

Kiddolympics

2021



LEVEL 1 (Resource 1)

SUPERHEROES

DIFFICULTY: ★

SAFETY GUIDELINES

BEFORE EXERCISE

- Wash hands before exercising.
- Ensure that all children are feeling well prior to taking part in the activities.
- Ensure all children are well hydrated.
- Ensure all equipment are safe to use (no broken parts and sharp edges).
- Clear your space and ensure the floor is dry (Only designated props/equipment should be in the space).

DURING EXERCISE

- Conduct activities in small groups.
- Keep a safe distance from each other throughout the session.
- Stay hydrated. Keep a bottle of water close by.
- Encourage each child to go at his/her own pace during physical exertion.

AFTER EXERCISE

- Ensure all equipment/objects are cleaned/sanitised after each use.
- Wash hands after exercising.



LEVEL 1 (Resource 1) SUPERHEROES



ARE YOU READY TO MOVE ACROSS THE CITY IN THE FIRST LEVEL OF SUPERHERO TRAINING? TIME TO GAIN SUPERHERO POWERS WITH THE HELP OF MISS MAJULAH!

READ ON TO FIND OUT MORE ABOUT THIS WEEK'S SKILLS.

Skills covered:

- JUMPING
- JUMPING FOR DISTANCE
- LEAPING



Duration:

EACH RESOURCE WILL TAKE 45 MINUTES TO COMPLETE. DON'T FORGET TO WARM UP BEFORE AND COOL DOWN AFTER ALL THE ACTIVITIES.

45 MINUTES
(SUGGESTED DURATION)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics 2021

Let's warm our bodies up before we start!
We will do each exercise for 10 seconds.

RUNNING:

RUN ON THE SPOT AS FAST AS YOU
CAN LIKE YOU ARE IN A RACE!



SWIMMING:

SWING BOTH ARMS FORWARD AS
FAST AS YOU CAN LIKE YOU ARE IN
A RACE!



SOCCER:

KICK ONE LEG FORWARD ACROSS
YOUR BODY FOLLOWED BY THE
OTHER FOOT TOO, LIKE YOU ARE
SHOOTING FOR GOAL!



BASKETBALL:

"BOUNCE" THE BALL 3 TIMES
BEFORE YOU JUMP AND SHOOT FOR
THE HOOPS!



GYMNAST:

LET'S SEE HOW FLEXIBLE YOU ARE!
REACH ACROSS YOUR BODY AND TOUCH
YOUR TOES WITH ALTERNATE HANDS.

LEVEL 1 (Resource 1)

SUPERHEROES

Activity 1 - Jumping on HDB Buildings

TIME TO GAIN OUR SUPERHERO POWER OF JUMPING.
CAN YOU JUMP ON ALL OF THE HDB BUILDINGS?

Activity Objective:

JUMPING - TO BE ABLE TO TAKE OFF WITH TWO FEET, OVER OBSTACLES,
AND LAND ON BOTH.

What you need:

- BLOCKS/CONES/AGILITY BASES



OR

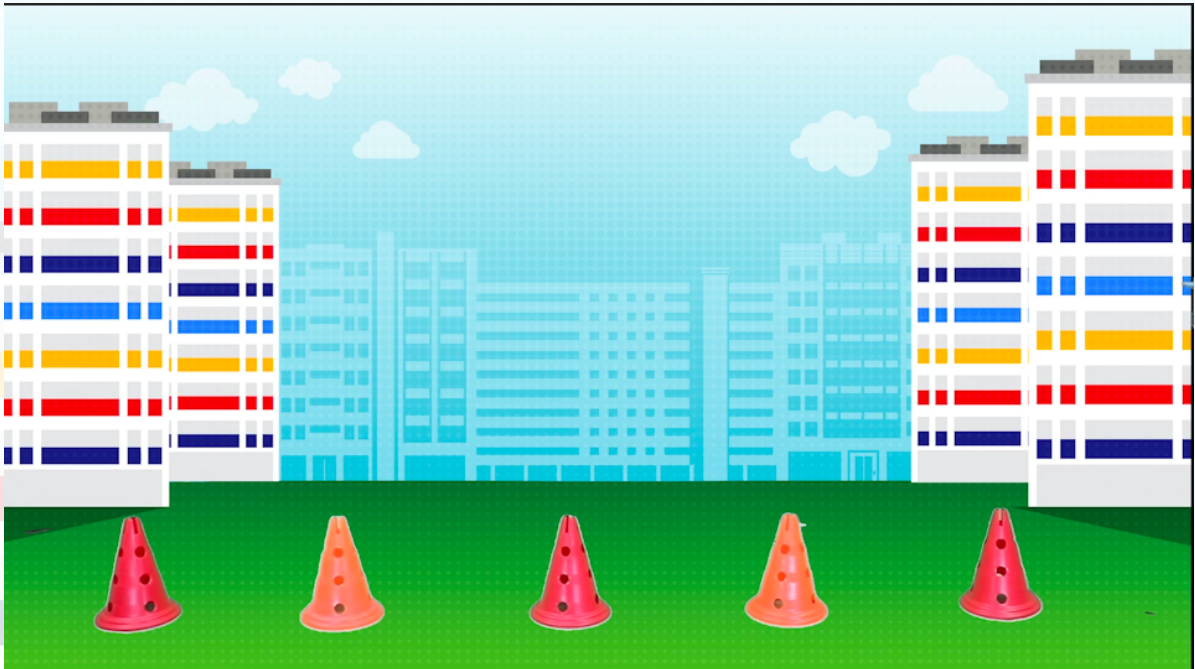
- CARDBOARD BOXES
- PAINT
- PAINTBRUSH
- HDB PRINT OUT TEMPLATE IN A3 SIZE (OPTIONAL)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Set up with sports equipment per lane:



YOU CAN ARRANGE THE BLOCKS/CONES/AGILITY BASES WITHIN THE 3M X 2M PLAY AREA. ENSURE THAT EACH EQUIPMENT ARE 2 FEET APART.

Set up with DIY equipment per lane:

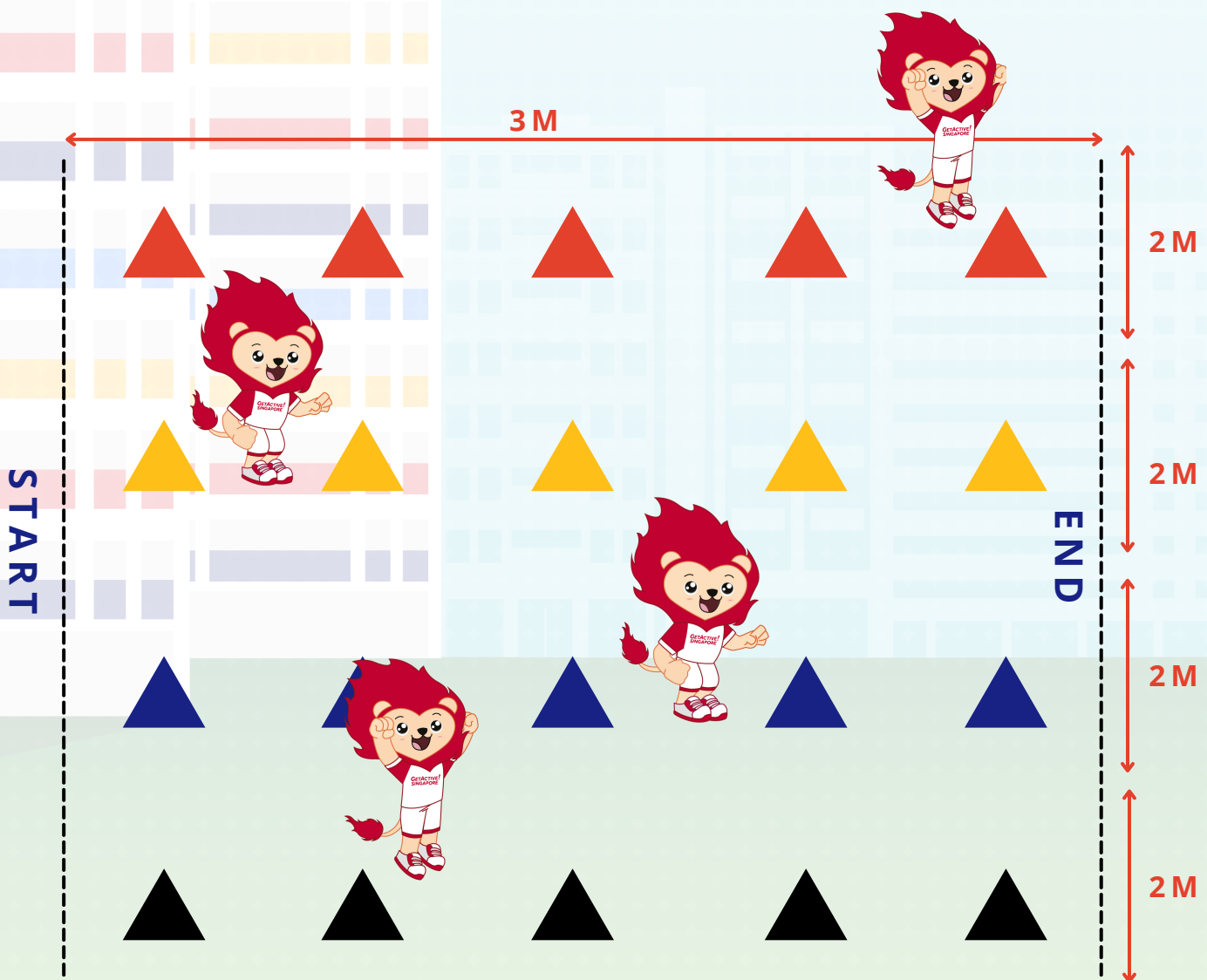


LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
- ONE LANE CAN ACCOMMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.
(SUGGESTED SIZE OF EACH LANE)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
- EACH LANE IS ESTIMATED TO BE 3M BY 2M.



Set Up Tips:

- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- YOU CAN ALSO SET UP WITH A MIXTURE OF SPORTS AND DIY EQUIPMENT TO SET THE SCENE FOR YOUR SUPERHERO TRAINING.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

JUMPING

Teaching Tips :

- ENCOURAGE THE CHILDREN BY PROMPTING THEM TO "PUT YOUR FEET TOGETHER. BEND YOUR KNEES, SWING YOUR ARMS & TAKE FLIGHT LIKE A SUPERHERO!".
- ENSURE THAT THE CHILDREN KEEP BOTH FEET TOGETHER AS THEY JUMP ON THE HDB BUILDINGS AND LAND.
- YOU CAN START WITH SMALLER AND LOWER CONES/HDB BUILDINGS FIRST, BEFORE CHALLENGING THE CHILDREN WITH BIGGER AND TALLER CONES/HDB BUILDINGS.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN QR CODE)



LEVEL 1 (Resource 1)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN HDB BUILDINGS!

Create your own HDB buildings:

1. GRAB A CARDBOARD BOX OR A SHEET OF CARDBOARD. CUT IT ACCORDING TO YOUR PREFERRED SIZE.

**SUGGESTED SIZE - A3 (PORTRAIT).*



2. DRAW OUT THE LINES FOR YOUR HDB BUILDING. BE CREATIVE! DESIGN YOUR DREAM HDB BUILDING.



3. WHAT COLOURS WILL YOUR HDB BUILDING BE? UNLEASH YOUR IMAGINATION!



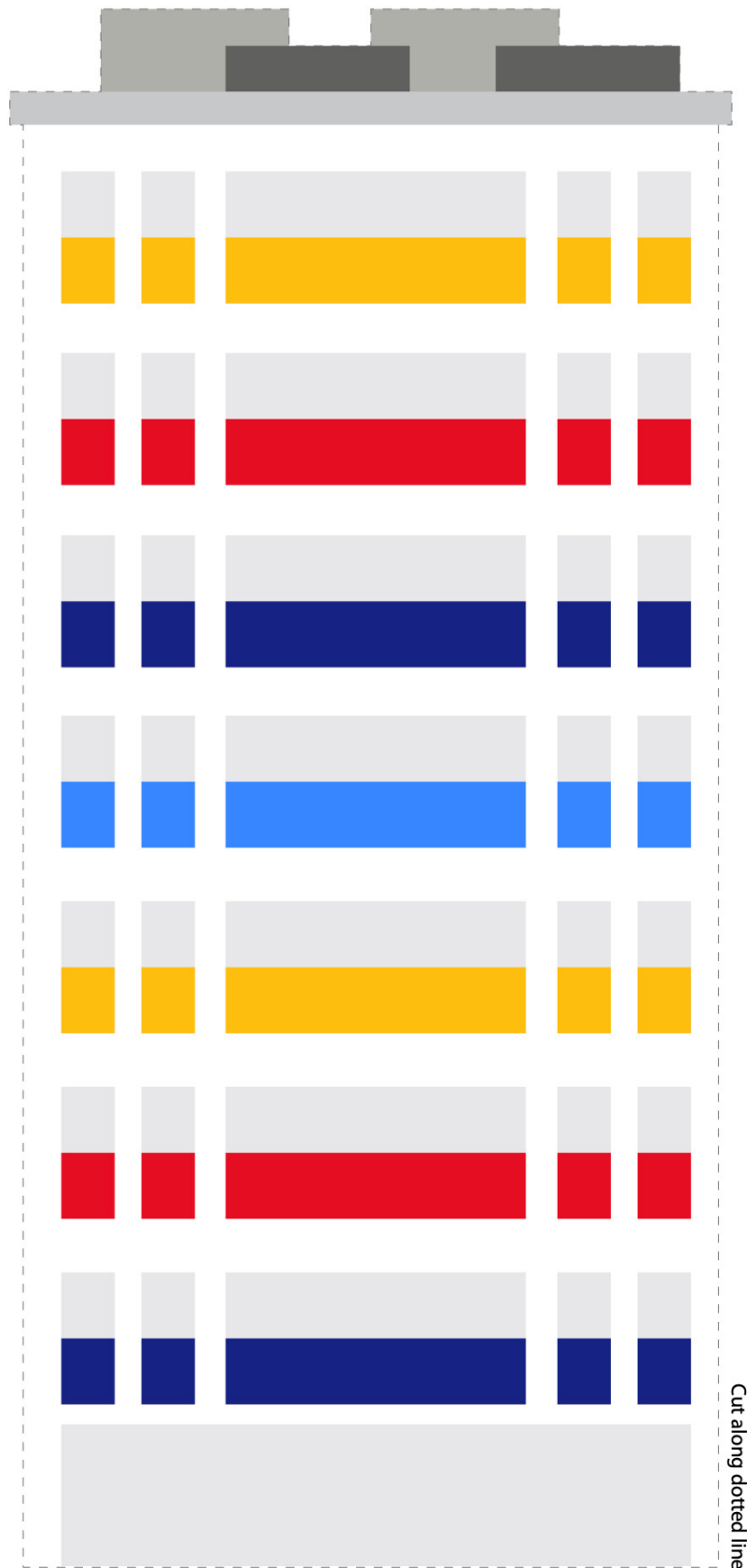
4. USE YOUR CREATIVITY TO PAINT THE HDB BUILDING.

