



WHFCS PE KS1



WHFCS Home Olympics 2020

Warm up – Beans

A family member will set up a perimeter of where you can run around, you can start jogging around the area, when your family member says **1-** you become a jumping bean. **2-** You become a silly bean **3-** You become a skipping bean **4-** You become a dancing bean **5 –** You will become a runner bean **6-** you will freeze on spot.

Olympic events –

At home I would like you to set up your own Olympics, it is going to include a running race, an obstacle race, egg and spoon race, throwing activities and jumping activities. I have attached a scorecard, which you can record your scores. There is attached a gold medal certificate which you can award yourself at the of the Olympics.

1. Obstacle races

With family member you can set up an obstacle course. These can include many objects such as skipping ropes, balls, soft toys, and pillows. You can run around your course in a race against time or you could race a family member. You can record your score on the scorecard.



2. Throwing challenge

Set up a challenge, which involves using a beanbag, a ball or soft toy. Set up a line, which you could stand behind, a skipping rope could be used. Then set up three hoops if you have them or targets which could be made out of socks or pillows to aim for. Try to attempt to place one at 2 metres, 5 metres and 10 metres, having 3 throws add up your score, write it down, and record it on the scorecard. Do these three times to get your highest score.





WHFCS PE KS1



3. Egg and spoon race

I would like you to attempt an egg and spoon race, you need a grown up to help you find a spoon and on the spoon I would like you to try and balance a beanbag, or a small ball. You can set up your own race and distance against a family member or against a clock. You can record your score on the scorecard.



4. Long jump challenge

You can set up a jumping station, which you could use a sock or skipping rope to stand behind. You need a tape measure or a ruler to measure how far you can jump, you can have 3 attempts to see how far you can jump then record your score.



5. Races

Ask a family member in your garden for a race or ask a family member to count how long it takes you to get 10 metres and back. Try to beat your score every time to see if you can get faster.



Cool down –

Move around a space, you can hop, jump or skip , when a parent or family member says “ **Bolt**” you need to sprint on the spot when they “**Mo Farah**” you need to walk on the spot.





WHFCS PE KS1



Olympics score card KS1			
Event	Attempts		
	1 st	2 nd	3 rd
1. Obstacle race			
2. Throwing challenge			
3. Egg and spoon race			
4. Races			





WHFCS HOME OLYMPICS

2020

I completed the Home
Olympics

Well Done!

