



The Forest Lodge Home Olympics!



How many medals will you win?

The Forest Lodge Home Olympics!



Hello Forest Lodge Athletes,

With the Olympics and most probably the Forest Lodge sports day cancelled this year, we welcome you to the Forest Lodge Home Olympics instead.

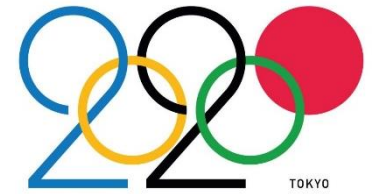
There are 10 events for you to take part in. One for each day (Monday-Friday) for the next 2 weeks. Once you have done them all don't forget to add up the amount of medals you have got to check your athlete level which you can find out on the last page!

Don't forget you can take pictures and videos to send to your class teachers by your year group email to show them what you have been up to.

Have fun!

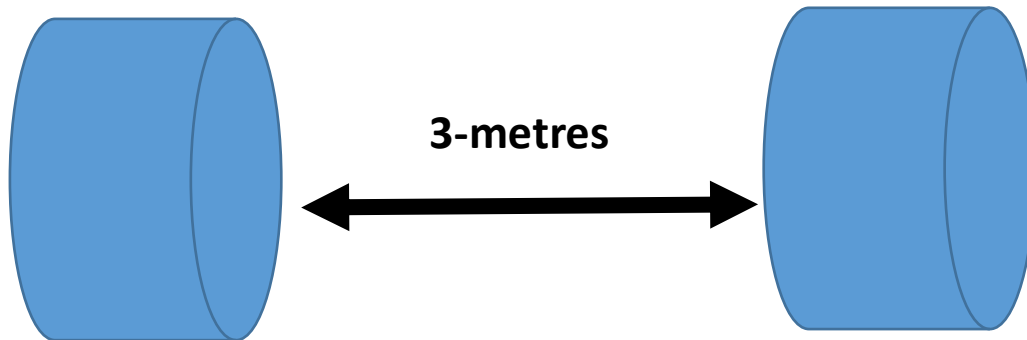


Day 1: 3-Metre Sprint



Set up a distance that is approximately 3-metres apart. Use 2 objects to mark the start and the finish. Every sprint you complete counts a 1. How many can you do in 1 minute?

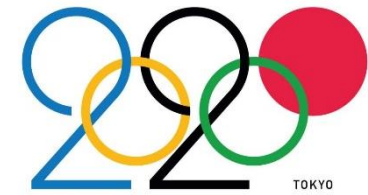
Can you get your first medal?



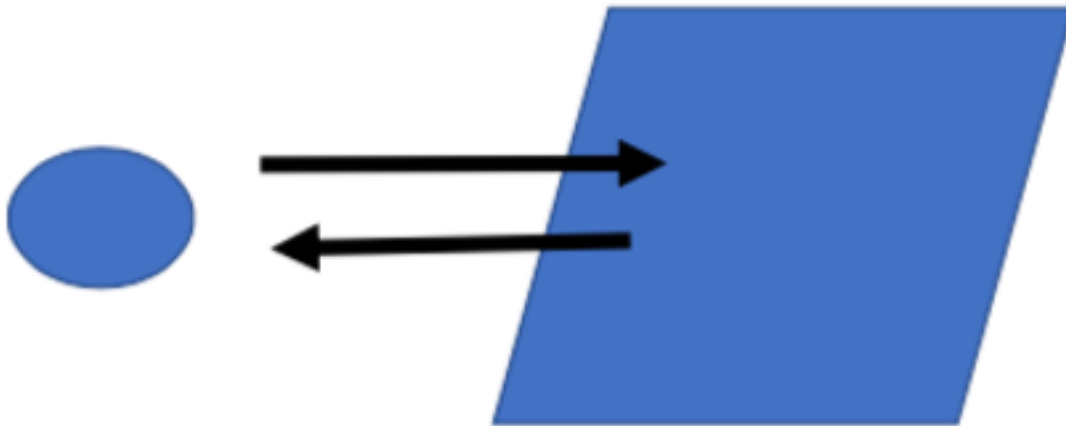
Score	Medal
20+	Gold
18	Silver
16	Bronze



Day 2: Ball Catch



Using a hard surface (wall) or a helper, how many throws and catches can you make in 1 minute with a small ball? If you want to make it harder, try doing a 1 handed catch! Any drop should not be counted towards your final score. If you don't have a ball, use some rolled up socks, old newspaper etc.



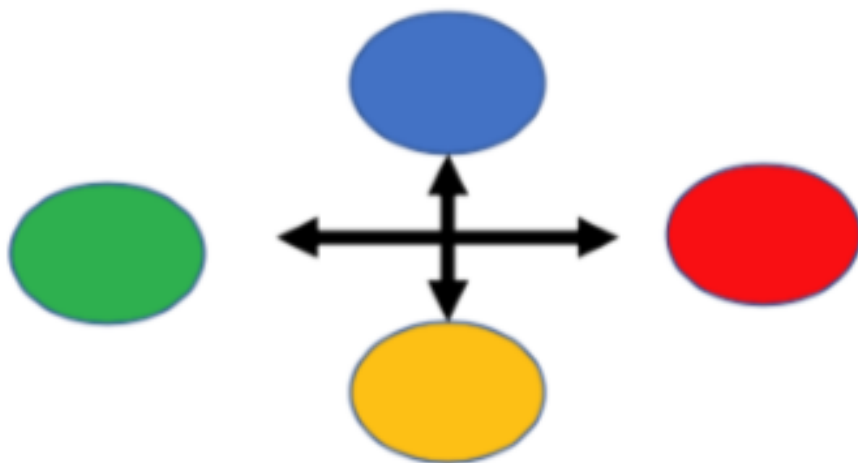
Score	Medal
60+	Gold
40-59	Silver
20-39	Bronze



