



# WHFCS Nursery PE



## WHFCS Home Olympics 2020

### Warm up – Paw Patrol

We are going to do a trolls warmup, a family member will need to play the Paw patrol opening song. You're going to start walking around, when your family member say **CHASE** - I want you to jog around, **Skye** – I want you jump around, **Ryder**- I want you to hop around, **Rocky** – I want you to skip around. When family says **RUBBLE** – you need to do a silly dance and when they say **PAW PATROL**- you need to freeze on the spot.

### Olympic events –

At home I would like you to set up your own Olympics, it is going to include 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.





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**2. 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.



## 3. Running race

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.



## 4. 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.



## Cool down –

Move around a space, you can hop or jump, when a parent or family member says “1” you need to walk on the spot when they “2” you need to dance on the spot.”3” you need to freeze on the spot.





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Olympics score card Nursery			
Event	Attempts		
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
1. Obstacle race			
2. Egg and spoon race			
3. Running race			
4. Throwing challenge			





# WHFCS HOME OLYMPICS 2020

I completed the Home  
Olympics

Well Done!

