

Mini-Olympics Competition Pack

Description of Activity:

Place two cones 5 metres apart. If you haven't got any cones use something else as a marker. See how many times young people can run between the 2 cones in 30 seconds whilst balancing a bean bag on their head. If you haven't got a beanbag use a small soft toy or small bag of rice on your head. **The cone must be touched by the pupils hand to score a point.**

Facilities / Equipment:

2 Large Cones
Bean Bag
Stopwatch

How to score:

Every time the pupil touches a cone, they get one point. If the bean bag falls off the pupil must stop and replace it before carrying on. The bean bag should not be held in place unless the pupil is having extreme difficulty in balancing it.



Event 3 – Target Throw (Coordination)

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Description of Activity:

Place four hoops in a line 1 metre away from each other. The pupil has to stand behind a set point 2 metres away from the first hoop and throw the beanbags into the hoops. If you haven't got any hoops use string to make a circle or mark the circles out with something else from home. If you haven't got bean bags use soft toys.

Facilities/Equipment:

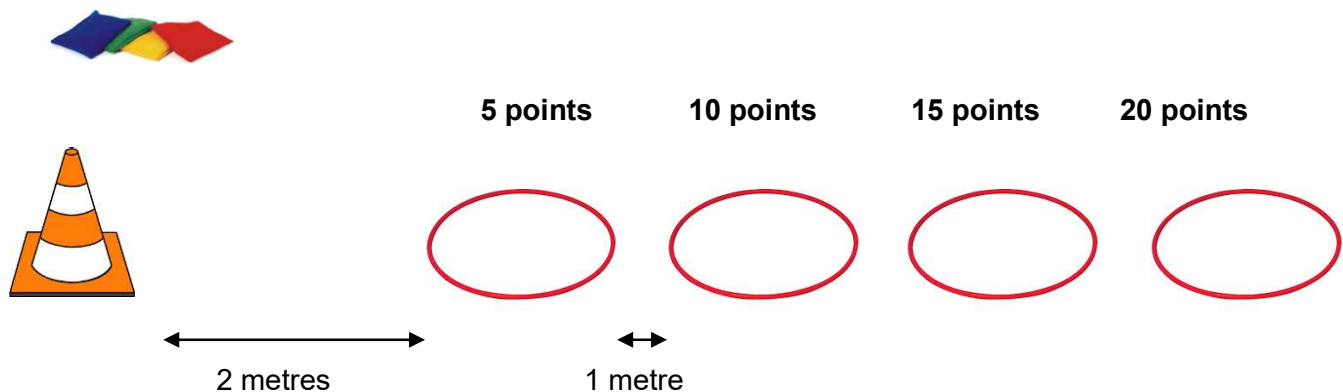
Four Hoops
Four Bean Bags
Cones/Rope to indicate start line

How to Score:

The nearest hoop scores 5 pts, next 10 pts, next 15 pts and the last 20 pts. If the beanbag bounces in the hoop and bounces out again, no points are scored. If the beanbag lands halfway in the hoop or lands and then bounces in the hoop, award full possible marks for that hoop.

Top Tip:

Encourage children to scrunch the bean bag up into a ball before throwing.



Put the first hoop 2 metres away from the cone and the other three in a line 1 metre from the next.

Event 4 - Shuttle Run

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Description of Activity:

Commands are “On your marks, set, go!” From a standing start run in a straight line back and forth six times between two lines or set of cones 10m apart. Pupils will cover 60 metres in total. **The line/cone must be touched with the hand or foot.**

Facilities/Equipment:

Two lines or cones 10m apart (Tape measure required)
Stopwatch

How to Score:

Time to the nearest 1/10 of a second. Record the performance of each pupil

Points are awarded as follows:

Under 20 secs 100 points
20 - 21.5 secs 90 points
21.5 - 23 secs 80 points
23 - 24.5 secs 70 points
24.5 - 26 secs 60 points
26 - 27.5 secs 50 points
27.5 - 29 secs 40 points
29 secs + 30 points



10 metres

Run there and back 6 times, touching the cones at each end!

Event 5 – Balance

Description of Activity:



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KS1 (Year 1 and 2) Pupils must lift their leg off the floor and balance on one leg for a maximum of 15 seconds standing on the spot (use a flat marker to indicate their balance spot). This should be done with both the left and the right leg.

KS2 (Year 3 – 6) pupils must do the same but must also go up onto tip toe and try to hold the balance on tip toe. The same scoring system applies for KS1 and KS2, 1 point per second you can hold the balance.

Facilities / Equipment:

Stopwatch
Flat marker

How to Score:

Pupils must balance on their right leg first. The leader times how long they can balance on this leg for. If the pupil puts their other foot in contact with the floor or steps off the marker then the leader must stop the timer and record how long the pupil has managed to balance on their right leg for e.g. 5 seconds = 5pts, 11 seconds = 11 pts etc... If the pupil reaches 15 seconds then the leader stops the timer and records a result of 15pts which is the maximum points that can be scored per leg. The same process is then completed for the pupil's left leg.

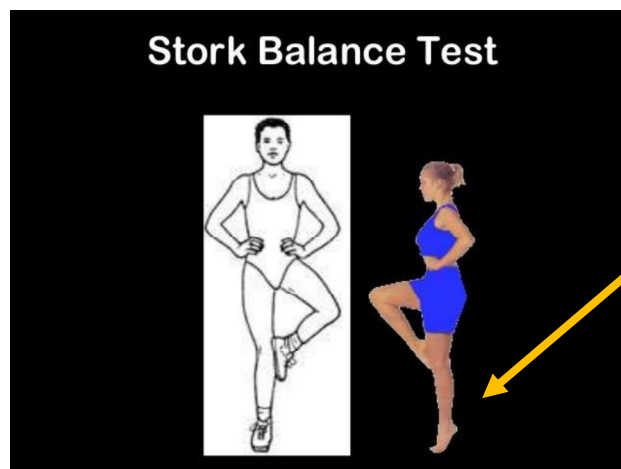
Top Tip:

Have 3 children perform the activity on their balance spot at the same time and then get the rest of the children to perform the activity afterwards.

KS1



KS2



Up onto toes!

Event 6 – Pass the Ball

Description of Activity:

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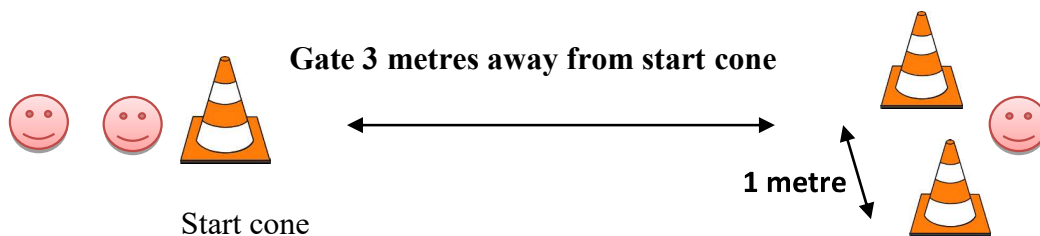
In this activity there will be 2 large cones placed at 3m from the start cone. Every pupil gets 3 attempts to pass the football to a friend standing behind the gate. If you are doing this at home use any suitable round object that you are allowed to use as a ball and anything that you can to mark out a goal.

Facilities / Equipment:

3 Cones
1 Football

How to score:

Every time the pupil passes the ball through the gate, they will score 5 points



Multi-skills Competition – Organisation
