

Kiddolympics

2021



LEVEL 2 (Resource 5)

CARNIVAL FUN!

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 2 (Resource 5)

CARNIVAL FUN!



IT'S TIME TO HEAD TO THE CARNIVAL TO PLAY SOME GAMES WITH CRESCENT THE CLOWN. ARE YOU READY?

CHECK OUT THIS RESOURCE TO FIND OUT HOW TO SET UP YOUR ADVENTURE!

Skills covered:

- BALL BOUNCING
- OVERHEAD THROW
- UNDERARM THROW



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 2 (Resource 5) CARNIVAL FUN!



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 2 (Resource 5) CARNIVAL FUN!



Activity 1 - Whack the mole

How many times can you bounce on the moles in 30 seconds? Get ready to try!

Activity Objective:

Ball bouncing - To be able to track the movement of the ball while using enough force to ensure the ball rebound off the floor while stationary.

What you need:

- FLAT DOT/MARKERS
- BASKETBALL



OR

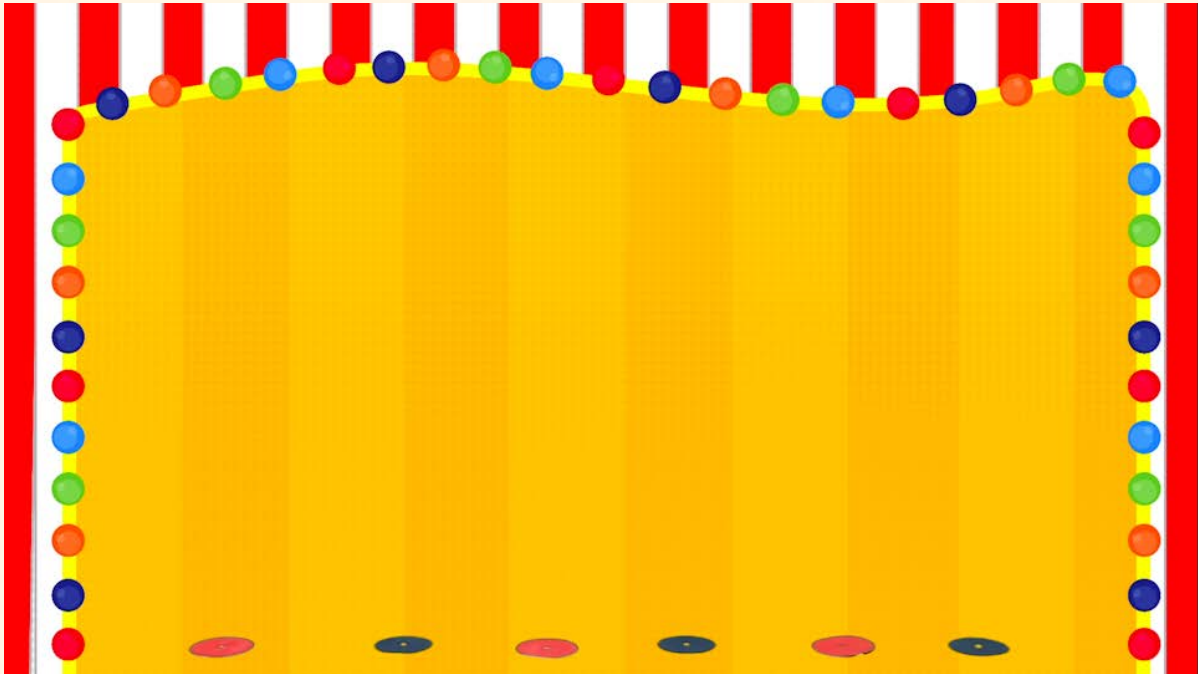
- MOLE PRINT OUT TEMPLATE IN A3 SIZE
- BLU TAC/MASKING TAPE



LEVEL 2 (Resource 5) CARNIVAL FUN!

