



## Mini Olympics

A mini Olympics in your garden!

Try these events with your family. Who will win the gold medal?



### STANDING LONG JUMP

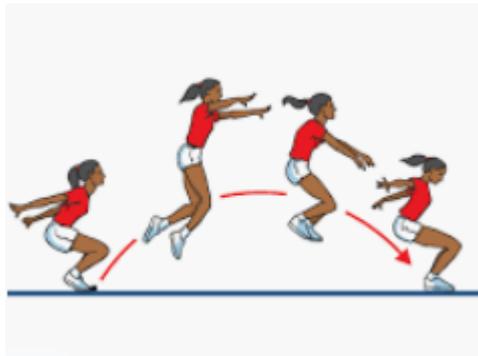
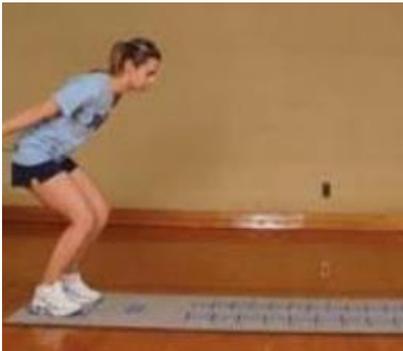
Make a start line (use a piece of string or rope or draw a line in chalk).

Stand on the line with both feet together.

Jump forwards as far as you can with both feet together.

You can measure how far you have jumped, or you could put a marker on the ground to show how far you have jumped.

Can you improve your distance each time? Who can jump furthest in your family?



## STANDING HIGH JUMP

Stand next to a wall, fence or shed. Stand sideways to the wall. (not facing the wall and not with your back to the wall)

Now hold up your arm and hand and ask someone to mark how high up the wall you can reach. You could use chalk.

Now jump straight up and touch the wall. Jump as high as you can and stretch out. Touch the wall. Ask someone to mark where your hand touched the wall. How did you do? The aim is to have the biggest difference between the first and second measurement.



## THROWING EVENTS/TARGET GAMES

Who is the most accurate in your family? Collect some plastic drinks bottles. Fill them with water so that they stand up. Write a number on each bottle or stick a piece of paper with a number on it on each bottle. Use a ball to aim at the bottles. Add



up your score. Who can score the highest number? Who can score

the lowest number? Try rolling the ball, throwing it underarm, throwing it overarm.

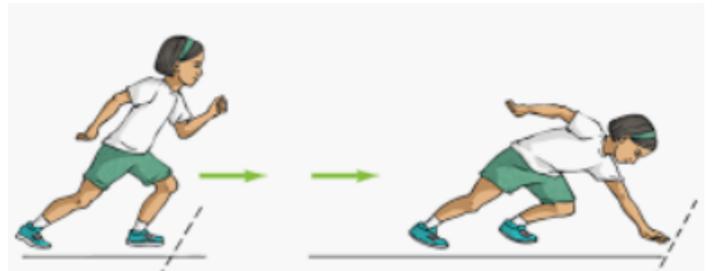
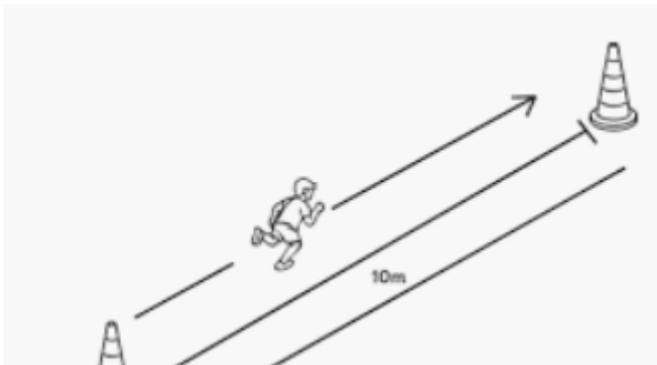
What works best?



## **SHUTTLE RUN EVENTS**

How long is your garden? Many people have run Marathons in tiny gardens during lock down. Measure and mark out a running “track” in metres in your garden. You may be able to mark out a 5 metre track or a 10 metre track, or a longer one! Mark the start and finish with a skipping rope or even a jumper! By running (or walking/skipping) laps of your track, you can take part in events of different lengths. Ask someone to time how long it takes you to run

50 metres, 100 metres, or more.



**HAVE FUN!**

**GET FIT!**

**STAY HEALTHY!**

