











Witchampton's Mini Olympics 2020

Welcome to the Witchampton Virtual Sports Day! Here are some activities for you to complete. You can choose to do all the activities on one day, or spread them out over the week. Or you might like to practice first and take your best score by the end of the week, it's up to you! We would love for you and your family to join in! Use the score sheet on the next page and email us your totals by Monday 6th July. We will announce the winning house on Friday 10th July on the school website. Good luck!

<p>Monday</p> 	<p>Obstacle Race Create an obstacle race using equipment you have at home, for example, crawl under a chair, roll a ball into a bucket, jump over a (low!) obstacle, how many times can you do it in 2 minutes?</p>	<p><i>Make it easier by...</i> using less obstacles. <i>Make it harder by...</i> travelling between the obstacles in different ways!</p>
<p>Tuesday</p> 	<p>Target ball Choose a target to throw a ball to. It could be a bucket, a goal or something else unbreakable. How many times can you hit the target in 2 minutes?</p>	<p><i>Make it easier by...</i> making the target a large area. <i>Make it harder by...</i> moving the target further away.</p>
<p>Wednesday</p> 	<p>Water race Set out 2 buckets at either end of the garden. Fill one bucket with water. Using a cup, how much water can you transfer between the buckets in 2 minutes?</p>	<p><i>Make it easier by...</i> using a larger container to carry the water. <i>Make it harder by...</i> Having to walk round barriers between the buckets.</p>
<p>Thursday</p> 	<p>Balancing Act Find something unbreakable to balance on your head; for example a bean bag, a small cuddly toy, a small beach bucket or pair of socks. How many times can you go around your garden in 2 minutes?</p>	<p><i>Make it easier by...</i> just going to the end of the garden rather than all the way round. <i>Make it harder by...</i> having something to step over during the course.</p>
<p>Friday</p> 	<p>Dressing up race Find some things in your house that you can use to have a dressing up race eg. gloves, hat, scarf, a skirt etc... Space them out along your garden. How many times can you complete the race in 2 minutes.</p>	<p><i>Make it easier by...</i> doing it with a partner, helping each other. <i>Make it harder by...</i> jumping between each piece of clothing.</p>

Witchampton Olympics Score Sheet

Name _____

Activity	Challenge	Score
	<p>Obstacle Race - 2 minutes 1 house point for joining in. 1 house point if your family joins in too. 1 house point for each time someone completes the race in 2 minutes.</p>	
	<p>Target Ball - 2 minutes 1 house point for joining in. 1 house point if your family joins in too. 1 house point for each time you hit the target in 2 minutes.</p>	
	<p>Water race - 2 minutes 1 house point for joining in. 1 house point if your family joins in too. 1 house point for every 5 cm of water transferred between the buckets.</p>	
	<p>Balancing Act - 2 minutes 1 house point for joining in. 1 house point if your family joins in too. 1 house point for each completed journey in 2 minutes.</p>	
	<p>Dressing Up Race - 2 minutes 1 house point for joining in. 1 house point if your family joins in too. 1 house point for each race completed in 2 minutes.</p>	