ALTERNATIVELY...

YOU CAN PRINT OUT THE HDB TEMPLATE (A3 SIZE) ON THE NEXT PAGE AND PASTE THEM ONTO THE CARDBOARD BOXES.



**DO KEEP THIS HDB AS YOU WILL NEED IT IN THE UPCOMING RESOURCE!*



Activity 2 - Jumping from 1 MRT carriage another

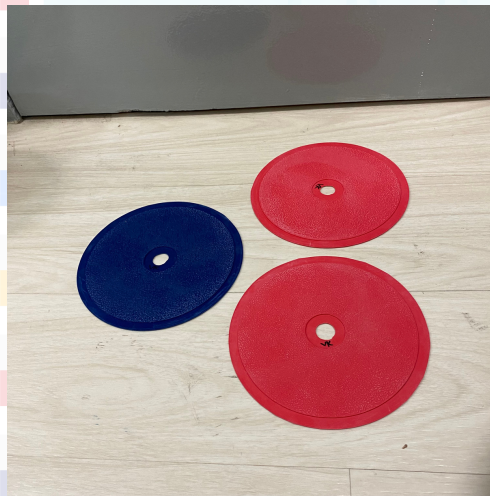
TO USE OUR SUPERHERO POWER AND JUMP AS FAR AS WE CAN FROM ONE MRT CARRIAGE TO ANOTHER. ARE YOU UP FOR THE CHALLENGE?

Activity Objective:

JUMPING FOR DISTANCE - TO BE ABLE TO TAKE OFF WITH TWO FEET, OVER A DISTANCE, AND LAND ON BOTH FEET.

What you need:

- FLAT DOTS/MARKERS



OR

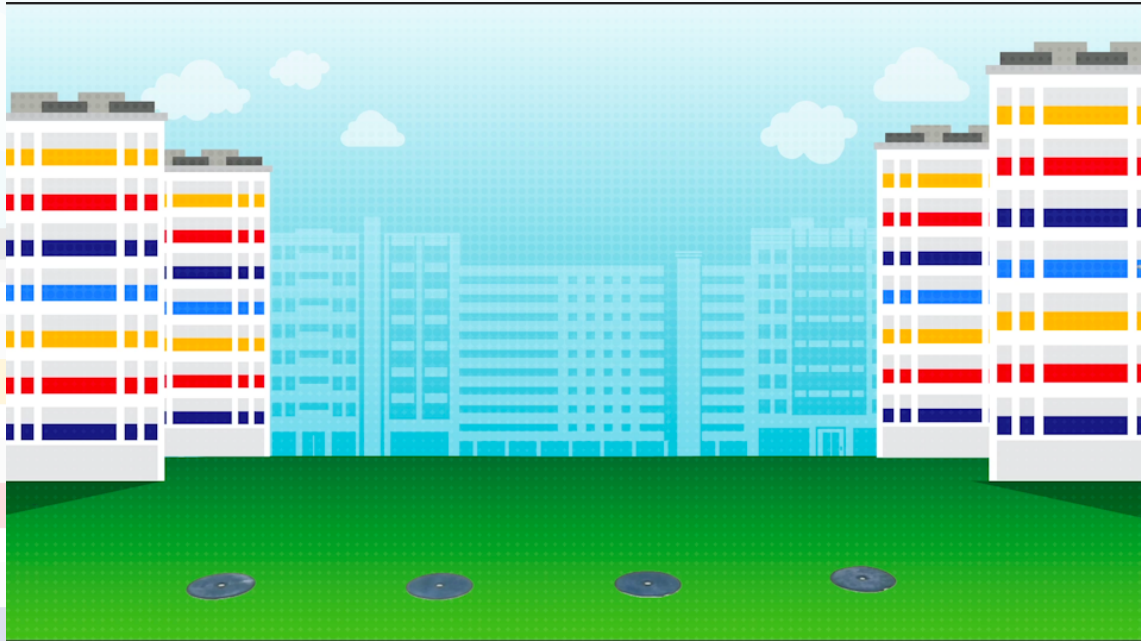
- CARDBOARD/SHOE BOXES
- DOUBLE SIDED TAPE
- SCISSORS
- MRT PRINT OUT TEMPLATE IN A3 SIZE



LEVEL 1 (Resource 1) SUPERHEROES

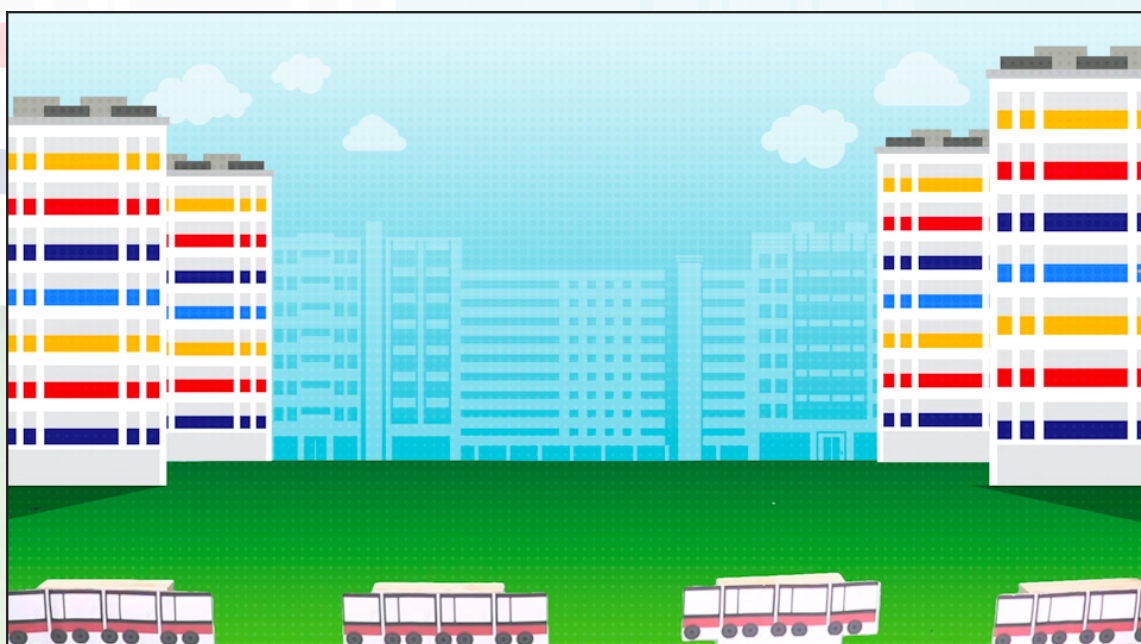
Kiddolympics
2021

Set up with sports equipment per lane:



YOU CAN ARRANGE THE FLAT DOTS/MARKERS WITHIN THE 3M X 2M PLAY AREA. ENSURE THAT EACH EQUIPMENT IS 2 FEET APART.