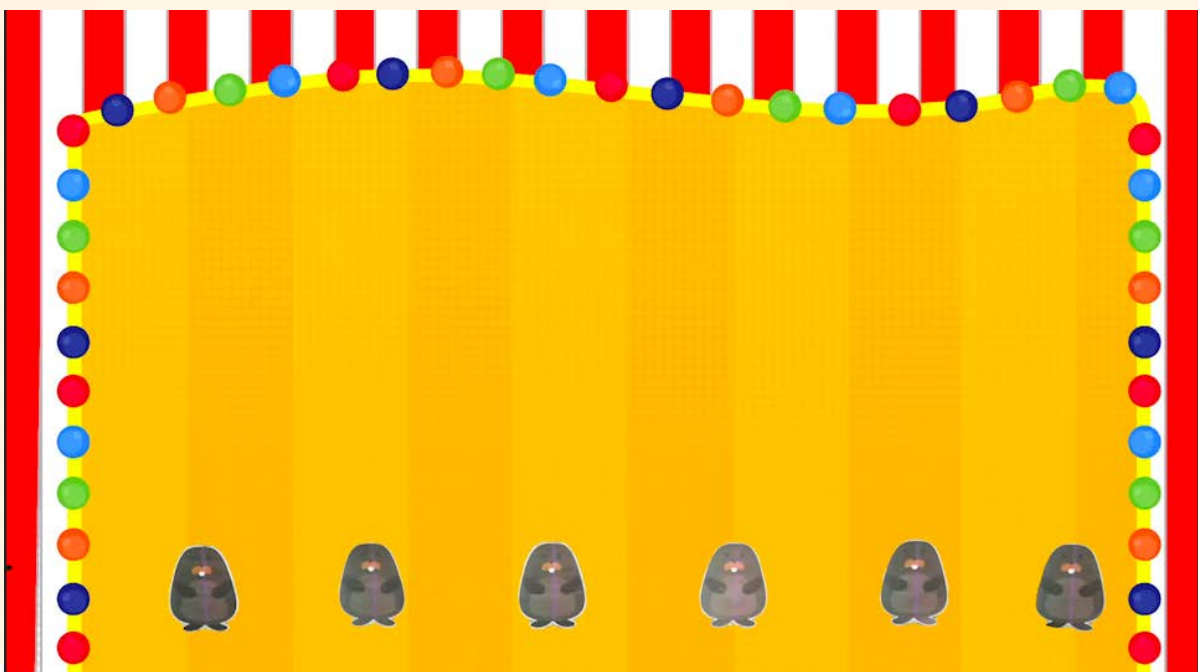


Set up with sports equipment per lane:



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

Set up with DIY equipment per lane:

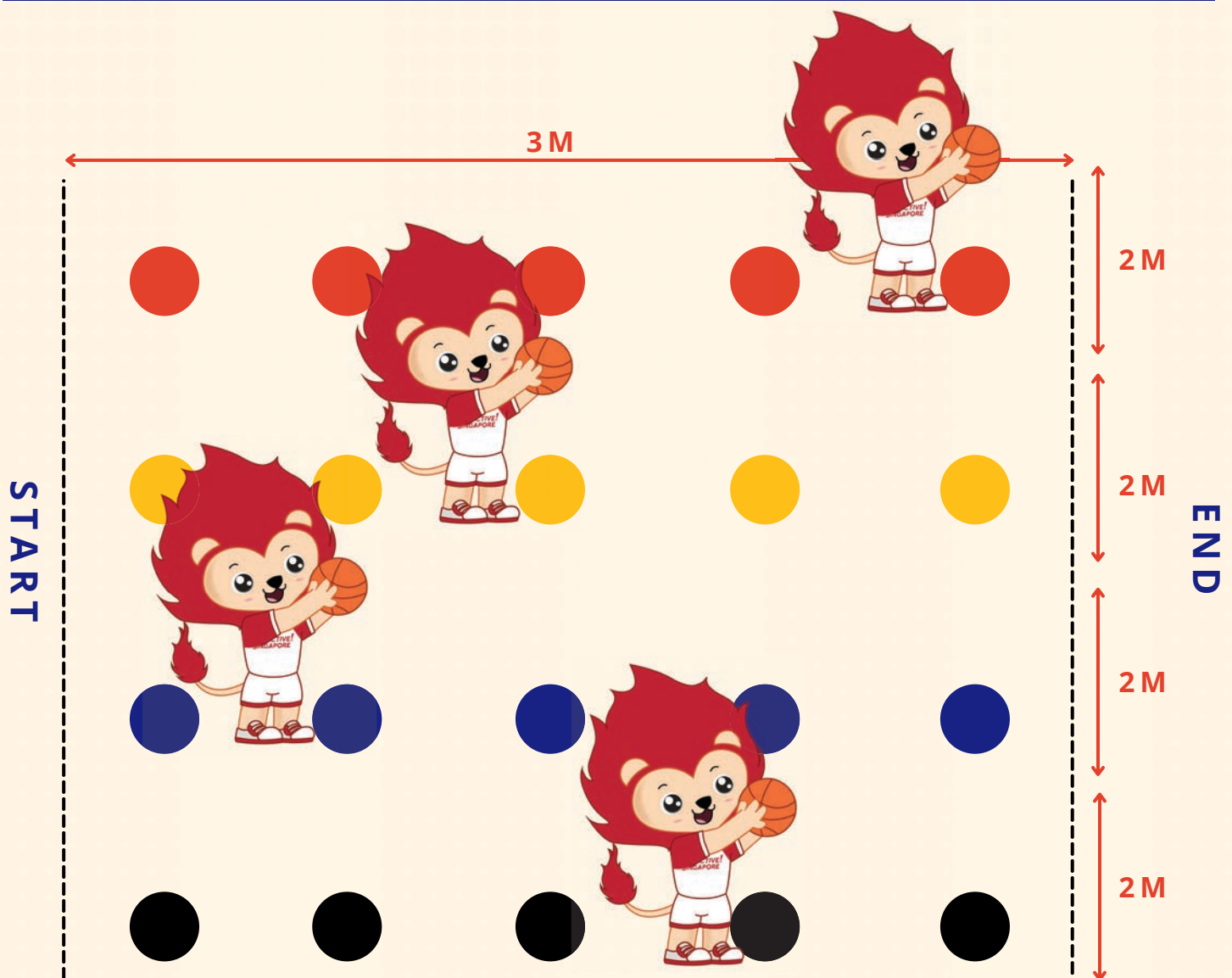


LEVEL 2 (Resource 5) CARNIVAL FUN!



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)



LEVEL 2 (Resource 5) CARNIVAL FUN!



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 2 (Resource 5) CARNIVAL FUN!



BALL BOUNCING Teaching Tips :

- ENCOURAGE CHILDREN TO LEAN FORWARD SLIGHTLY WITH THEIR FINGERS SPREAD ACROSS THE BALL.
- REMIND THE CHILDREN TO KEEP THEIR ELBOWS OUT LIKE CHICKEN WINGS.
- AS THEY BOUNCE, PROMPT THEM TO "LOOK UP, SPREAD YOUR FINGERS AND PUSH DOWN." OR "FINGERS DIRTY, PALMS CLEAN!"
- IF THEY ARE HAVING DIFFICULTIES TO BOUNCE THE BALL, GUIDE THEM BY PROMPTING THEM TO "DROP THE BALL AND CATCH!"
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)





Cut along dotted line

LEVEL 2 (Resource 5) CARNIVAL FUN!



Activity 2 - Knock the cans

Can you knock down all the cans in 3 tries? Time to show us your accurate throwing skills.

Activity Objective:

Overhead throw - To be able to step forward and swing the ball over the head, towards a target.

What you need:

- CONES
- BALLS
- FLAT DOT/MARKER



OR

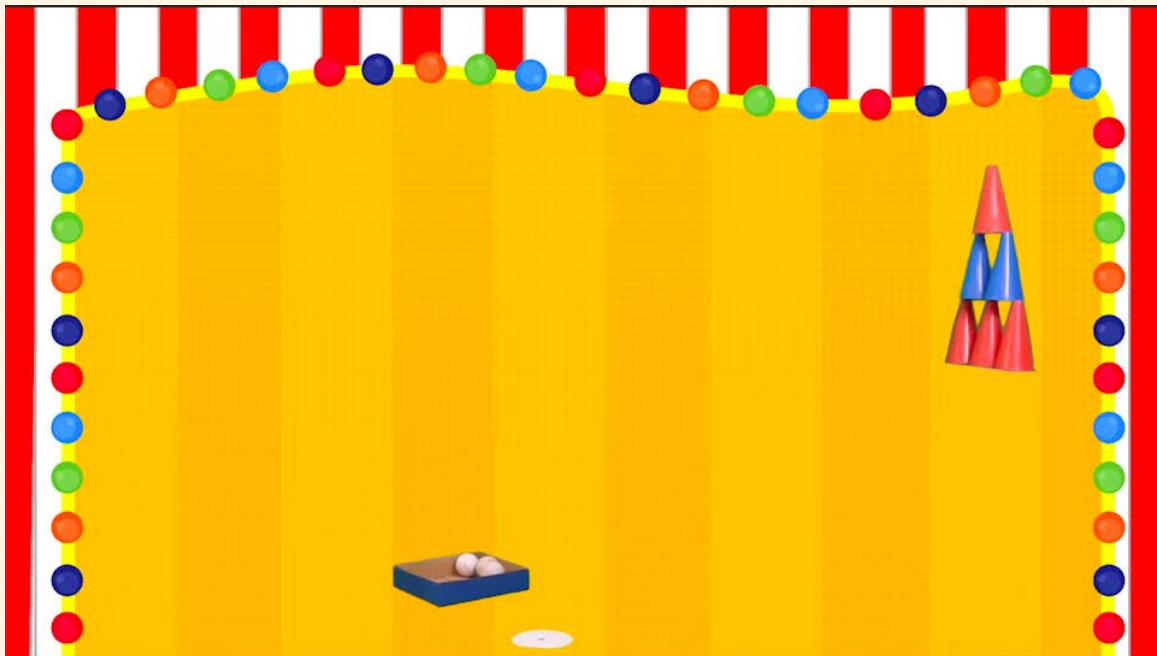
- TOILET ROLL
- PAINT
- PAINTBRUSH
- MASKING TAPE



