

Living room Olympics

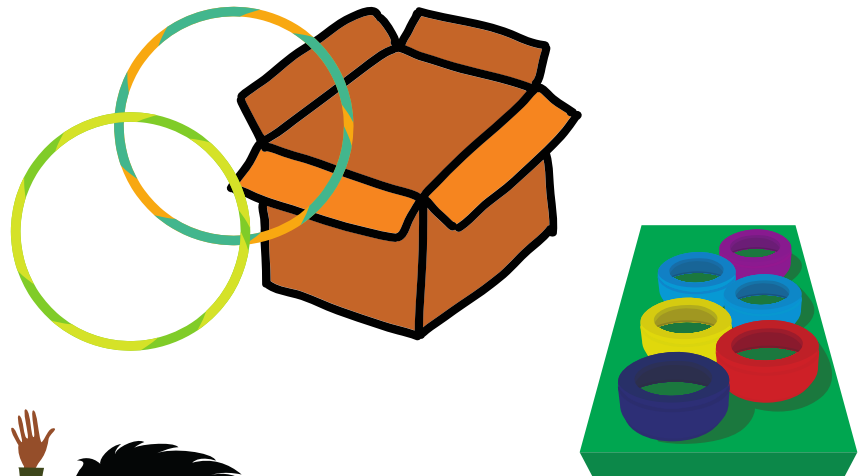
Always warm up first!

- Slowly jog around the living room 2 times.
- March with high knees- march around bringing your knees up towards your chest with every step.
- Crawl like a caterpillar- Get down on your hands and feet, walk your feet towards your hands, then walk your hands back out until your back to where you started. Repeat 2 more times.
- Stretch - Reach up high, reach to the side, reach down low, give yourself a great big hug.

Can you create an obstacle course?

You can use things like:

- Pillows
- Empty boxes
- Tissue boxes
- Cones
- Giant rings
- Hoola hoops



Can you hop around your course?

What about trying some of these:

- Run
- Skip
- Shuffle
- Jump
- Walk backwards
- Dance
- Gallop
- Tiptoe



Challenge yourself

- Set a timer and see how fast you can finish the course.
- Pick a time and see if you can finish the course in under that time.
- Set up 2 identical courses and race a sibling, neighbour, or parent.
- Do the course holding a plastic egg on a spoon.
- Complete the course forward and backwards for the entire race.



Dice Challenge

*You can make your own dice on the next page by printing, cutting and sticking it together.
Challenge your siblings or parents to a game.
Roll the dice and complete one of these activities before the next person can start.

If you roll a:

1. Jump as high as you can.
2. Dance around for 1 minute
3. Balance on one leg.
4. Spin around
5. Do 5 frog jumps
6. Do 6 star jumps.

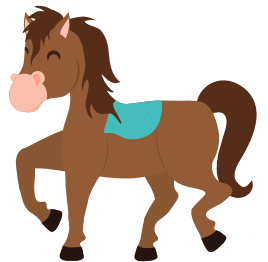


Animal Challenge

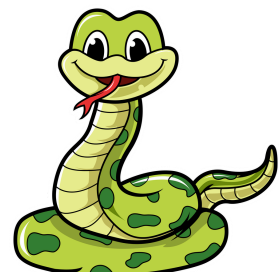
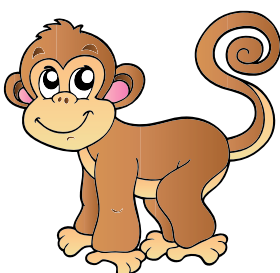
Challenge your siblings or parents to be the silliest animal!

Can you act like a:

- Horse
- Elephant
- Rabbit
- Snake
- Panda bear
- Kangaroo
- Crocodile
- Butterfly
- Monkey



To make it extra fun get your team mates to guess who you are acting out!



If you want to make your own dice, try drawing it out on paper with a ruler. Make sure each square is the same size. For example 5cmx5cm.