Set up with DIY equipments per lane:

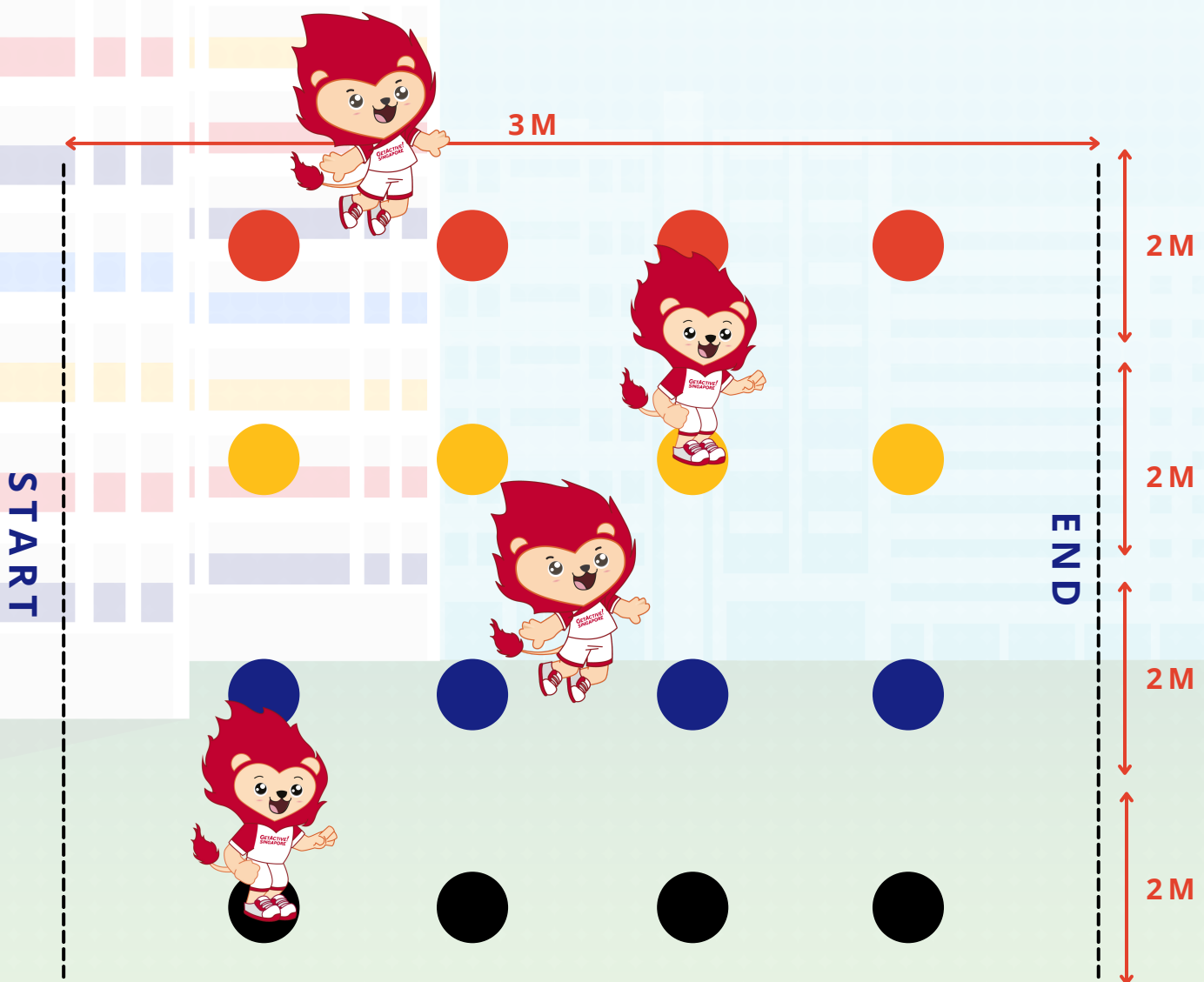


LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
- ONE LANE CAN ACCOMMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.
(SUGGESTED SIZE OF EACH LANE)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
- EACH LANE IS ESTIMATED TO BE 3M BY 2M.



Set Up Tips:

- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- YOU CAN ALSO SET UP WITH A MIXTURE OF SPORTS AND DIY EQUIPMENT TO SET THE SCENE FOR YOUR SUPERHERO TRAINING.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Activity progression and variation:



- ALTERNATE THE COLOURS OF THE FLAT DOTS/MARKERS AS A VISUAL AID FOR THE CHILDREN.
- CHALLENGE THE CHILDREN TO JUMP FURTHER BY LANDING ON THE SAME COLOURED FLAT DOT/MARKER (2 DOTS AWAY).
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

JUMPING (DISTANCE)

Teaching Tips :

- ENCOURAGE THE CHILDREN BY PROMPTING THEM TO "PUT YOUR FEET TOGETHER AND LEAN FORWARD. BEND YOUR KNEES, SWING YOUR ARMS & TAKE FLIGHT LIKE A SUPERHERO!".
- ENSURE THAT THE CHILDREN KEEP BOTH FEET TOGETHER AS THEY JUMP FROM ONE MRT CARRIAGE TO ANOTHER.
- YOU CAN PROGRESS THE ACTIVITY BY GETTING THE CHILDREN TO JUMP FURTHER ACROSS 2 FLAT DOTS OR MRT CARRIAGES.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN QR CODE)



LEVEL 1 (Resource 1)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN MRT!

Create your own MRT:

1. PREPARE 4 SHOE BOXES. YOU CAN ALSO USE CARDBOARD PIECES TO MAKE YOUR MRT.

DON'T FORGET TO PRINT OUT THE MRT TEMPLATE. YOU CAN FIND IT IN THE NEXT PAGE.

**SUGGESTED SIZE - A3 PORTRAIT.*

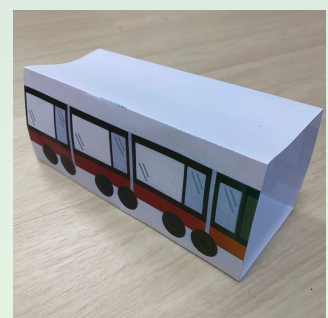
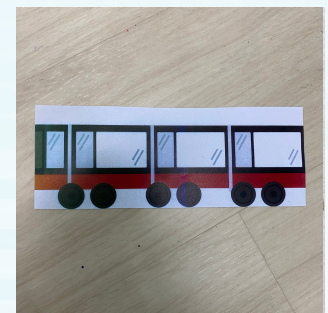
2. CUT OUT THE MRT. USING THIS METHOD, YOU WILL BE ABLE TO CREATE 2 MRT TRAINS OUT OF 1 PRINT OUT TEMPLATE.