LEVEL 2 (Resource 5) CARNIVAL FUN!

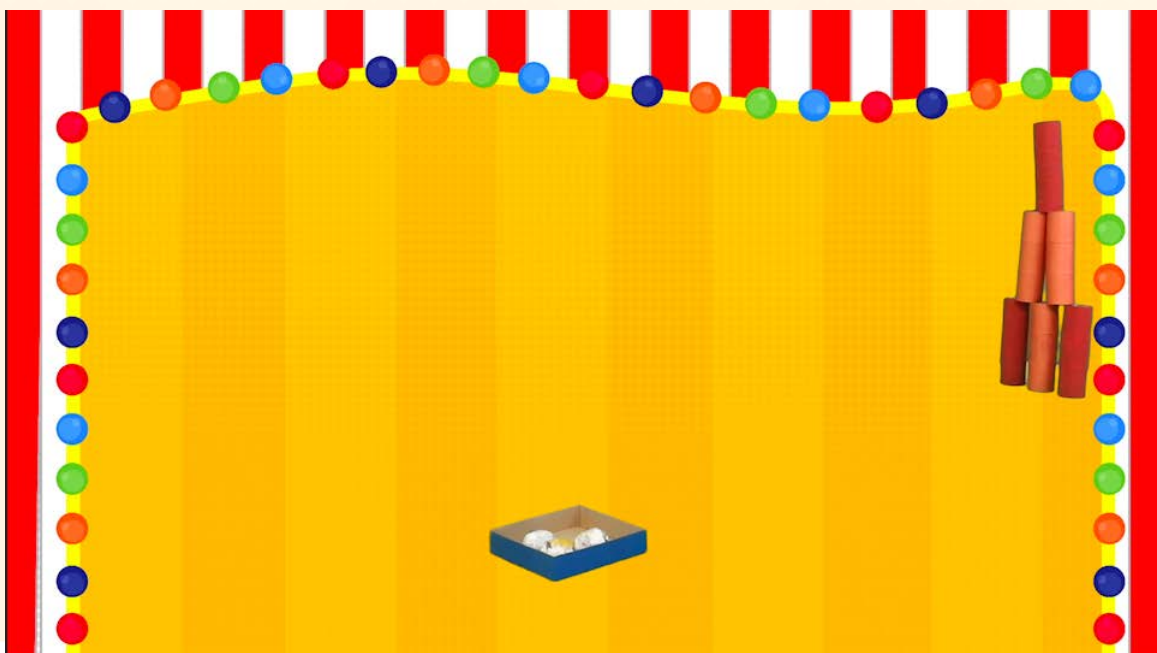
Kiddolympics
2021

Set up with sports equipment per lane:



YOU CAN STACK UP THE CONES AT THE END OF THE PLAY AREA, 3 CONES AT THE BOTTOM OF THE PYRAMID. PLACE THE FLAT DOT/MARKER AT THE MID POINT OF THE PLAY AREA. ENSURE THAT ALL EQUIPMENTS ARE WITHIN THE 3M X 2M PLAY AREA.

Set up with DIY equipment per lane:

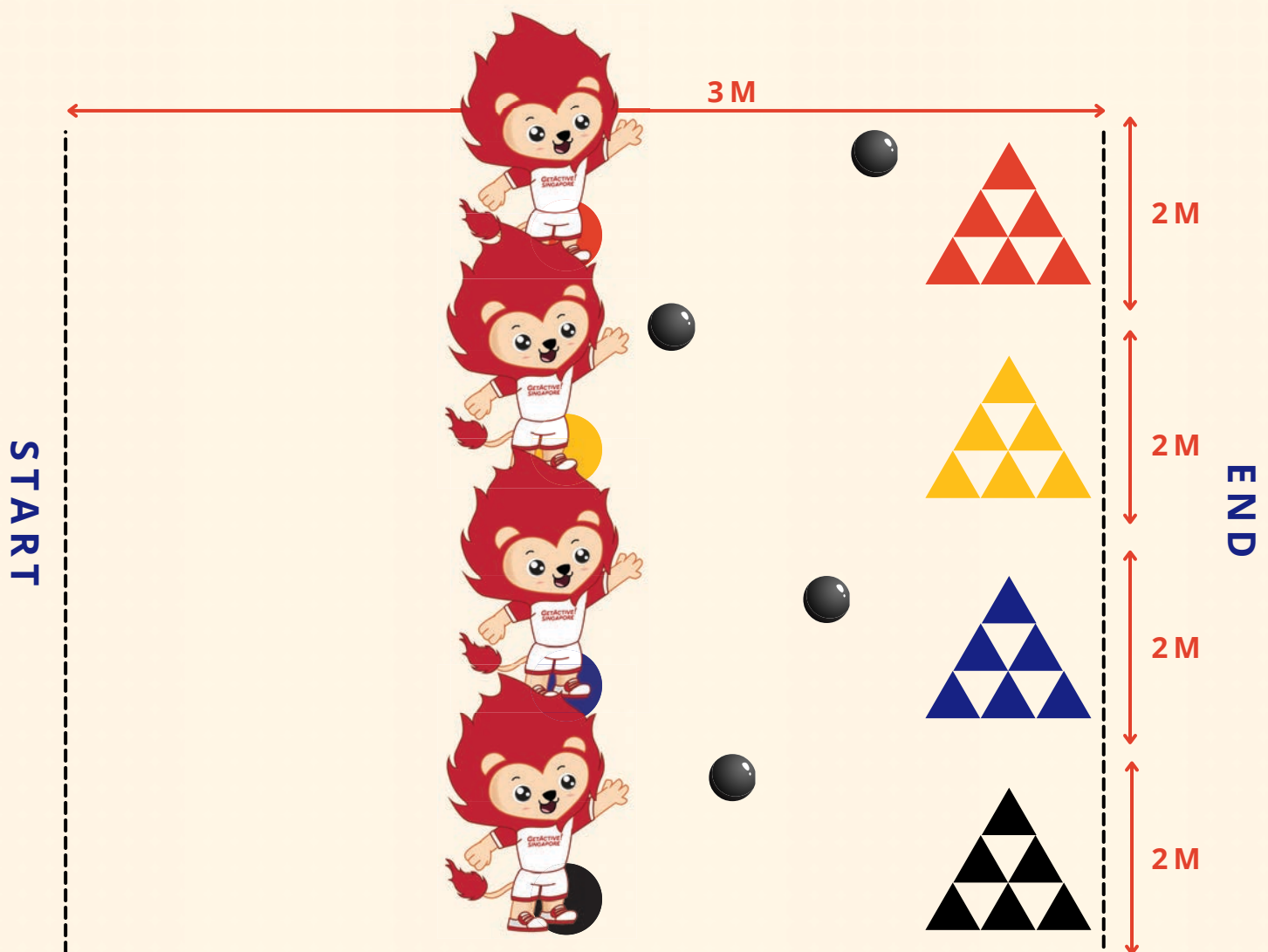


LEVEL 2 (Resource 5) CARNIVAL FUN!



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)



LEVEL 2 (Resource 5) CARNIVAL FUN!



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 2 (Resource 5) CARNIVAL FUN!



OVERHEAD THROW Teaching Tips :

- ENCOURAGE CHILDREN TO SWING BACK THEIR THROWING ARM AND START WITH THE BALL NEXT TO THEIR EAR. PROMPT THEM WITH "EYES ON THE TARGET, BALL TO EAR, STEP FORWARD AND FOLLOW THROUGH!"
- REMIND THE CHILDREN TO TAKE A STEP FORWARD WITH THE FOOT OPPOSITE OF THE THROWING ARM. ROTATE THEIR BODY TO FACE FORWARD AND TRANSFER THEIR BODY WEIGHT TO THE FRONT FOOT AFTER THROWING.
- CHALLENGE THE CHILDREN BY GETTING THEM TO THROW WITH THEIR NON-DOMINANT ARM OR INCREASE THE THROWING DISTANCE OR USE A SMALLER TARGET.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)



LEVEL 2 (Resource 5)

CARNIVAL FUN!



