



At Home

## Springvale Olympics (May 22<sup>nd</sup> to 25<sup>th</sup> 2020)

### Equipment list

Newspaper, timer, 2 buckets, sock balls (tuck a pair of socks into a ball shape), 6 small bowls or washing up bowl, washing basket, small tub, chalk or step ladders, pile of spare shoes, spatula and plastic lid, football, silly clothes, water bottle, coins, markers, balloons.

### Scoring

Find your family champion by adding up your scores as you go along or awarding points to the winner of each separate challenge.

Challenge another family by having a whole family score. Agree on your events and scoring.

1. **Newspaper Race** – each person needs 2 sheets of newspaper. Aim of the race is to get from one side of the garden to the other only standing on the paper. One foot on one sheet. Balance and manoeuvre the other sheet along.
2. **Water bucket challenge** – place 2 markers in the garden to run between. Fill 1 or 2 buckets with water and run between the markers carrying the buckets, without spilling. How many can you do in a minute?
3. **Sock ball challenge** – either use 6 bowls arranged in a triangle on the ground or use a washing basket with a washing up bowl placed in it, with a small bowl placed in that. Scoring for the triangle. 3 points for the bowl furthest away, 2 points for the middle bowls and 1 point each for the bowls nearest to you. Scoring for the triple bowl target. 1 point for washing basket, 2 points for the washing up bowl and 3 points for small middle bowl. Make a sock ball and agree a throwing line. How many points can you score in 1 minute?
4. **Bottle flip challenge** – flip a plastic bottle containing some water. 1 point if it lands upright. How many can you do in a minute?

5. **Climb the ladder** – use a pair of step ladders or draw a ladder with chalk on the floor. Place a plastic cup on the bottom rung and agree a throwing line. Throw a sock ball from the line to knock the cup over and move it up to the next rung, after each successful throw. 1 point for each rung of the ladder you climb during 1 minute!
6. **If the shoe fits** – push your foot in to a shoe but don't pull it right on. Flip the shoe in the air. If it lands on its side – 1 point, if it lands on the sole – 2 points, if it lands completely upside down, you score 3 points. How many points can you score in 1 minute?
7. **Coin flip 400m dash** – flip a coin. If it lands 'heads', run for 20 steps. If it lands 'tails', flip again. This is a race. Which member of your family can run 400m (400 steps) first?
8. **Flip the lid** – use a plastic lid and a spatula. Flip on to the ground or a table. If the lid lands upside down – 1 point. If the lid lands the right way up – no score. How many points can you score in a minute?
9. **Keep it up** – use 1 or 2 balloons and keep them up for 1 minute. Count how many taps you do in the minute. If the balloon hits the ground, pick it up and carry on counting.
10. **Penguin Race** – place 2 buckets, 2 metres apart (socially distanced!!), one bucket upside down and one the right way up. Place a football between your knees and shuffle between the 2 buckets, not dropping the ball and turning the bucket over or back every time. 1 point for each bucket you turn.
11. **Shoe Tower** – build a tower of shoes/trainers as high as you can, balancing in any way you think is best. 1 minute to build your tower. If it collapses, start again. Your score is how many are in your tower as the minute is over. Alternative version – ask a member of your family to stand in a star shape and stand very still. How many shoes can you balance or hang on them in one minute?
12. **Clothes relay** – as a family decide on a collection of silly items of clothing. Place them in 2 piles at opposite ends of the garden. Running in between the piles, how many items of clothing can you put on in a minute. Only allowed to put on one item at a time.

**Don't forget to share your pictures on @SpringvalePS!**

Good luck

and more importantly

Have fun!