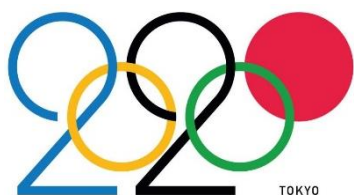
Day 3: Compass



Choose 4 objects to mark out 4 compass points or a diamond shape. This could be your 4 favourite toys. Once you have 4 points, get someone to call out the names of those items and see how fast you can touch them and return back to the middle. In 1 minute, how many touches can you do?



Score	Medal
60+	Gold
40-59	Silver
20-39	Bronze



Day 4: Plank Challenge



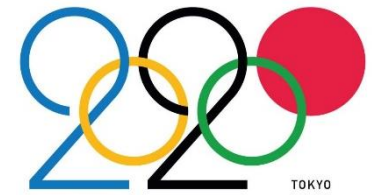
Using a clear floor space, see how long you can hold the plank position for (see image below). Get someone else to time you and see if you can go for gold! Why not challenge your family members and see who can hold it the longest?



Score	Medal
1 minute +	Gold
40 seconds	Silver
20 seconds	Bronze



Day 5: Speed Bounce



Find something at home that you can make a soft, low “hurdle” with or create a line on the floor. Using both feet jump over the line as many time as you can. How many can you do in 30 seconds?



Score	Medal
40	Gold
30	Silver
20	Bronze

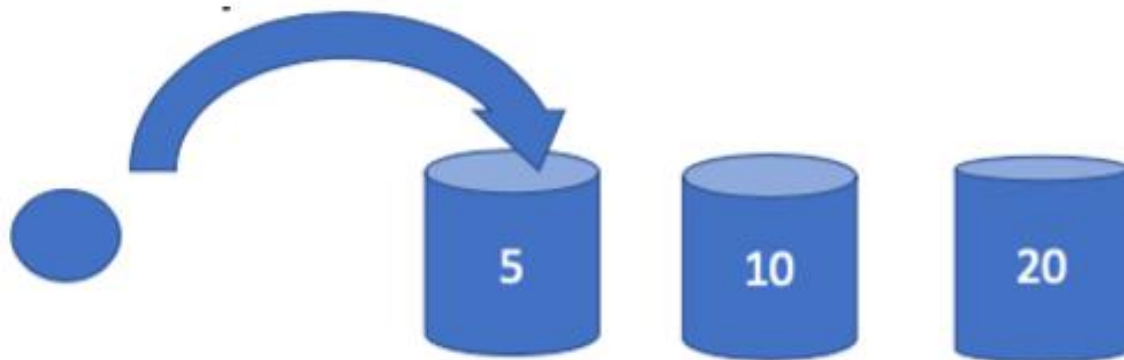


Day 6: Bin Toss



Using an empty bin or box set up your own target challenge.
Create 3 targets worth different points.

20 points=furthest; 10 points=medium target and 5 point=closest. You are going to need some practice before going for gold! How many points can you score with 3 throws?



Score	Medal
50	Gold
25	Silver
10	Bronze



Day 7: Balance



Time to test your balance! Get 10 safe items that are suitable for balancing. (e.g. rolled up socks). Set up a balance course with a start and a finish. Get someone to time how long it takes you to move all the items along the course whilst balancing them on your head!



Score	Medal
4 minutes	Gold
6 minutes	Silver
8 minutes	Bronze



Day 8: Indoor Bowling



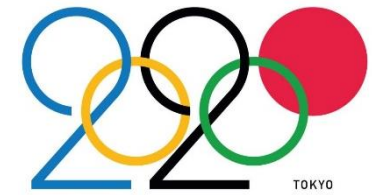
Set up 10 “pins”. You could use empty bottles, plastic or paper cups or cans. Roll a ball (or something you can safely roll) twice. How many can you knock down with only 2 rolls?



Score	Medal
9-10	Gold
7-8	Silver
5-6	Bronze



Day 9: Star Jumps



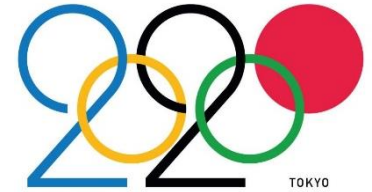
This is a high energy event where you try to complete as many star jumps as you can in 30 seconds. Don't stop even when you get tired!



Score	Medal
50	Gold
35	Silver
20	Bronze



Day 10: Your Choice



For the final event of the Forest Lodge Home Olympics you can pick an event that you have already done. It may be that you choose to do the event you most enjoyed or the event you achieved a gold medal on. Scroll back through to see which is going to be your final event!

Will you win your final medal?





The Closing Ceremony!



Congratulations Home Athlete for completing the first Home Olympics 2020! It's time to check the medal board to see how well you did! How many did you get? Don't forget to let your teachers know how well you did they may have an award for you!



Number of medals	Athlete Status
8-10	World Class Athlete
5-7	Champion Athlete
2-4	Pro Athlete