

Kiddolympics

2021



LEVEL 3 (Resource 8)

SUPER OLYMPIAN

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.



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SUPER OLYMPIAN



IT'S TIME FOR 3 NEW SPORTS IN OUR JOURNEY TO BE SUPER OLYMPIANS. ARE YOU READY TO BE FASTER, HIGHER, STRONGER?

CHECK OUT THIS RESOURCE TO FIND OUT WHICH SPORTS WE ARE EXPLORING TODAY!

Skills covered:

- BOWLING (SKIPPING & UNDERARM ROLL)
- HOCKEY (DRIBBLING - LONG IMPLEMENT & STRIKING)
- JAVELIN (OVERHEAD THROW & HOPPING)

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)



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**Let's warm our bodies up before we start!
We will be dancing to the GetActive! Singapore workout!**

**OPEN & CLOSE YOUR LEGS, MOVING
LIKE A CRAB. EACH TIME YOU CLOSE
YOUR LEGS, YOU'LL CLAP ONCE.**



**START FROM TOP LEFT , TOP RIGHT,
BOTTOM LEFT, BOTTOM RIGHT.
YOU WILL MAKE A BOX OR LETTER 'Z'.**

**OPEN TWICE TO THE LEFT, TWICE TO
THE RIGHT. AT THE SAME TIME,
HAMMER TWICE. REMEMBER TO CLAP!**



**HANDS OUT, PUNCH UP & DOWN
WHILE TAPPING YOUR TOES. ROLL
YOUR HANDS BACKWARD.**

REPEAT THE ACTION BUT ROLL TWICE.

**LEGS OPEN AND CROSS HANDS ON YOUR
CHEST. CLOSE LEGS AND TOUCH YOUR
SHOULDER. THEN WASH OUR HAIR!**



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Activity 1 - Bowling

How many pins can you knock down in 1 minute? Give it a go!

Activity Objective:

Skipping - A combination of taking a step and a hop with the same foot before repeating with the other.

Underarm roll - To be able to step forward, with knees bent while swinging a ball forward. Ensuring the ball rolls on the ground.

What you need:

- CONES
- BALLS
- FLAT DOT/MARKER



OR

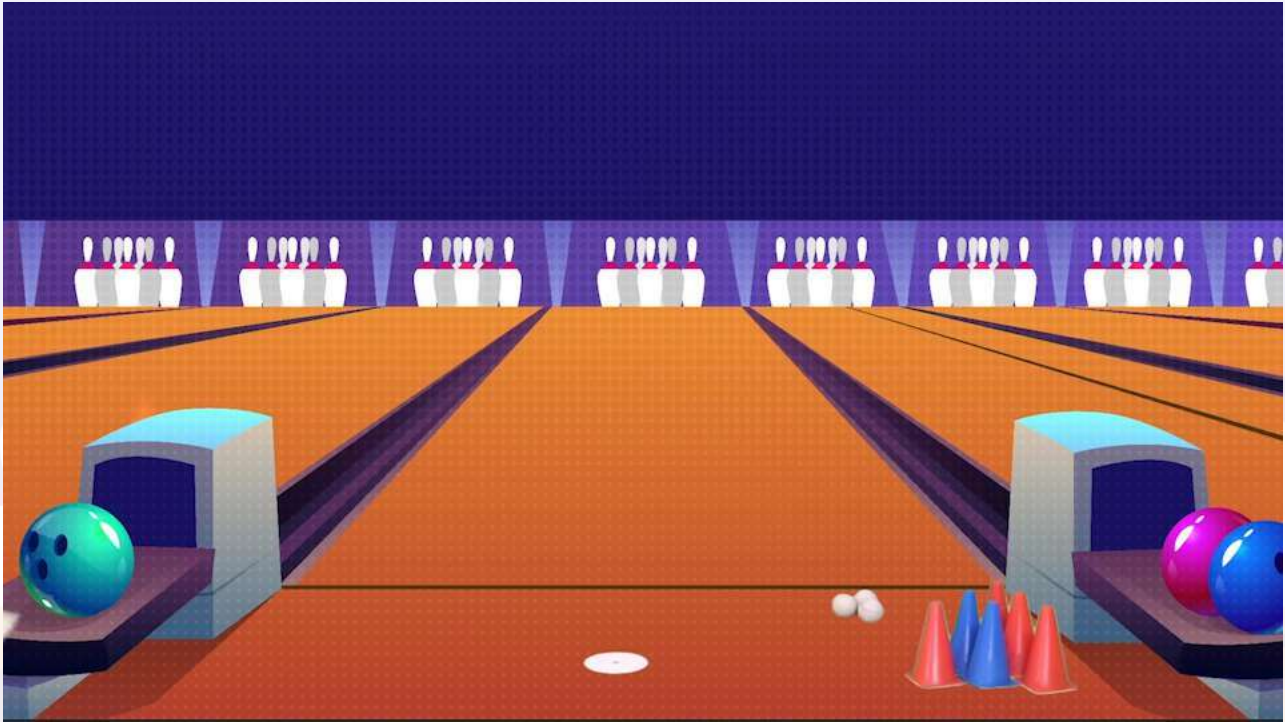
- TOILET ROLLS
- NEWSPAPER
- MASKING TAPE
- PAINT
- PAINTBRUSH



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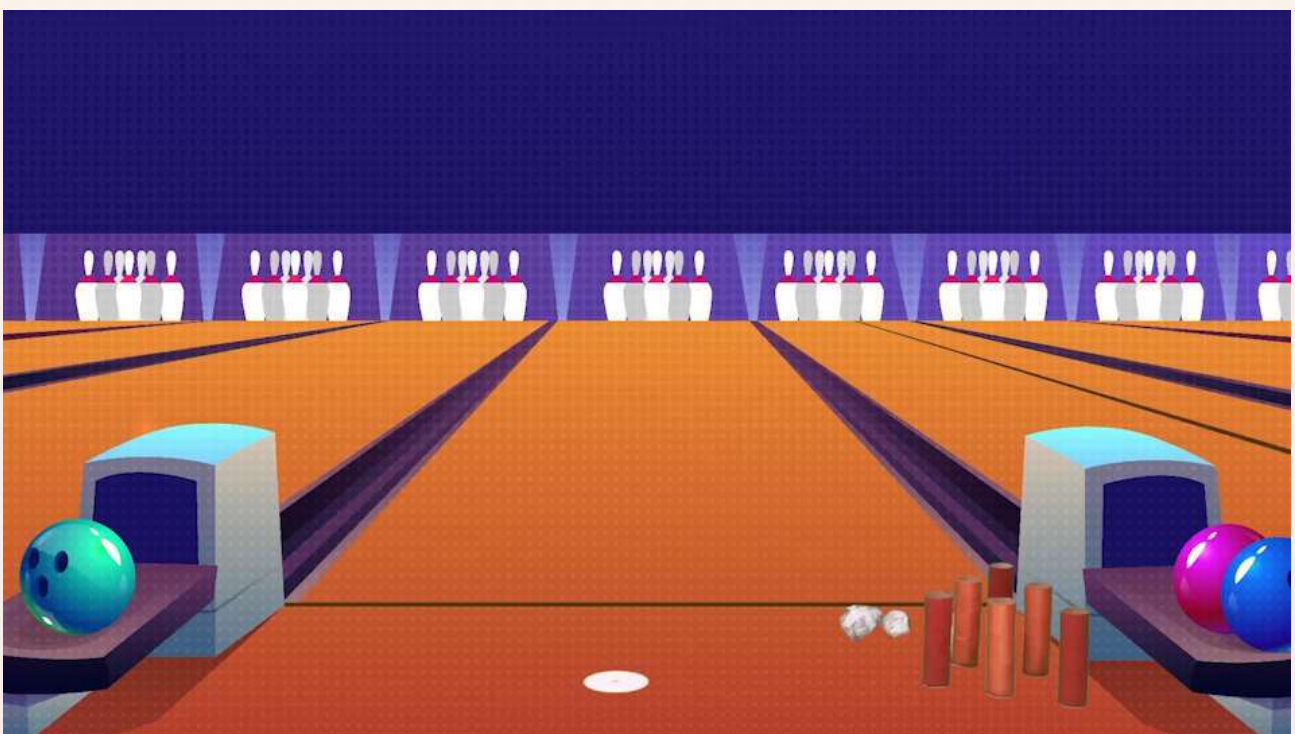
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Set up with sports equipment per lane:



YOU CAN SET UP THE CONES IN A PYRAMID FORMATION AND THE BALLS AT THE END OF THE 3M X 2M PLAY AREA. PLACE THE FLAT DOT/MARKER AT THE MID POINT OF THE PLAY AREA.

Set up with DIY equipment per lane:



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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 ACCOMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.
(SUGGESTED SIZE OF EACH LANE)

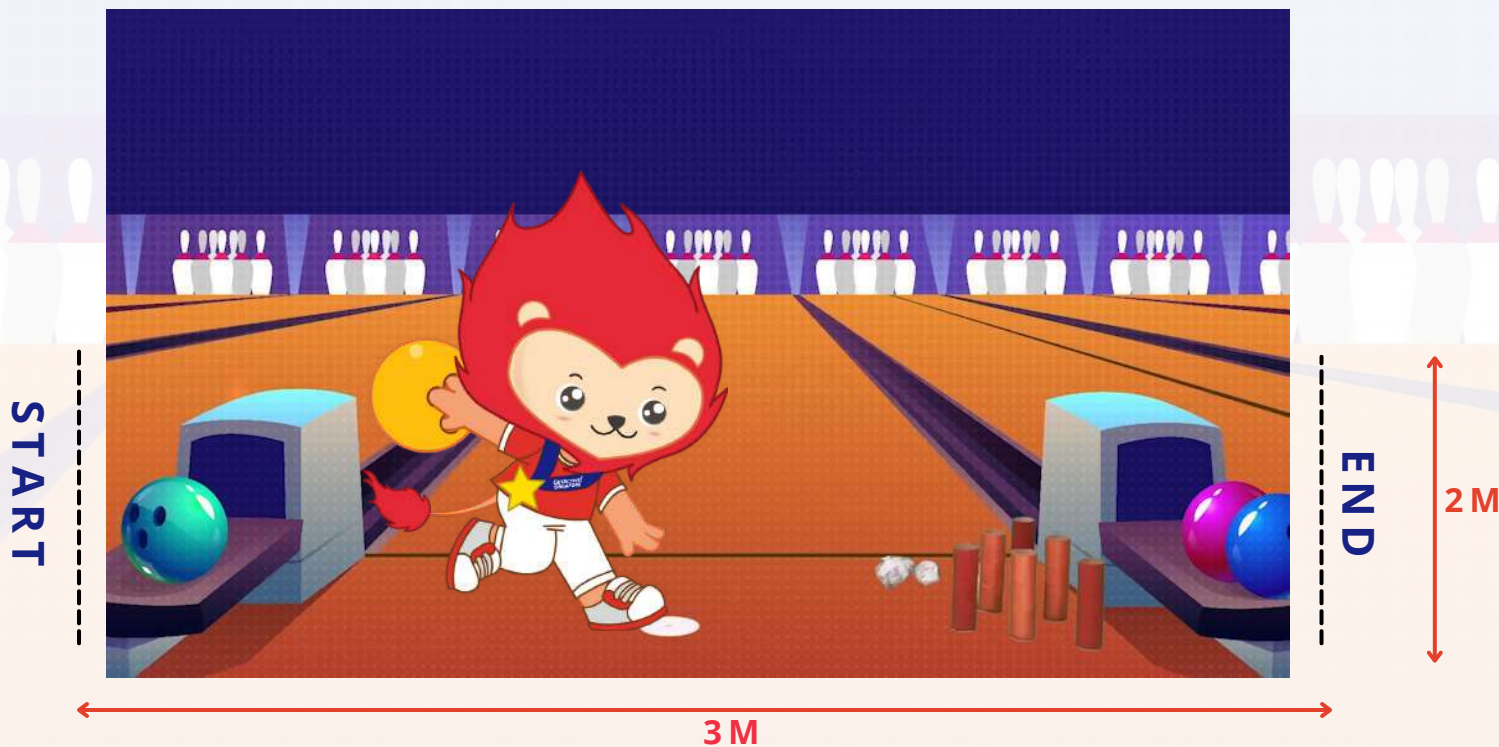


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Set up at home:

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



Set Up Tips:

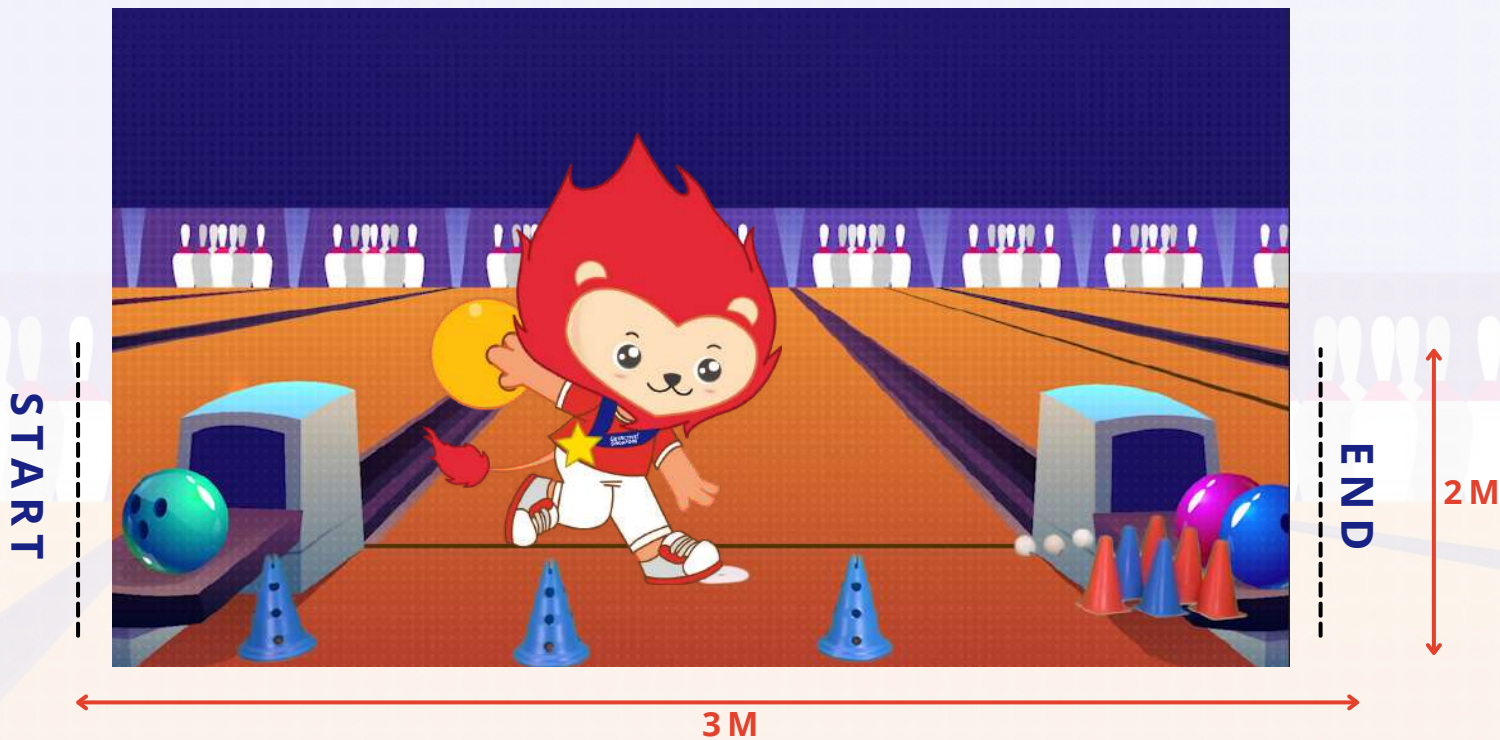
- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN THE QR CODE)



