



Olympic themed activity ideas

Your activities can be linked to the winter or summer Olympics.

Here are some ideas for activities you could try. You can use the internet to find some more.

You can do your activities for as long as you want to but you only need to film or take photos of some of it.

These are just ideas to get you thinking. You don't have to do them but hopefully it gets you started.

Have fun and get creative!

Weightlifting



Fill your rucksack with books and use it as a weight. You could also use tins of beans or water bottles.

Have a go at different exercises using your weight

Or

You could choose one exercise and see how many times you can do it in 1 minute.



Karate/Judo/boxing

Follow a You Tube video. Your All Move friends could try the same videos.

You could even create your own moves.



Basketball

You could use a ball and washing up basket. Place the basket at one end of the room and stand at the other. See how many times can you throw the ball into the basket in one minute?

Other basketball ideas:

<https://www.youtube.com/watch?v=0FECPDuKeD8>

Gymnastics and Dance

Create a dance routine to your favourite song. Your friends could have a go at your routine.

or

Find a routine on the internet (like the one in the link below) and follow along.

<https://www.youtube.com/watch?v=4zww0h9cHu0>

You could even try doing some yoga.



Athletics and Fitness

Run a circuit around your garden 5 times.

Have a go at hurdles by jumping over toilet rolls stacked on the floor.

You could simply do a fitness workout like Joe Wicks.



Shotput, Javelin, Discus

You could find an item in your house and see how far you can throw it. Make sure it's something soft and is safe to throw. Try and beat your score each time.



Long jump

All you need is a tape measure! Lay it on the floor. Stand at one end and see how far you can jump to the other end.

https://www.instagram.com/tv/B-MInyOH-4/?utm_source=ig_embed





Do your own Marathon

Complete 26 minutes of any physical activity you like. If you are filming a video, you only need to record a few minutes to share with your friends.



Curling

Find something that you can slide along the floor, like a book. Make a target and put this at one end of the floor. Stand at the other and try to slide your object so that it lands in the target.

<https://activeforlife.com/your-kids-can-curl-at-home/>



Archery

Set some mugs up on a table. Stand at least 3 feet away from the table. Get 3 teabags or anything else small and light (these will be your arrows) and try to get them in the mugs. You get a point for each one that lands in the mug.



Tennis

You could have a go at exercises like the ones in these videos:

<https://www.lta.org.uk/play-competete/lta-youth/tennis-at-home/#tennisathomeexercises>