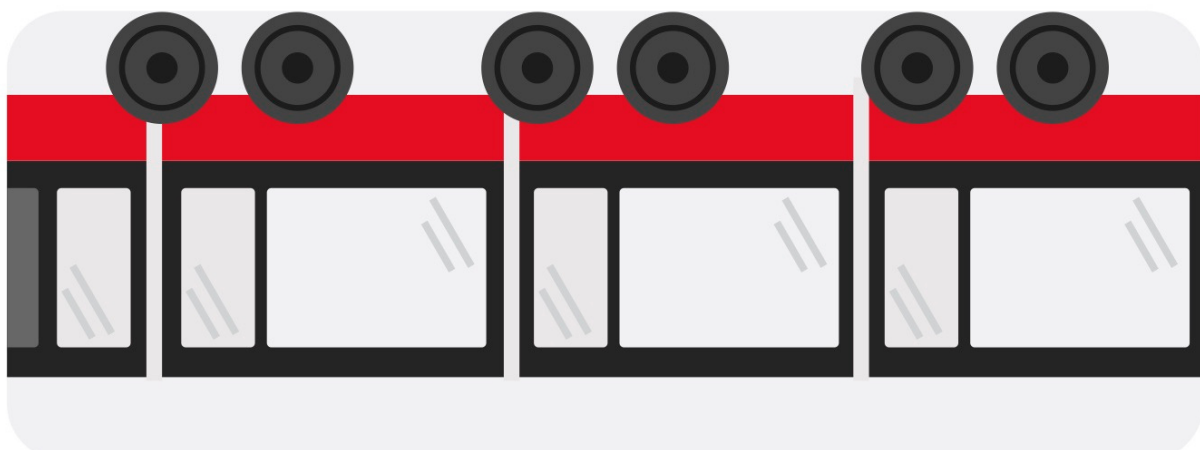
3. PASTE THE MRT TRAINS ONTO YOUR CARDBOARD. LEAVE SOME SPACE BELOW THE TRAIN IF YOU WOULD LIKE TO ADD SOME HEIGHT TO YOUR DIY OBSTACLE.

IF YOU'RE USING SHOE BOXES, PASTE THE MRT CUT OUT ON THE TOP HALF OF THE BOX.

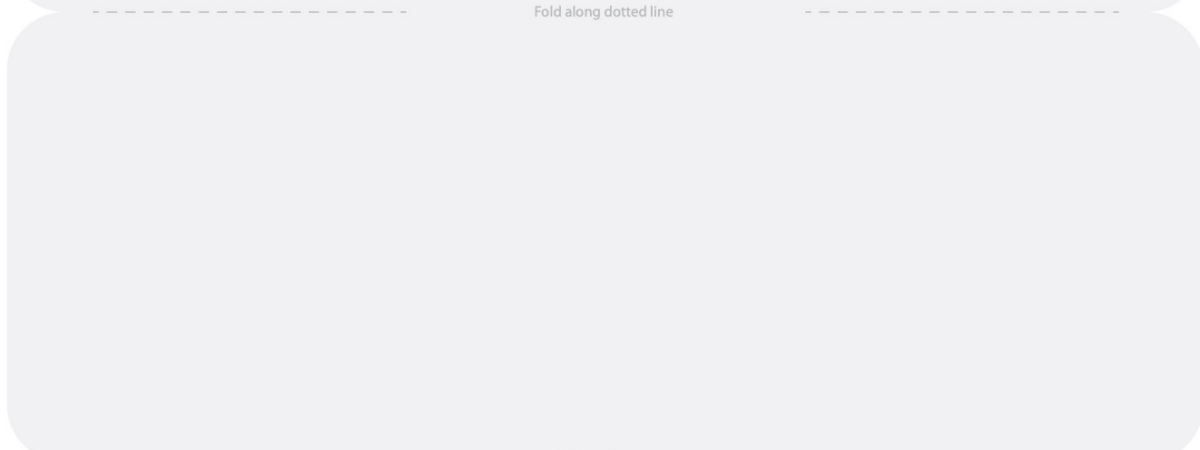
4. ALTERNATIVELY... YOU CAN ALSO FOLD ALONG THE LINES ON THE PRINT OUT, ON THE NEXT PAGE, TO CREATE YOUR OWN MRT!

**DO KEEP THIS MRT AS YOU WILL NEED IT IN THE UPCOMING RESOURCE!*





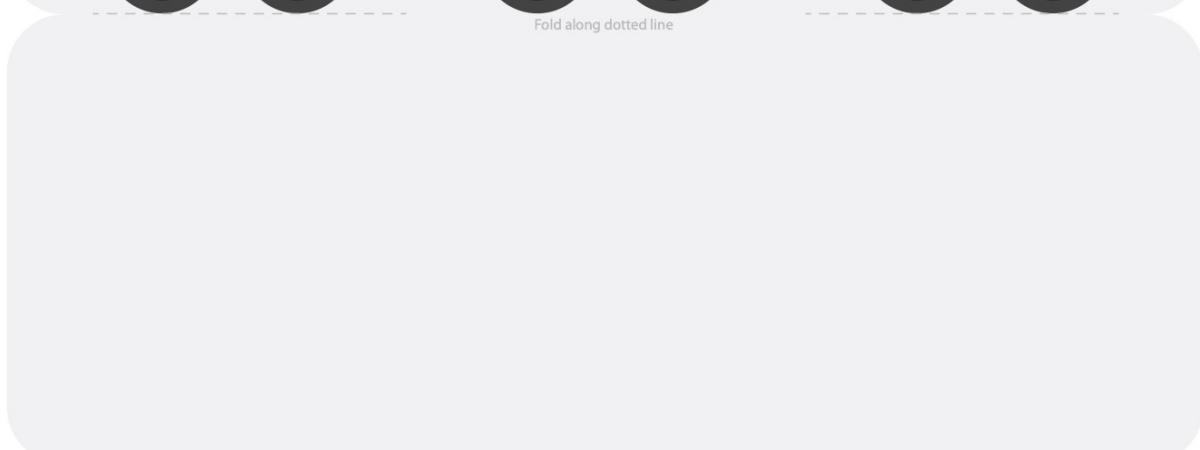
Fold along dotted line



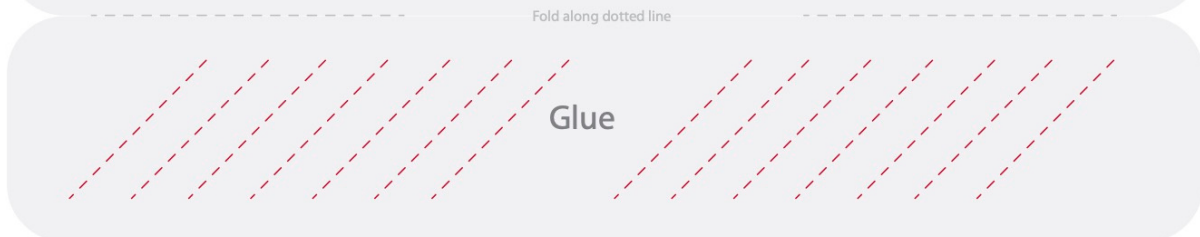
Fold along dotted line



Fold along dotted line



Fold along dotted line



Glue

LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Activity 3 - Leaping from 1 brick wall to another

HOW FAR CAN YOU LEAP? IT'S TIME FOR ANOTHER SUPERHERO TRAINING. ARE YOU UP FOR THE CHALLENGE?

Activity Objective:

LEAPING - TO BE ABLE TO TAKE OFF WITH ONE FOOT AND LAND ON THE OTHER WITH LONG, EXAGGERATED, FLIGHT PHASE.