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Activity progression and variation:



- SET UP WITH BIGGER CONES 2 FEET APART.
- ENCOURAGE THE CHILDREN TO SKIP IN A ZIG ZAG MANNER AROUND THE CONES.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



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BOWLING Teaching Tips :

- REMIND THE CHILDREN TO RELEASE THE BALL SMOOTHLY AND BELOW THEIR KNEE LEVEL. THE BALL HAND SHOULD BE POINTING TOWARDS THE TARGET AS YOU RELEASE THE BALL.
- PROMPT THEM TO "SWING YOUR ARMS AS YOU SKIP!" & "STEP, SWING, BEND AND ROLL!".
- CHALLENGE THE CHILDREN BY ENCOURAGING THEM TO CHANGE DIRECTIONS AS THEY SKIP ZIG ZAG BETWEEN THE CONES.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)



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DIY EQUIPMENT

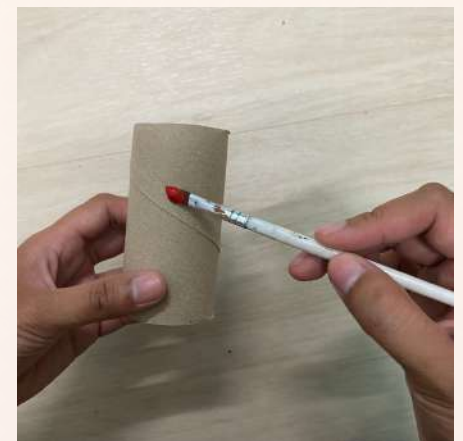
FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN PINS!

Create your own pins:

1. COLLECT TOILET ROLLS TO THE AMOUNT YOU REQUIRE. YOU CAN ALSO COMBINE 2-3 TOILET ROLLS TOGETHER WITH MASKING TAPE IF YOU WOULD LIKE THEM TO BE LONGER.



2. PAINT THEM IN YOUR FAVOURITE COLOUR. UNLEASH YOUR CREATIVITY TO ADD ANY PATTERNS OR DESIGN ON IT.



3. REPEAT UNTIL ALL THE TOILET ROLLS ARE PAINTED AND YOU'RE DONE!



**Do keep these pins as you can reuse them for other games!*

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DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN NEWSPAPER BALLS!

Create your own newspaper balls:

1. TAKE A PIECE OF NEWSPAPER AND CRUSH IT TIGHTLY INTO A BALL. LAYER ANOTHER PIECE OF NEWSPAPER TILL YOU GET YOUR PREFERRED SIZE.



2. SECURE THE SHAPE OF THE NEWSPAPER BALL WITH MASKING TAPE. YOU CAN ALSO TAPE OVER THE UNEVEN AREAS TO MAKE IT SMOOTHER.



3. REPEAT THE STEPS AND CREATE THE NUMBER OF BALLS YOU NEED FOR THIS RESOURCE!

**You can also use the same newspaper balls that you have made from the previous resource!*



LEVEL 3 (Resource 8) SUPER OLYMPIAN



Activity 2 - Hockey

How many goals can you score in 1 minute? Time to show your best score!

Activity Objective:

Dribbling with long implement - To be able to control a ball with a long implement while moving.

Striking - To be able to track the movement of an object before striking it with an implement.

What you need:

- CONES
- BALLS
- FLAT DOT/MARKER



OR

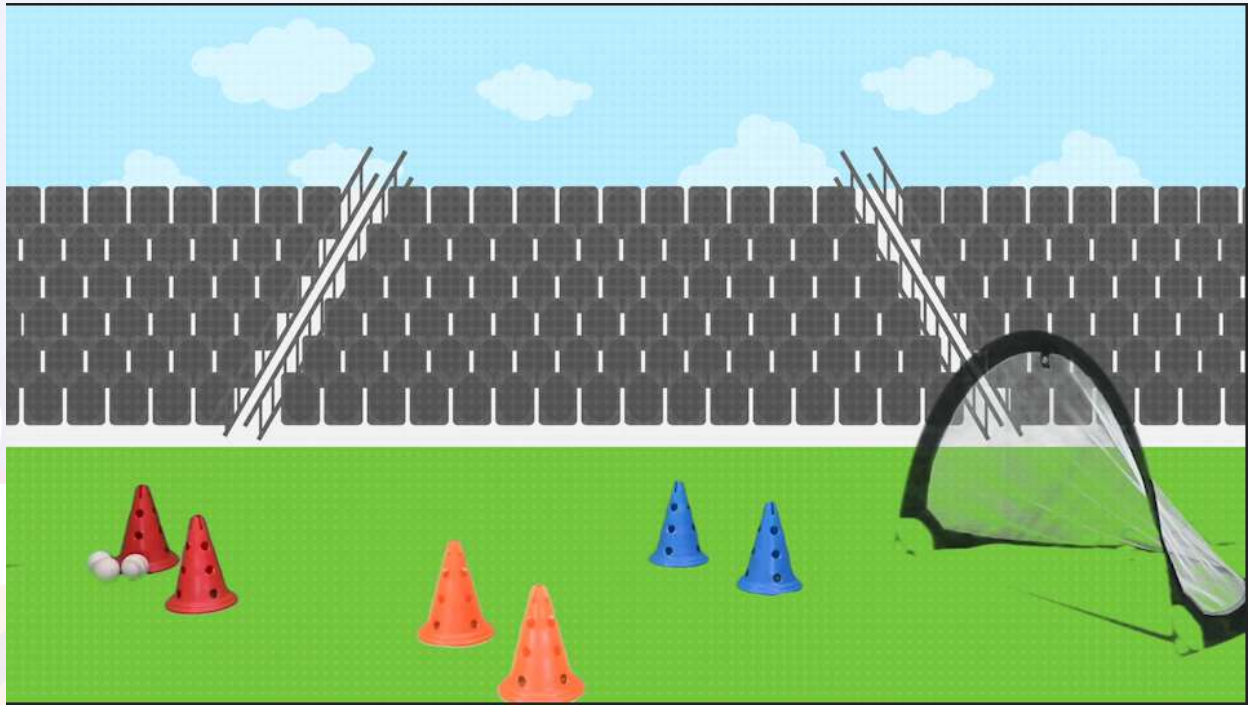
- CARDBOARD BOX
- NEWSPAPER
- MASKING TAPE
- PAINT
- PAINTBRUSH
- PLASTIC BOTTLES
- DOUBLE SIDED TAPE
- HOCKEY DEFENDER PRINT OUT TEMPLATE IN A3 SIZE



