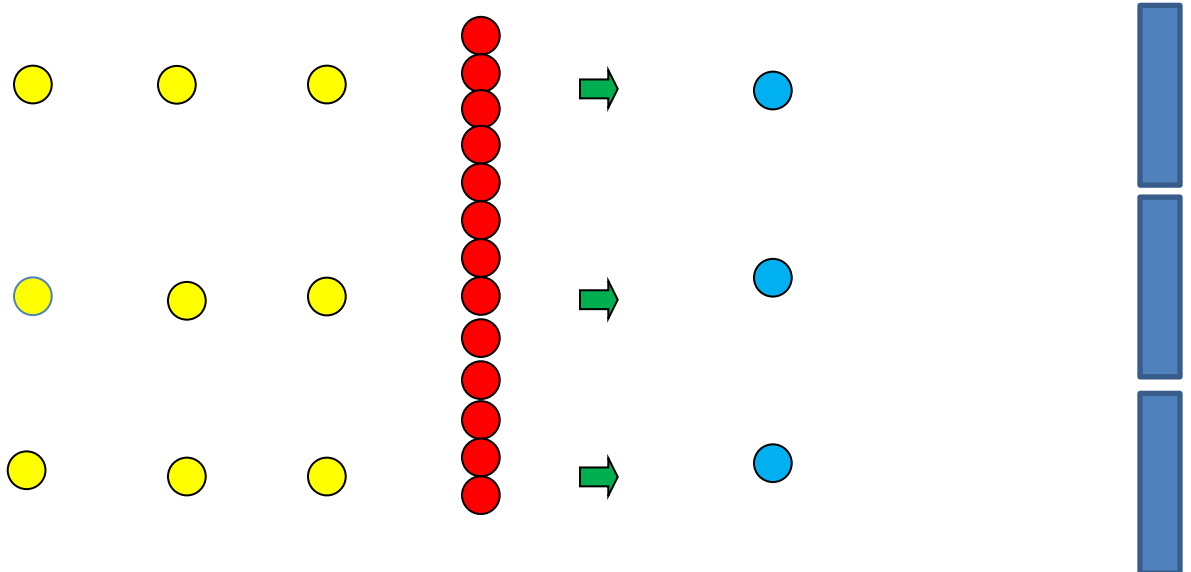
A marker to stand at – use chalk to mark this out.
Create a football goal, 3 meters wide. Can you use a pair of shoes to mark out a goal OR any other house hold equipment that would also be suitable. Two large stones/ sticks.
Football OR toilet roll

Place cones/ markers 6 meters away from the goal.
Goals need to be 2 meters wide.

Instructions.

The aim of the activity is to pass/ kick the football to score a goal. 1 point per goal, children have 5 minutes to score as many goals as they can. 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.

BONUS POINTS! *Whilst children are waiting in the line social distancing, can they be challenged to do **roll their ball around their waist 5 times** 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 goal two meters wide using chalk, sticks or stones. Use the purple box and image above for guidance. Stand on your marker 6 meters away from the goal and try to score a goal. You get 1 point for every goal you score. How many goals can you score in 5 minutes? Good luck 😊



KS1 OLYMPIC SCHOOL 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 and name	Attempt 1	Attempt 2	Attempt 3	Best Score
Athletics relay				
Basketball Dribble				
Boccia				
Curling				
Throwing				
Leap frog relay				
Long Jump				
Target Football				

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