What you need:

- HURDLES/CONES & POLE



OR

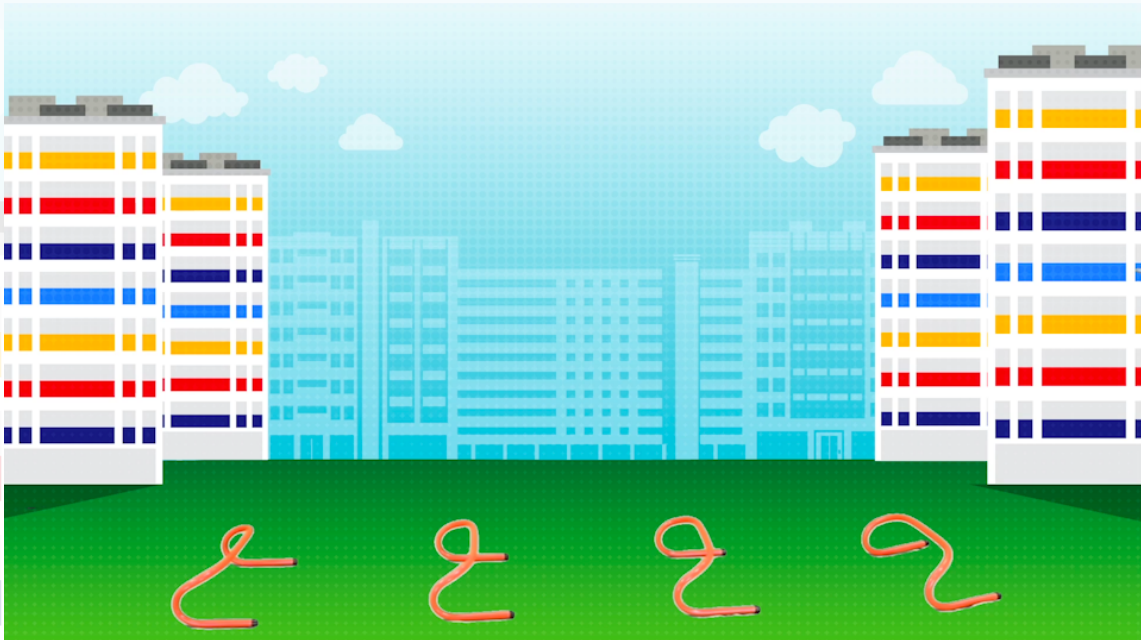
- CARDBOARD BOXES
- PAINT
- PAINTBRUSH
- MASKING TAPE
- BRICK WALL PRINT OUT TEMPLATE (ALTERNATIVELY)



LEVEL 1 (Resource 1) SUPERHEROES

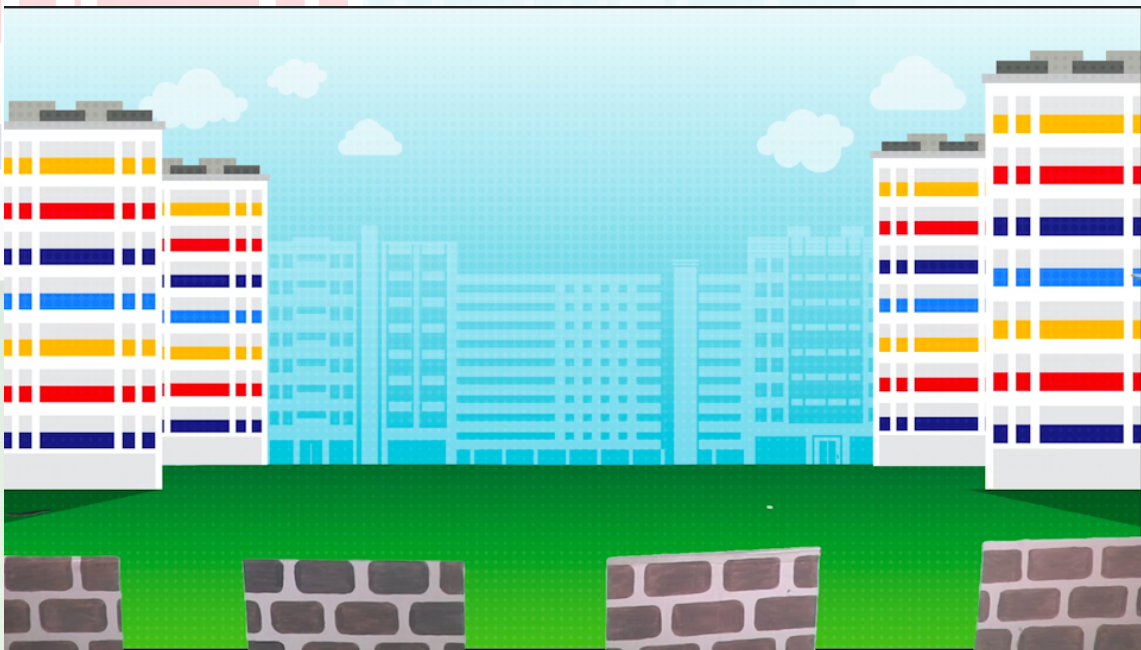
Kiddolympics
2021

Set up with sports equipment per lane:



YOU CAN ARRANGE 4 HURDLES/CONES WITHIN THE 3M X 2M PLAY AREA. ENSURE THAT EACH HURDLE IS 2 FEET APART.

Set up with DIY equipment per lane:

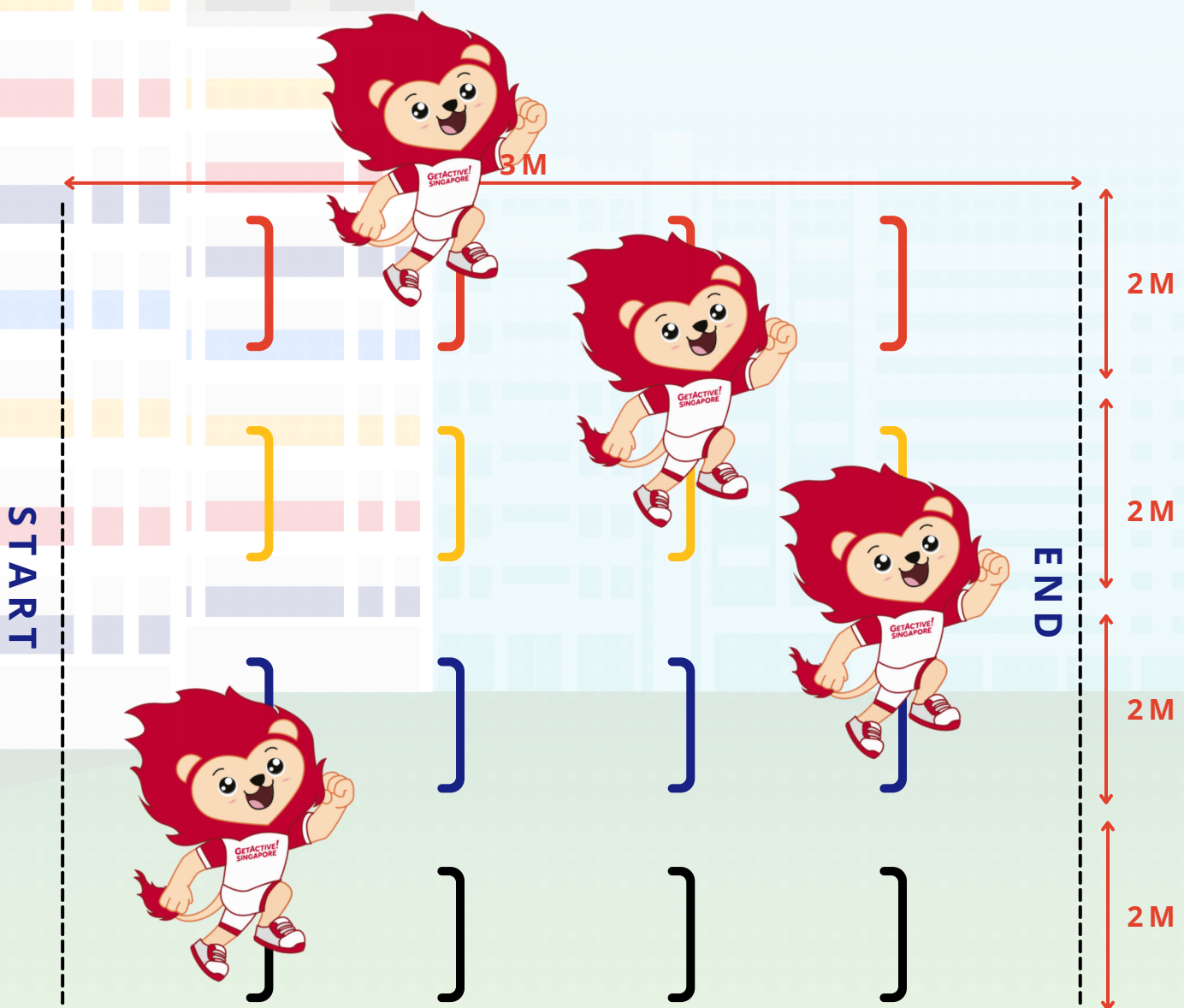


LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
- ONE LANE CAN ACCOMMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.
(SUGGESTED SIZE OF EACH LANE)

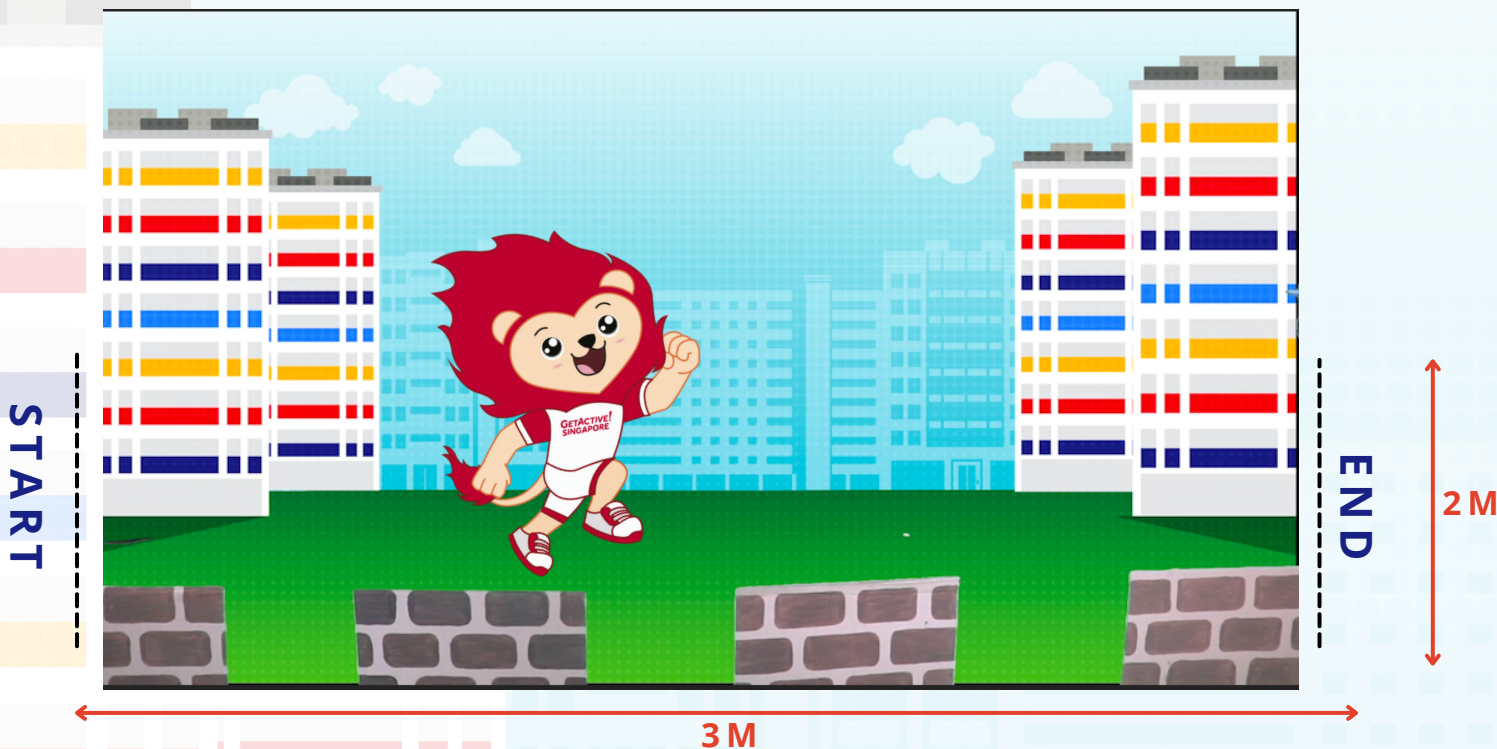


LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
- EACH LANE IS ESTIMATED TO BE 3M BY 2M.



Set Up Tips:

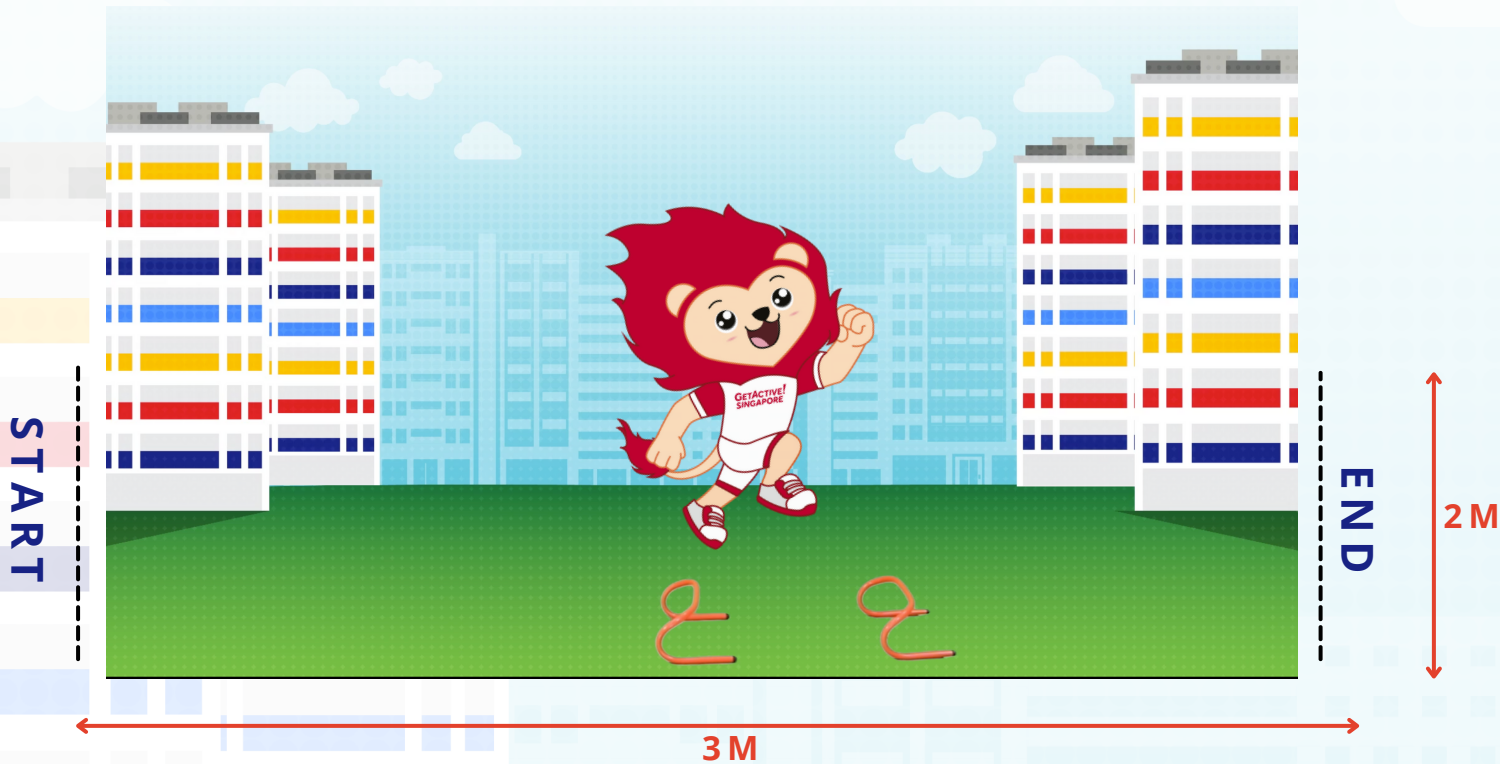
- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- YOU CAN ALSO SET UP WITH A MIXTURE OF SPORTS AND DIY EQUIPMENT TO SET THE SCENE FOR YOUR SUPERHERO TRAINING.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

Activity progression and variation:



- TO ENCOURAGE THE CHILDREN TO LEAP OVER A GREATER DISTANCE, PLACE 2 HURDLES TOGETHER.
- ENCOURAGE THE CHILDREN TO TAKE A SHORT RUN UP BEFORE LEAPING OVER THE HURDLES.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



LEVEL 1 (Resource 1) SUPERHEROES

Kiddolympics
2021

LEAPING

Teaching Tips :

- ENCOURAGE THE CHILDREN BY PROMPTING THEM TO USE THEIR SUPER POWERS TO TAKE FLIGHT WITH ONE FOOT AND LAND ON THE OTHER. EXAMPLE - "NOW PUSH OFF WITH YOUR RIGHT FOOT AND LAND ON YOUR LEFT FOOT".
- YOU CAN START WITH SHORTER DISTANCE LEAPS BEFORE PROGRESSING TO LONGER DISTANCE LEAPS WHILE INCORPORATING A SHORT RUN UP TOO.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN QR CODE)



LEVEL 1 (Resource 1)

SUPERHEROES



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN BRICKWALL!

Create your own brickwall:

1. PREPARE 4 CARDBOARD BOXES THAT HAS SAME WIDTH AS THE LID. IF THIS IS UNAVAILABLE, YOU CAN USE A REGULAR SQUARE BOX AND CUT IT INTO HALF.



2. TAKE ONE HALF OF THE BOX, UNFOLD AND INVERT IT SO THAT THE DESIGN OF THE BOX IS ON THE INSIDE. THIS WILL MAKE PAINTING THE BRICKS EASIER.



3. CUT IT INTO HALF AND YOU WILL GET 2 BRICK WALLS.



4. PAINT THE BRICK PATTERN ONTO THE BOX.



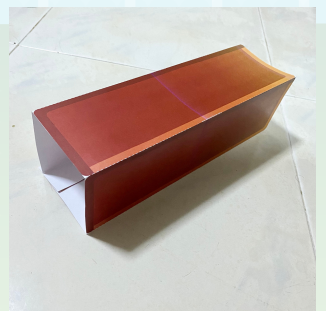
5. REPEAT STEPS 1-4 AND YOU'RE DONE!

DON'T FORGET TO ADD DETAILS ON THE OTHER 3 FACES OF THE BOX. USE YOUR IMAGINATION TO DECORATE THE WALLS.



ALTERNATIVELY... YOU CAN ALSO PRINT THE BRICK WALL TEMPLATE OUT (ON THE NEXT PAGE) AND FOLD ALONG THE LINES, TO CREATE YOUR OWN BRICK WALL!

*SUGGESTED SIZE - A3 PORTRAIT.



*DO KEEP THE BRICK WALLS AS YOU WILL NEED IT IN THE UPCOMING RESOURCE!

Fold along dotted line

Fold along dotted line

Fold along dotted line

Glue

LEVEL 1 (Resource 1)

SUPERHEROES

Kiddolympics

2021

Congratulations! You did it! Time to cool down...

We will do some Animal stretches and hold each stretch for 20 seconds!

GIRAFFE

PUT 1 HAND ON YOUR HIPS, AND STRETCH UP HIGH AND BEND TO THE SIDE WITH THE OTHER HAND.

HOLD IT THERE AND REPEAT ON THE OTHER SIDE!



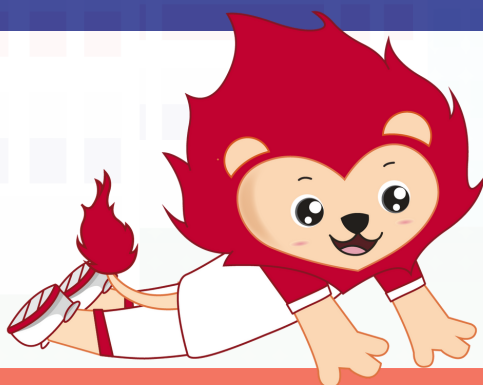
FLAMINGO

BALANCE ON ONE LEG WHILE HOLDING ON TO THE ANKLE OF OTHER LEG AND PULL YOUR HEEL CLOSE TO YOUR BUTT. HOLD IT THERE AND REPEAT ON THE OTHER SIDE.



BUTTERFLY

LET'S TAKE A SEAT AND PUT THE SOLES OF YOUR FEET TOGETHER. NOW TRY TO BRING YOUR FOREHEAD CLOSE TO YOUR TOES AND HOLD IT THERE!



SNAKE

LIE ON YOUR TUMMY AND PUSH YOUR CHEST OFF THE GROUND WITH YOUR HANDS. HOLD THE POSITION!



DOG

FORM AN UPSIDE DOWN "V" WITH YOUR ARMS AND LEGS STRAIGHTENED. HOLD IT THERE!