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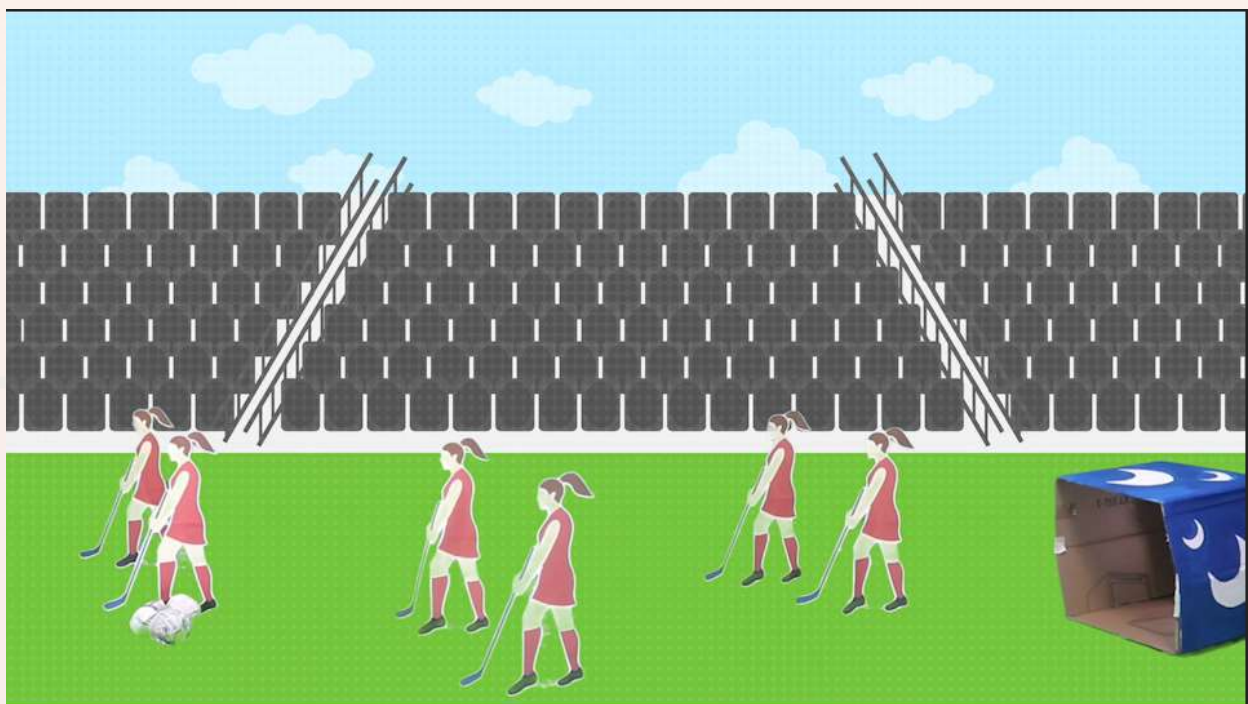
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Set up with sports equipment per lane:



YOU CAN SET UP THE GOAL POST AT THE END OF THE 3M X 2M PLAY AREA. PLACE THE CONES IN PAIRS DIAGONALLY ACROSS EACH OTHER ALONG THE PLAY AREA.

Set up with DIY equipment per lane:

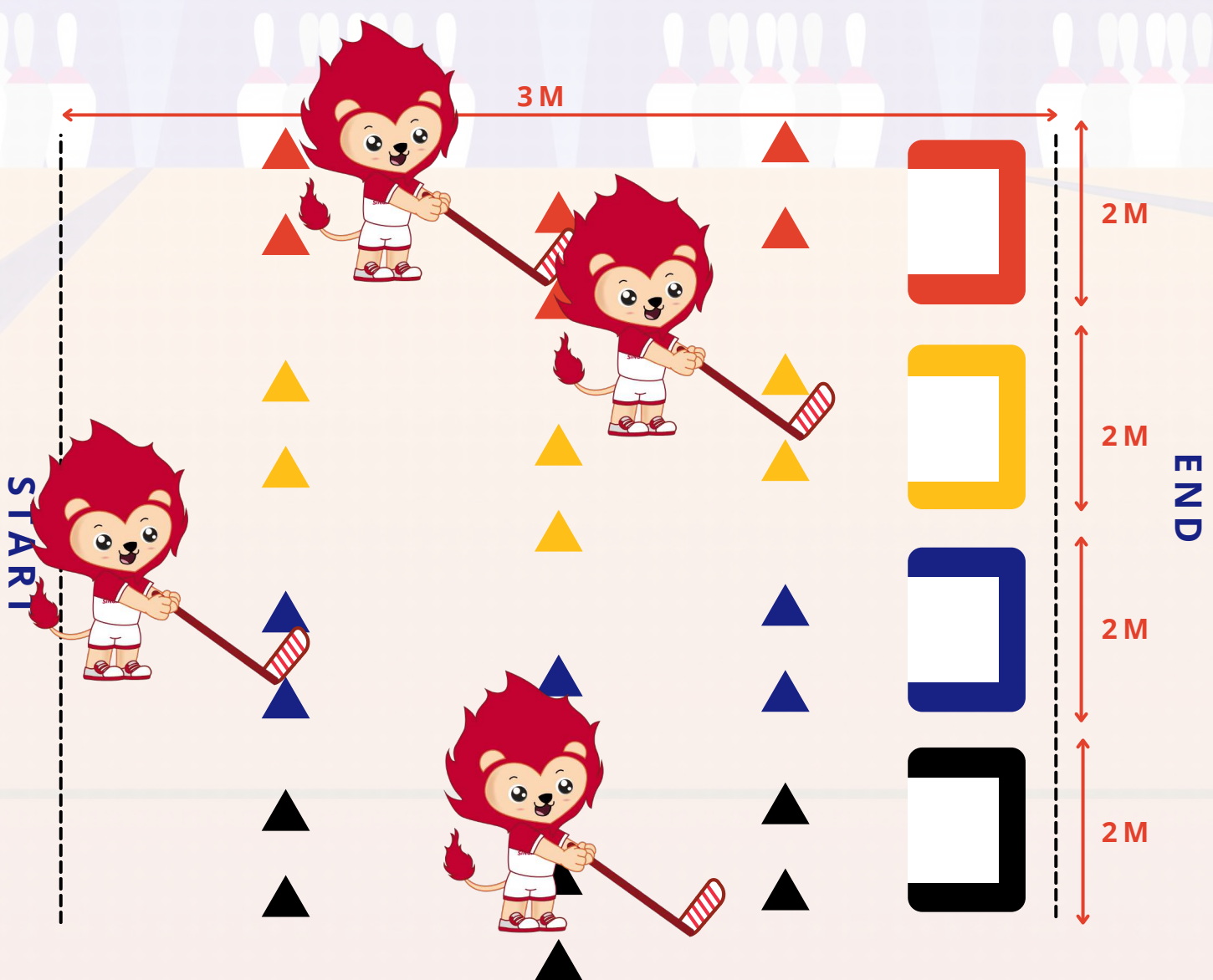


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Set up in school:

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

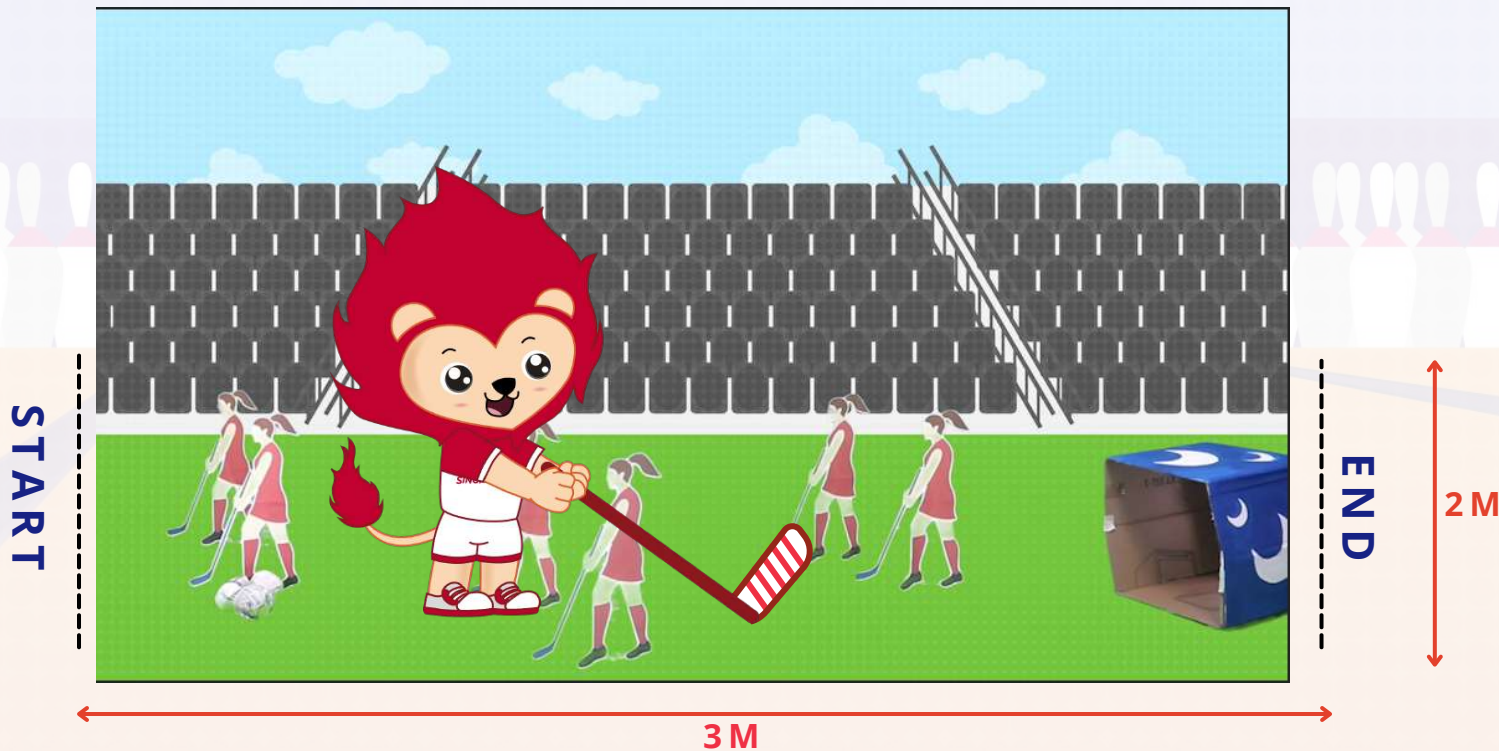


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Set up at home:

- 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.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN THE QR CODE)



LEVEL 3 (Resource 8) SUPER OLYMPIAN

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Activity progression and variation:



- SET UP THE CONE IN A SINGLE ROW, 3 FEET APART.
- ENCOURAGE THE CHILDREN TO DRIBBLE IN A ZIG ZAG MANNER AROUND THE CONES.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



LEVEL 3 (Resource 8) SUPER OLYMPIAN



HOCKEY

Teaching Tips :

- REMIND THE CHILDREN TO HOLD ON TO THE STICK WITH BOTH HANDS AND KEEP THE BALL NEAR THE STICK.
- ENSURE THAT THE CHILDREN KEEP THEIR EYES ON THE BALL AND IN FRONT AT THE GOAL POST (TO BE AWARE OF WHERE THEY ARE GOING).
- GUIDE THEM BY PROMPTING THEM TO "BEND YOUR KNEES, LEAN FORWARD AND KEEP BOTH HANDS ON THE STICK!".
- CHALLENGE THE CHILDREN BY CHANGING THE DIRECTION OF THEIR DRIBBLING PATH TOWARDS THE GOAL POST.
- IF THE CHILD IS STRUGGLING TO DRIBBLE THE BALL, USE CRUSHED NEWSPAPER BALL OR OTHER OBJECTS THAT DOES NOT ROLL AWAY EASILY (E.G. CARDBOARD BOX).
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)



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DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN HOCKEY DEFENDERS!

Create your own hockey defenders:

1. GRAB THE PLASTIC BOTTLES AND FILL IT HALFWAY WITH WATER. PRINT OUT THE HOCKEY DEFENDERS ON THE NEXT PAGE.

SUGGESTED SIZE - A3 (PORTRAIT)



2. CUT OUT YOUR DEFENDERS ALONG THE LINES. YOU CAN PASTE IT ON A THIN CARD FOR ADDITIONAL SUPPORT.



3. USE DOUBLE SIDED TAPE TO SECURE THE DEFENDER ON TO THE PLASTIC BOTTLE. TIME TO RUN ZIG ZAG AROUND THEM!



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SUPER OLYMPIAN



DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN NEWSPAPER BALLS!

Create your own newspaper balls:

1. TAKE A PIECE OF NEWSPAPER AND CRUSH IT TIGHTLY INTO A BALL. LAYER ANOTHER PIECE OF NEWSPAPER TILL YOU GET YOUR PREFERRED SIZE.