DIY EQUIPMENT

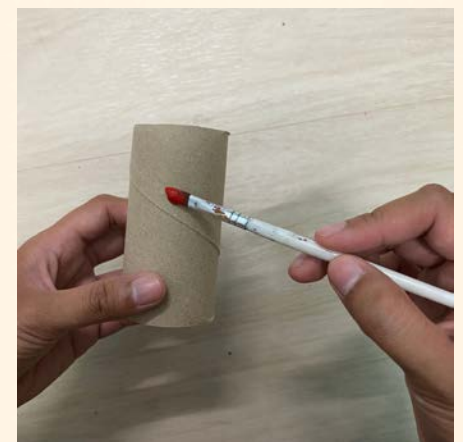
FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN CANS!

Create your own cans:

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 cans as you will need it in the upcoming resource!*



LEVEL 2 (Resource 5) CARNIVAL FUN!



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!

**Do keep these newspaper balls as you will need it in the upcoming resource!*



LEVEL 2 (Resource 5) CARNIVAL FUN!



Activity 3 - Lobster pot

How many beanbags can you throw into the pot in 30 seconds? Are you ready for the challenge?

Activity Objective:

Underarm throw - To be able to step forward while swinging the object at hip level before releasing.

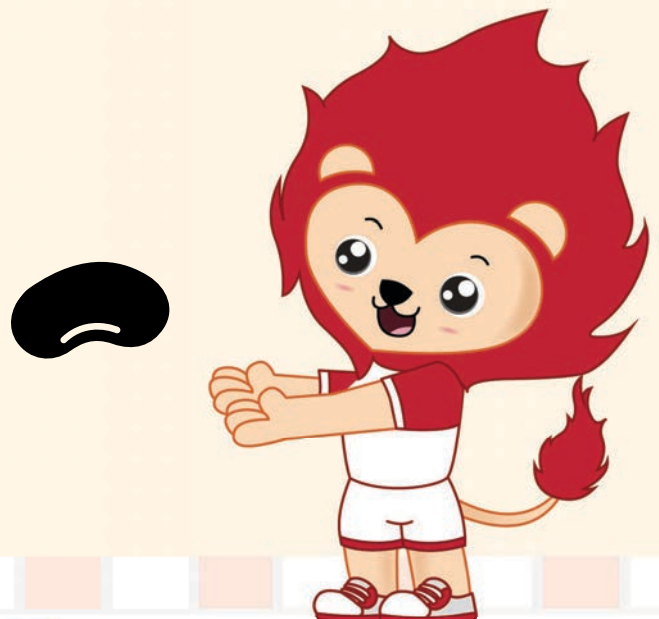
What you need:

- BEAN BAGS
- BUCKET/HULA HOOP
- FLAT DOT/MARKER



OR

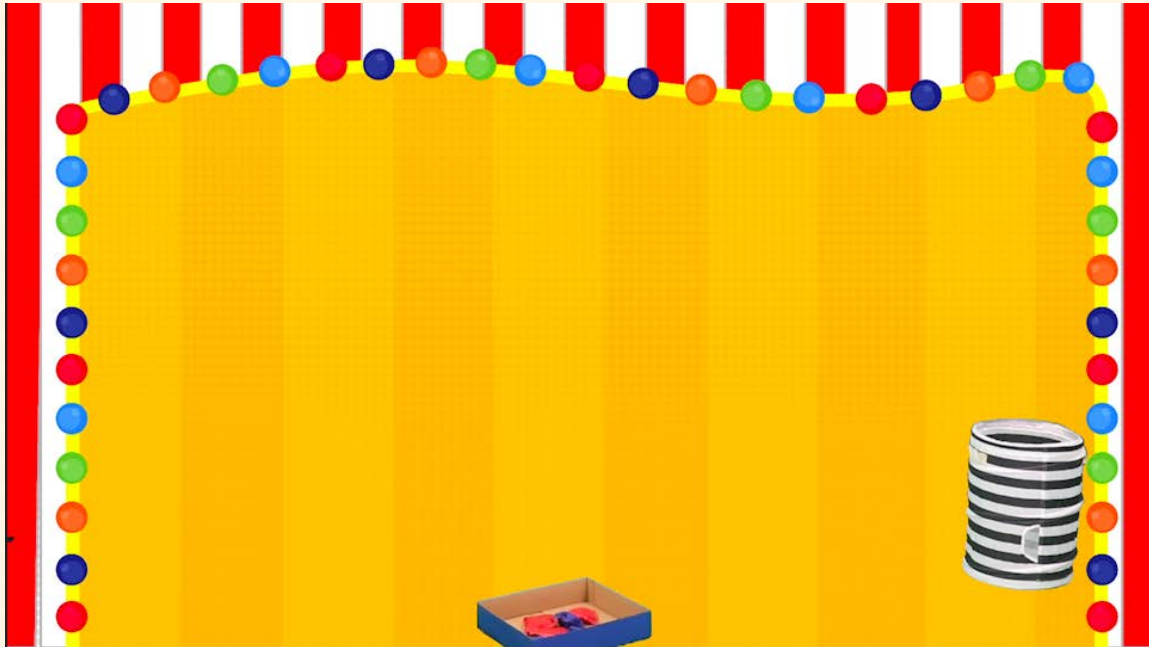
- NEWSPAPER
- MASKING TAPE
- CARDBOARD BOX
- PAINT
- PAINTBRUSH



LEVEL 2 (Resource 5) CARNIVAL FUN!

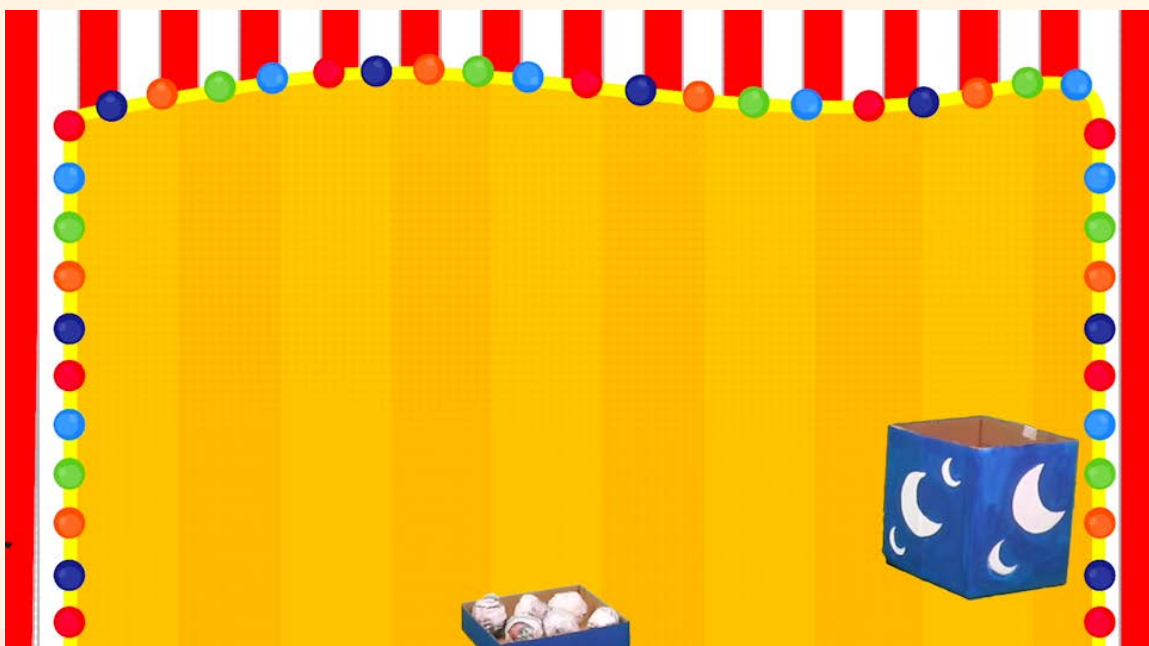


Set up with sports equipment per lane:



YOU CAN PLACE THE BUCKET/HULA HOOP AT THE END OF THE PLAY AREA. PLACE THE FLAT DOT/MARKER AT THE MID POINT OF THE PLAY AREA. ENSURE THAT ALL EQUIPMENTS ARE WITHIN THE 3M X 2M PLAY AREA.

Set up with DIY equipment per lane:

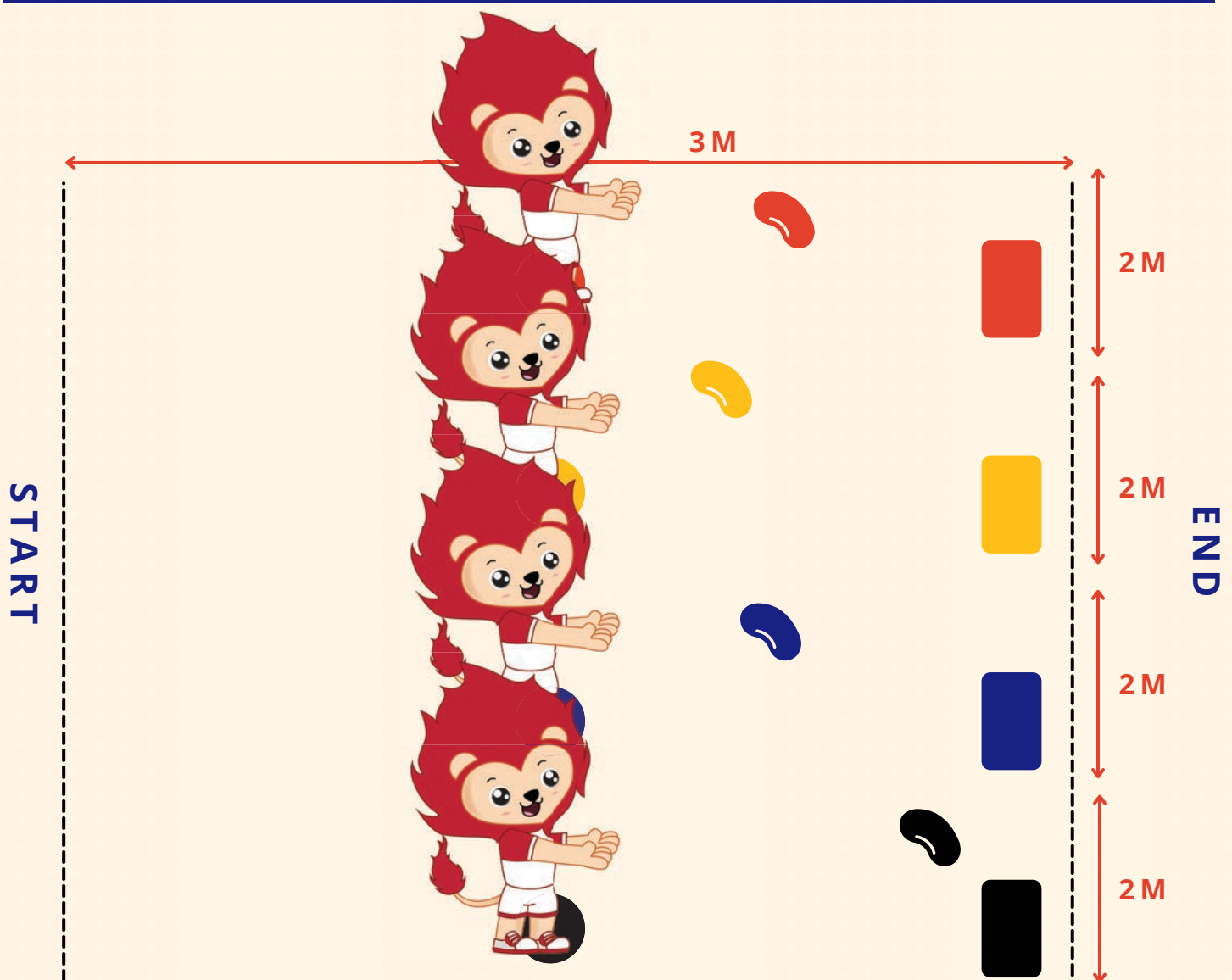


LEVEL 2 (Resource 5) CARNIVAL FUN!



Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
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LEVEL 2 (Resource 5) CARNIVAL FUN!



Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
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Set Up Tips:

- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
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LEVEL 2 (Resource 5) CARNIVAL FUN!



UNDERARM THROW Teaching Tips :

- ENCOURAGE CHILDREN TO SWING BACK THEIR THROWING ARM AND START WITH THE BALL BEHIND THEM
- REMIND THE CHILDREN TO TAKE A STEP FORWARD WITH THE FOOT OPPOSITE OF THE THROWING ARM. ROTATE THEIR BODY TO FACE FORWARD AND TRANSFER THEIR BODY WEIGHT TO THE FRONT FOOT AFTER THROWING.
- GUIDE THEM BY PROMPTING THEM WITH "EYES ON THE TARGET, STEP FORWARD AND THROW!".
- CHALLENGE THE CHILDREN BY GETTING THEM TO THROW WITH THEIR NON-DOMINANT HAND, INCREASE THE THROWING DISTANCE OR USING A SMALLER BUCKET
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)



LEVEL 2 (Resource 5) CARNIVAL FUN!



DIY EQUIPMENT

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

Create your own bin:

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!

**Do keep this bin as you will need it in the upcoming resource!*



LEVEL 2 (Resource 5) CARNIVAL FUN!



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!

**Do keep these newspaper balls as you will need it in the upcoming resource!*



LEVEL 2 (Resource 5) CARNIVAL FUN!

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!