



GET ACTIVE



30 MINUTES



PREPARATION
NEEDED

MINI OLYMPICS

PART OF THE OLYMPICS THEMED PROGRAMME



GETTING INTO THE ACTIVITY

Host your own mini Olympic games. If you can, get outside to a local park to maximise the activities you can do.

Pick some of the sports and events from the list below:

Athletics: Hold races such as sprints, obstacle race, long jump (use mats to land on), etc.

Baseball: Baseball returns to the Olympics in 2021. Use rounders kit to re-create a baseball game between two teams.

Fencing: Using pool noodles or foam swords, learn the basics to fencing and hold a knock-out tournament between children.

Curling: Create your own game of curling with equipment you have in your meeting space (i.e bean bags / balls). Best suited indoors on a smooth surface.

Football: Football has featured at every modern Olympic Games except two, giving you the perfect excuse to have a game of football.

Shooting: Using a nerf gun or water pistol and some tin cans, see who can knock the most cans off a table.

Archery: If you own an indoor archery set then use this to create a mini archery tournament.

After playing some of the above sports or races, make sure you hold a medal ceremony and give out prizes for bronze, silver and gold.



WHAT YOU'LL NEED

- Varies Depending on Activities Chosen



KEEPING EVERYONE SAFE

Please maintain social distancing as required.

When using shared equipment, hands should be washed both before and after the activity.