2. SECURE THE SHAPE OF THE NEWSPAPER BALL WITH MASKING TAPE. YOU CAN ALSO TAPE OVER THE UNEVEN AREAS TO MAKE IT SMOOTHER.



3. REPEAT THE STEPS AND CREATE THE NUMBER OF BALLS YOU NEED FOR THIS RESOURCE!

**You can also use the same newspaper balls that you have made from the previous resource!*



LEVEL 3 (Resource 8)

SUPER OLYMPIAN

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DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN GOAL POST!

Create your own goal post:

1. SELECT A CARDBOARD BOX OF YOUR PREFERRED SIZE. YOU CAN ALSO USE MASKING TAPE TO COMBINE 2 SMALLER BOXES TOGETHER TO MAKE 1 BIG BOX.



2. USE A PENKNIFE/SCISSORS TO CUT ONE END OF THE FLAPS. CUT ALONG THE BEND.



3. PAINT IT IN ANY DESIGN YOU LIKE!



LEVEL 3 (Resource 8) SUPER OLYMPIAN



Activity 3 - Javelin

How accurate is your throwing? Time to throw into the hoops!

Activity Objective:

Overhead throw - To able to aim and throw to different targets from a distance.

Hopping - To be able to maintain balance on one foot while simultaneously taking off and landing on the other.

What you need:

- HOOPS
- POLE
- HURDLES
- FLAT DOT/MARKER
- POOL NOODLE (CUT TO 25 CM)



OR

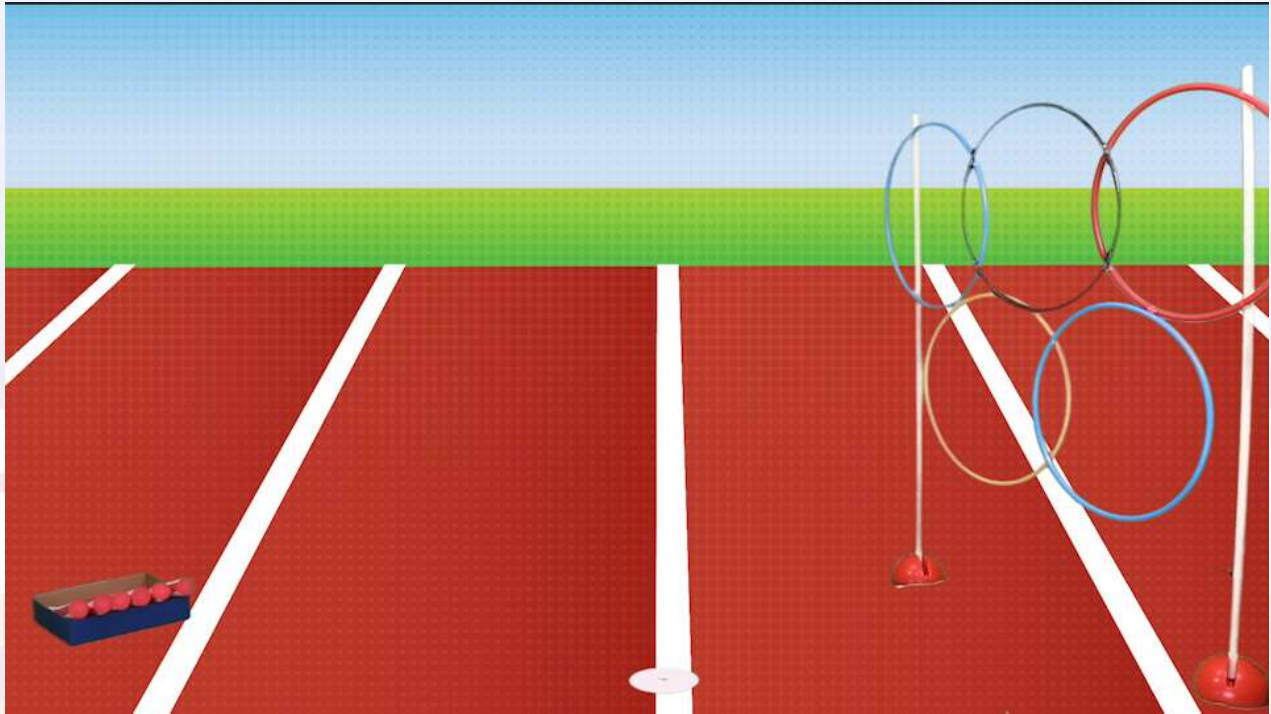
- TOILET ROLL
- MASKING TAPE
- PAINT
- PAINTBRUSH
- OLYMPIC RINGS PRINT OUT TEMPLATE IN A3 SIZE (ALTERNATIVELY)



LEVEL 3 (Resource 8) SUPER OLYMPIAN

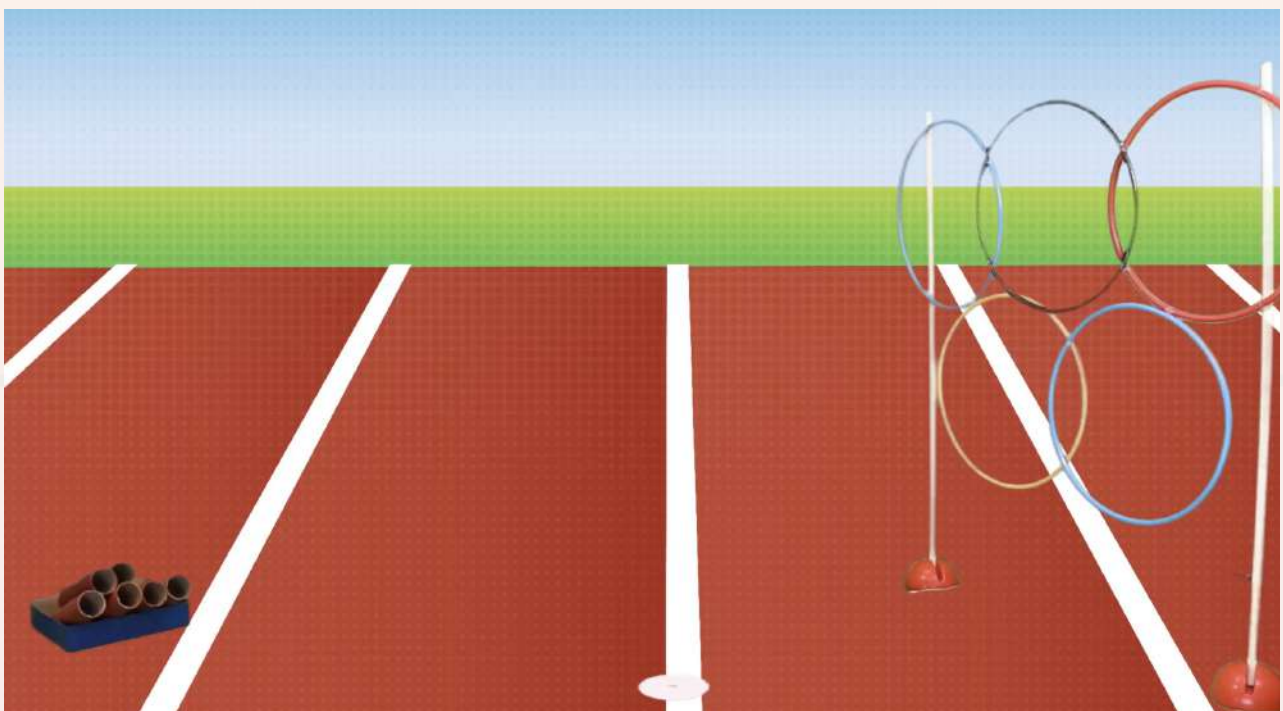
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Set up with sports equipment per lane:



YOU SET UP THE HOOPS TO REPRESENT THE OLYMPIC RINGS. YOU CAN PLACE THIS AT THE END OF THE 3M X 2M PLAY AREA. PLACE THE FLAT DOT/MARKER AT THE MIDPOINT.

