



# ATHLETICS

## SPEED BOUNCE

### Equipment

- A rolled up towel or speed bounce mat
- Stopwatch or timer



### How to

#### Reception & Key Stage 1

- Roll up a towel and place on a hard surface
- Jump from side to side over the towel. You must start with 2 feet and land with 2 feet
- Both feet must land over the towel to count as a point
- Repeat this pattern as many times as you can in **20 seconds**

#### Key Stage 2

- Roll up a towel and place on a hard surface
- Jump from side to side over the towel. You must start with 2 feet and land with 2 feet
- Both feet must land over the towel to count as a point
- Repeat this pattern as many times as you can in **30 seconds**

### Scoring

Complete as many bounces as you can in either 20 seconds (reception & KS1) or 30 seconds (KS2). Remember: to count as a point you must be jumping from 2 feet to 2 feet.

I scored 49 in 20 seconds and 76 in 30 seconds - how many will you achieve?



Amy Hillyard  
Team England

@amyhilly

### Did you know?

The first race was held during the first Olympics in 776 BC. It was 600ft long.

Usain Bolt is the fastest person in the world, running 100m in 9.58 seconds in 2009.

Hidekichi Miyazaki is the oldest competitive sprinter at 105 years old. He recently ran the 100m in 42.22 seconds, and is otherwise known as the 'Golden Bolt' for imitating Usain Bolt's well-known lightning pose!

165,000 towels were required at the Olympic Village throughout the 2 week London Games in 2012.



Video support - - <https://youtu.be/ACNHabPMvPE>





# SITTING VOLLEYBALL



Kate Grey – Team GB  
Paralympian

@kategrey25

I scored 64 in 60 seconds - how many will you achieve?



## KEEP-UP

### Equipment

- A balloon or beachball
- Stopwatch or timer

### How to

- Start in a seated position, and use any part of your arms to keep the balloon in the air
- Each time you hit/tap the balloon and it travels **above head height**, you score 1 point
- You will have **60 seconds** to score as many points as possible
- During the challenge you must remain seated, if you come up onto your knees or feet, these points should **not** be included in your score
- If the balloon hits the ground: do not worry - continue, collect it, sit back down quickly and continue. Do not stop the clock, continue scoring from where control was lost.

### Did you know?

After sitting volleyball was created as a rehabilitation sport for injured soldiers in 1956, it was officially included in the Paralympic Games in 1980. The women's event was introduced to the programme in 2004. It is one of the most popular Paralympic team sports, with over 10,000 athletes competing across 75 countries.

Morteza Mehrzadselakjani of Iran was one to watch in Rio 2016. As the 2<sup>nd</sup> tallest person in the world, and tallest athlete to ever compete at a Paralympic Games, he was able to apply his 2.46m height to great effect!

*FOLLOW RETWEET GET INVOLVED*

*#STAYHOMESTAYACTIVE*

*#STAYINWORKOUT*

### Scoring

Complete as many successful keep-ups as you can in 60 seconds. Make sure you keep your score and record.

Video support - <https://youtu.be/P6t9OIZXa0s>





# GYMNASTICS



Mimi Cesar – Team England

 @mimi\_cesar

I scored 30 on my left leg and 30 on my right leg giving me a total of 60 points - how many will you achieve?



## Did you know?

Artistic gymnastics was introduced at the very first Olympic Games in 1896, with the German team winning almost every medal.

Women weren't allowed to compete until 1928, where the Netherlands claimed the title.

Nadia Comaneci and Nellie Kim scored perfect 10s in 1976 at the Montreal Games, at the age of just 14. Gymnasts must now be 16 to compete in the Olympic Games.

Larissa Latynina dominated between 1956 and 1964, collecting a record 18 medals.

## BALANCE HOLD

### Equipment

- 1 rolled up pair of socks
- Stopwatch or timer

### How to

- Take your pair of socks and balance them on your head
- Place your arms out by your side to help you with your balance
- Take your right leg off the floor, bend your knee and hold your leg up in front of you at a 90 degree angle - balancing on your left leg
- Record the number of seconds you can remain balanced
- You must stop the timer; before you reach the 30 second maximum score, if the socks fall of your head, or if you put your foot down
- Repeat the challenge, this time balancing on your right leg
- The maximum you can score is 60

### Scoring

Balance for as long as you can in 30 seconds on your right and left leg, and add your scores together for your total (eg. right leg 22 + left leg 18 = total score 40.) The maximum you can score on each leg is 30 - for achieving 30 seconds without losing control of your balance. If your score has a decimal point please round up the next whole number.

Video support - <https://youtu.be/l6giGThu4ug>





# FOOTBALL

## CLOSE CONTROL

### Equipment

- A football or an alternative ball
- Stopwatch or timer



### How to

#### Reception & Key Stage 1

- Place the ball on a hard surface
- Place the sole of your right foot on top of the ball, then remove and replace with the sole of your left foot
- Repeat this pattern as many times as possible in **30 seconds**
- Everytime the sole of your foot touches the ball you score 1 point

#### Key Stage 2

- Place the ball on a hard surface
- Place the sole of your right foot on top of the ball, then remove and replace with the sole of your left foot
- Repeat this pattern as many times as possible in **45 seconds**
- Everytime the sole of your foot touches the ball you score 1 point

### Scoring

Complete as many successful touches as you can in either 30 seconds (reception & KS1) or 45 seconds (KS2). Make sure you keep your score and record.

I scored 76 in 30 seconds and 120 in 45 seconds - how many will you achieve?



Nat Haigh – Aston Villa

@NatHaigh6

### Did you know?

Men's football has been a part of the Olympics since 1900, where GB won the first ever gold medal. They've won 3 gold medals in total, making them and Hungary the most successful Olympic men's football teams.

Women's football made the Olympic programme in 1996. The USA have won 4 of 6 tournaments, with Norway and Germany the only other countries to win the tournament to date.

Approximately 2,400 balls were used in the London 2012 Olympic competition.



Video support - <https://youtu.be/aMTLk0nzWbl>

