

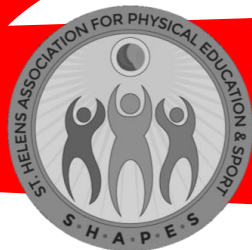


Olympics Personal Challenge!



TOKYO 2021





Athletics



How far can you jump?

Many Olympians use this as a test of power

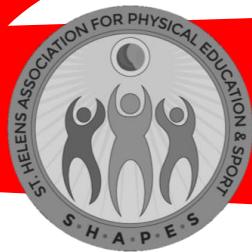
- Lay out a tape measure flat on the floor
 - Start with both of your feet at 0cm
 - Jumping, with both feet together, see how far you can go
- Remember you measure from the back of your heel closest to 0cm, but if you fall and your hand is further back than your heels you measure from that



Extra task card



When watching the games can you spot a long jumper? See if you can find out their name, country and how far their personal best jump is?



Basketball



Dribble and Shoot out Challenge

How many times can you dribble and shoot a basketball in **ONE** minute?

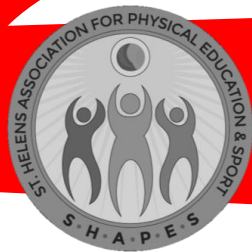
- Set out 4 cones with equal space between them and a bucket/washing basket/hoop to shoot into
 - Set a timer for one minute
- Dribble the ball between the cones, once you reach the last cone shoot the ball into your target
 - How many times can you complete this in one minute?



Extra task card



When watching the games can you spot a basketball player? See if you can find out their name, country and what club they play for?



Badminton



Partner Rally Challenge

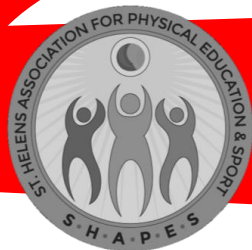
- With a partner both grab a racket and shuttlecock, or just a small ball is fine
- A rally is trying to keep the shuttlecock moving continuously and taking it in turns between you and your partner hitting it to one another
 - Try and beat your score!
- If you don't have somebody able to play with you, find a wall and rally against the wall.

Extra task card



When watching the games can you spot a badminton player? See if you can find out their name, country and if this is their first Olympics?





Hockey



Dribble 1 minute challenge

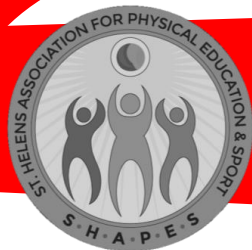
- Using just a brush and a ball
- See how many times you can move the ball from side to side but only using one side of your brush
 - You have one minute to do as many as you can
 - Try and beat your score!



Extra task card



When watching the games can you spot a Hockey player? See if you can find out their name, country and if this is their first Olympics?



Gymnastics



Gymnastic Skill Challenge

How many of these gymnastics' skills can you complete?

- Cartwheel
- Handstand
- Forward roll
- Splits
- Pike Jump
- Straddle Jump
- Backward roll

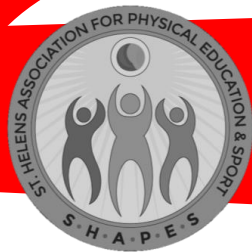
Can you add anymore skills to the list? Or can you choreograph your own gymnastic floor routine?



Extra task card



When watching the games can you spot a Gymnast? See if you can find out their name, country and if this is their first Olympics?



Football



Keepy Up Challenge

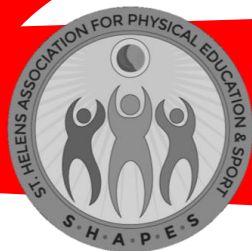
- Use any type of ball, rolled up socks or anything else you can find
- Set a timer for ONE minute and see how many keepy ups you achieve in this time, you can use your foot, knee, chest, head to keep the ball off the floor and moving.
- Once you have completed it, try and beat your score or challenge somebody else to beat it!



Extra task card



When watching the games can you spot a footballer? See if you can find out their name, country and what club they play for?



Golf



Hole in One Challenge

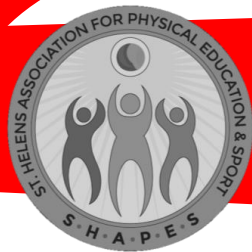
- Using either a golf club, brush, wrapping paper roll or something which can resemble a golf club and a golf ball or small ball, rolled up socks etc..
- Set up an area to practice your putting by finding something to aim for or putting down a spot to use as the hole.
- What is your best score out of 10 attempts? Challenge somebody else to beat your score!

Extra task card



When watching the games can you spot a golfer? See if you can find out their name, country and what year Golf was first added to the Olympics?





Rugby



Partner kick & catch challenge

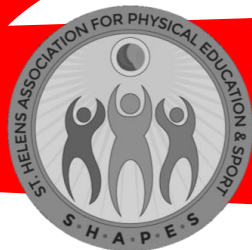
- You can use a rugby ball or if you don't have a rugby ball any ball will do. You could even use balled up socks.
- See how many times, between you and your partner, you can kick and catch the ball.
- If you catch the ball, you kick it back, how many times can you do this without dropping it?



Extra task card



Can you find out who the founder is of the Modern Olympic games?
It may be mentioned in the opening or closing ceremonies.



Sport Climbing



How fast can you climb?

Take to your stairs and see how many times you can scale up them, using both your hands and feet to climb. Be careful!

Set a timer for 30 seconds and see how many times you can complete your staircase.



Extra task card



When watching the games can you spot a climber? See if you can find out their name, country and what year Climbing was first added to the Olympics?

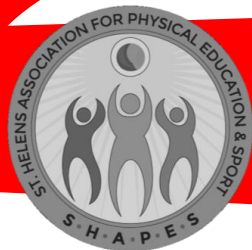


Table Tennis/Tennis



Keep the ball up Challenge

Mixing both Tennis and Table Tennis you can use either equipment. A tennis racket, tennis ball, table tennis bat or table tennis ball are all acceptable. If you don't have those, use your hands and rolled up socks or scrunched up piece of paper!

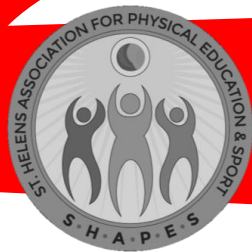
- How many times can you keep your ball up in the air without it landing on the floor?
- Try different techniques, can you balance the ball on the racket? Can you flip the racket between each hit, or can you swap hands?
- Make sure you keep track of your best score and try and beat it!



Extra task card



When watching the games see if you can find out who the highest ranked male and female tennis player is? Based on this years world rankings.



Volleyball



Three touch rally Challenge

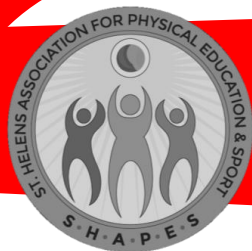
- This can be completed with a partner or as a group game
- Use either a ball or a balloon and make sure you have a big enough distance between you and the other players
- Each player must keep the ball or balloon off the ground with **THREE** touches before passing it over to the next player.
- How long can you keep this rally going? You can make it harder by swapping hands with each touch, EG: Hit with right hand, left hand then right hand before passing it.



Extra task card



Do you know what the 5 Olympic rings symbolise? See if you can find it out.



TOKYO 2021



GOOD LUCK WITH YOUR MINI
OLYMPIC CHALLENGES!
DON'T FORGET TO TWEET US
ANY OF YOUR EFFORTS AT

@STHELENSSG