Set up with DIY equipment per lane:

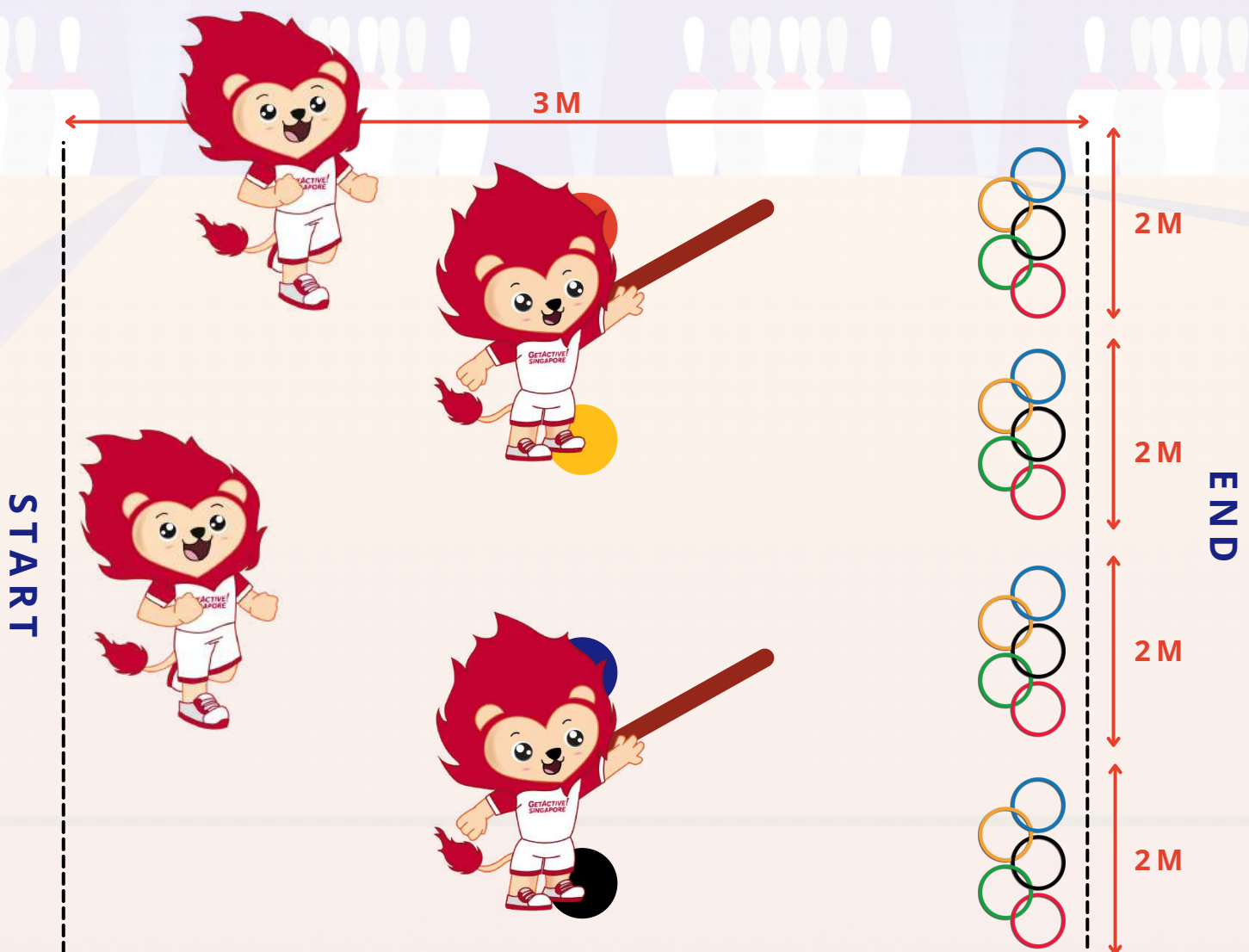


LEVEL 3 (Resource 8) SUPER OLYMPIAN



Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
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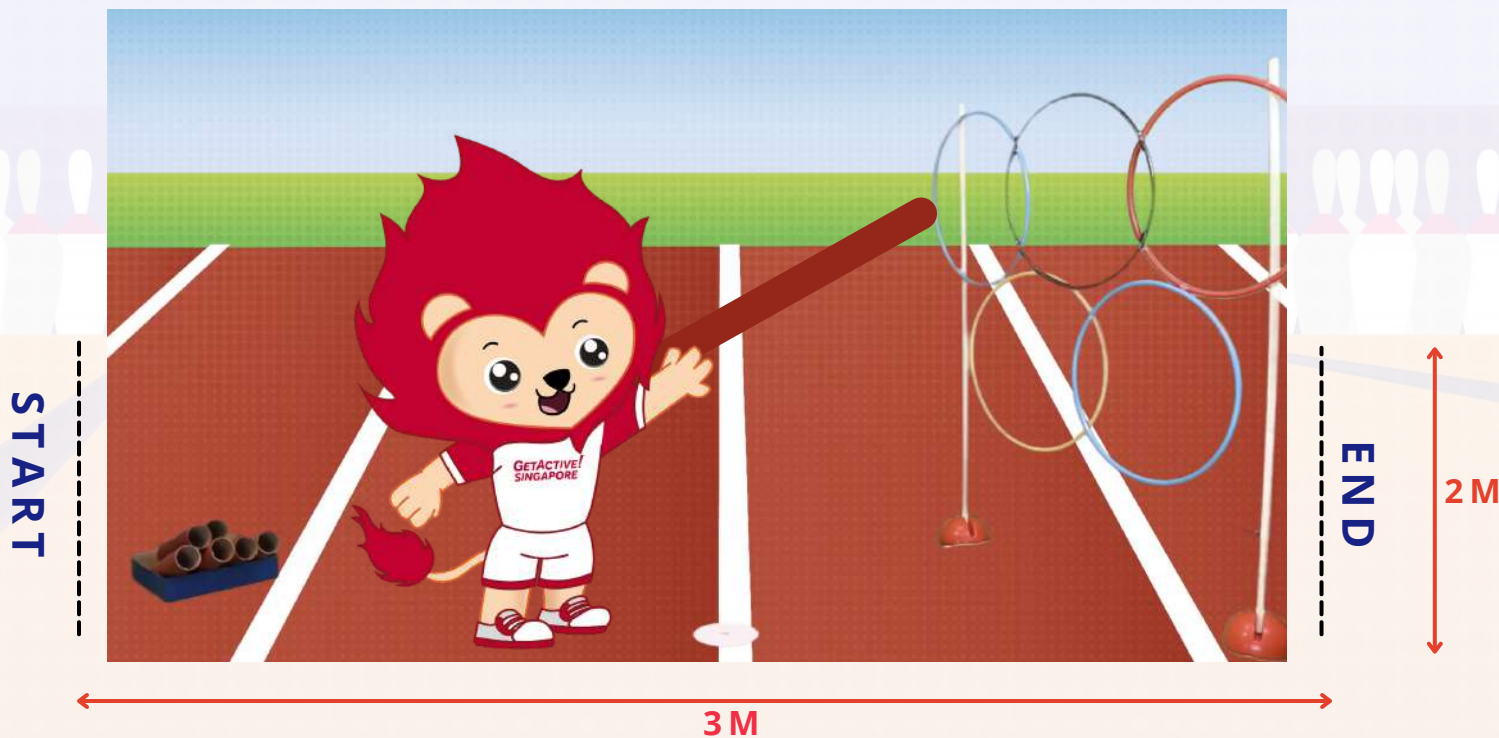


