Active School Travel

Family Olympics

SUSTRANS HOME OLYMPICS

Duration - All Week Materials Required – Tape measure, sticky tape, Stop watch

ACTIVITY NAME – Home Olympics

Aim: Enjoy challenging yourself in as many of the special Sustrans family Olympic events as you can. Challenge your family to take part also. Our great events mean anybody can win.

Instructions:

Step 1 – Measure your height

Step 2 – Let the games begin

Step 3 – Design an award medals for each event. Design your very own family medals using the template on the last page.

Game 1 – Star Jump Time Trial

Aim: Test yourself against the clock. How many star jumps can you do in 60 seconds

Instructions: Have a family member time you doing star jumps for 60 seconds. As you complete each star jump should out the number so you can count how many you have done.





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Game 2–High Jump



Aim: How high can you jump?

Instructions: Note your height measured before we started.

This game is all about how can jump the highest. To make it fair for everyone we will be comparing who can jump the highest compared to their own actual height.

Take some sticky tape and hold it in your hand

Then jump as high as you can and stick this tape to the wall at the highest point you can reach. Take a few practice goes before you have your real measured jump.

Once you have you completed your jump and your sticky tape is as high as you can reach, get someone very tall to measure the height of your tape. Then simply divide the height of your tape by your actual height. The person with the highest number at the end wins. E.g. I am 184cm tall, if we measured my sticky tape at 250cm my result would be 250 /184 = 1.36

Game 3–Long Jump

Aim: How far can you jump?



Instructions: This is another test of your jumping. This time the challenge is to see who can jump the furthest. Again the challenge is who can jump the furthest in relation to their overall height.

This is best done outdoors if possible. Mark a starting point on the ground. Everyone must stand with both feet on this starting point to begin their jump. Stand up tall, slightly bend your knees and lower your hips, and the LAUNCH yourself forward swinging your arms backwards to give yourself added momentum. Land on both feet and hold your landing place until someone can measure the distance from starting point to landing point. Divide this distance by your height to get your result for the long jump .

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Game 4 – Spud and Spoon Race

Aim: A race against the clock carrying a spud with a spoon, sounds like fun, right?

Instructions: Decide on your race course. The best would be a lap of your garden or outside walls of your house but if that's not possible it could be race from your back door, through your house to your front door.

Each racer runs the course alone while someone else times your run. The aim is to get through the course as quickly as possible without dropping the spud. If you drop the spud you must stop and reset it on your spoon before restarting.

The winner is the person with the fastest time.



Game 5 – Spaghetti Javelin

Aim: Hit the target with your spaghetti stick javelins?

Instructions: This is a throwing accuracy challenge. And its also an opportunity to try a sport you maybe have never tried before, maybe you have never even heard of javelin throwing. Well in the javelin event participants test how far they can throw a really special stick known as a javelin. In our home Olympics we have a special twist in our challenge. For our javelin you must use an uncooked spaghetti stick and rather than just measure distance we want to see how accurate your throws can be.



Line up three large saucepans in a line starting 1metre in front of you and spaced half a metre apart. The aim is to land the spaghetti stick in a saucepan. The further away the saucepan it lands in means more points for that throw. The closest saucepan gives you 1 point, the middle pan is 2 points and the furtherest away pan is 3 points.

Each person gets 5 throws and at the end we add up all your points to get your result.

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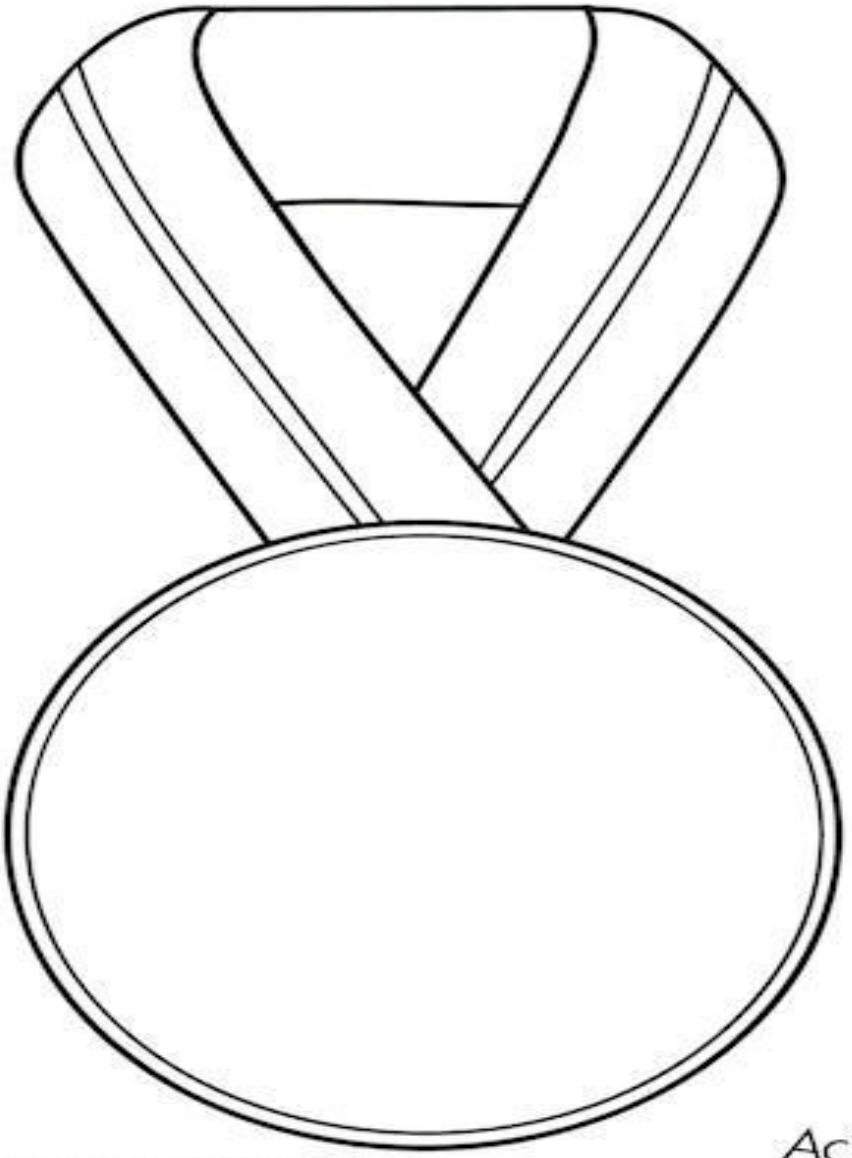
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Medal Template

Design an Olympic Medal



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