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Set up at home:

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



Set Up Tips:

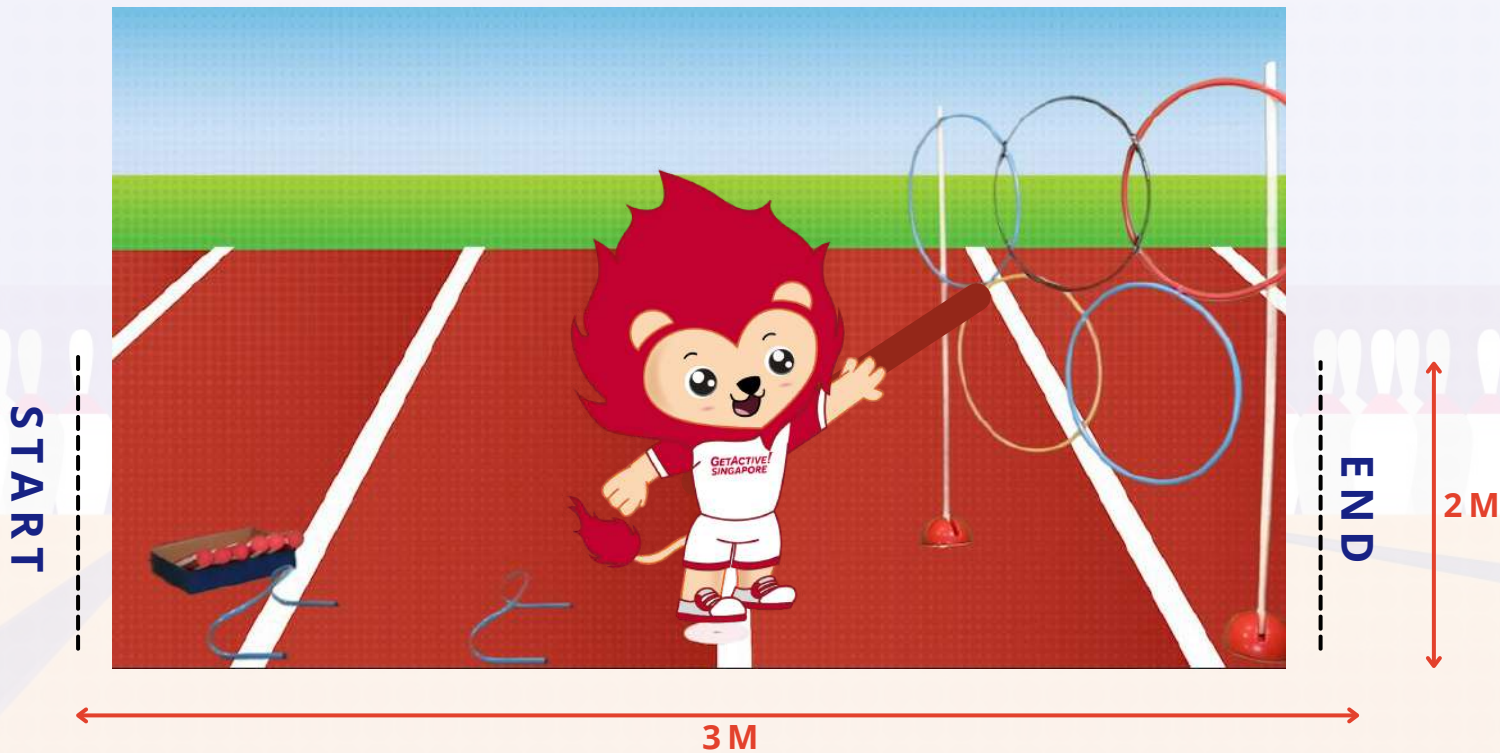
- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN THE QR CODE)



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Activity progression and variation:



- PLACE HURDLES 2 FEET APART.
- ENCOURAGE THE CHILDREN TO HOP HIGHER OVER THE HURDLES.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



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JAVELIN

Teaching Tips :

- PROMPT THE CHILDREN TO "PUSH OFF WITH ONE LEG AND SWING & POKE KNEE TO THE SKY (WITH NON-HOPPING LEG)" AND "SWING AND LIFT YOUR ARMS TO MAKE YOU GO HIGHER" (FOR HOPPING).
- REMIND THE CHILDREN TO STEP FORWARD WITH THE OPPOSITE LEG AND THROW WITH THE ELBOW LEADING THE THROW. ENSURE TO ALWAYS KEEP EYES ON THE TARGET (FOR OVERHEAD THROW).
- CHALLENGE THE CHILDREN BY ENCOURAGING THEM TO HOP OVER A HURDLE.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)



LEVEL 3 (Resource 8)

SUPER OLYMPIAN



DIY EQUIPMENT

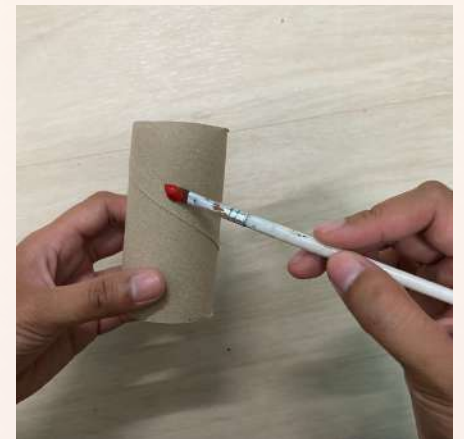
FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN JAVELIN SPEAR!

Create your own javelin spear:

1. COLLECT TOILET ROLLS TO THE AMOUNT YOU REQUIRE. YOU CAN ALSO COMBINE 2-3 TOILET ROLLS TOGETHER WITH MASKING TAPE IF YOU WOULD LIKE THEM TO BE LONGER.



2. PAINT THEM IN YOUR FAVOURITE COLOUR. UNLEASH YOUR CREATIVITY TO ADD ANY PATTERNS OR DESIGN ON IT.



3. REPEAT UNTIL ALL THE TOILET ROLLS ARE PAINTED AND YOU'RE DONE!



