

# Kiddolympics

## 2021



### LEVEL 2 (Resource 6)

# 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.



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TIME FOR ANOTHER ROUND OF GAMES WITH CRESCENT THE CLOWN. ARE YOU READY FOR FASTER, HIGHER AND STRONGER ACTIVITIES?

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

## Skills covered:

- STRIKING
- CATCHING
- UNDERARM ROLLING



## 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 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 6) CARNIVAL FUN!



## Activity 1 - Tether Ball

How many times can you hit with the racquet in 30 seconds? Get ready to try!

### Activity Objective:

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

### What you need:

- RACQUET
- BALL ON A POLE



OR

- PLASTIC PLATE
- ICE CREAM STICK
- NEWSPAPER
- MASKING TAPE
- TWINE
- PAINT
- PAINTBRUSH



LEVEL 2 (Resource 6)  
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**Set up with sports equipment per lane:**



YOU CAN HOLD UP THE BALL ON THE POLE AT THE END OF THE 3M X 2M PLAY AREA.

**Set up with DIY equipment per lane:**

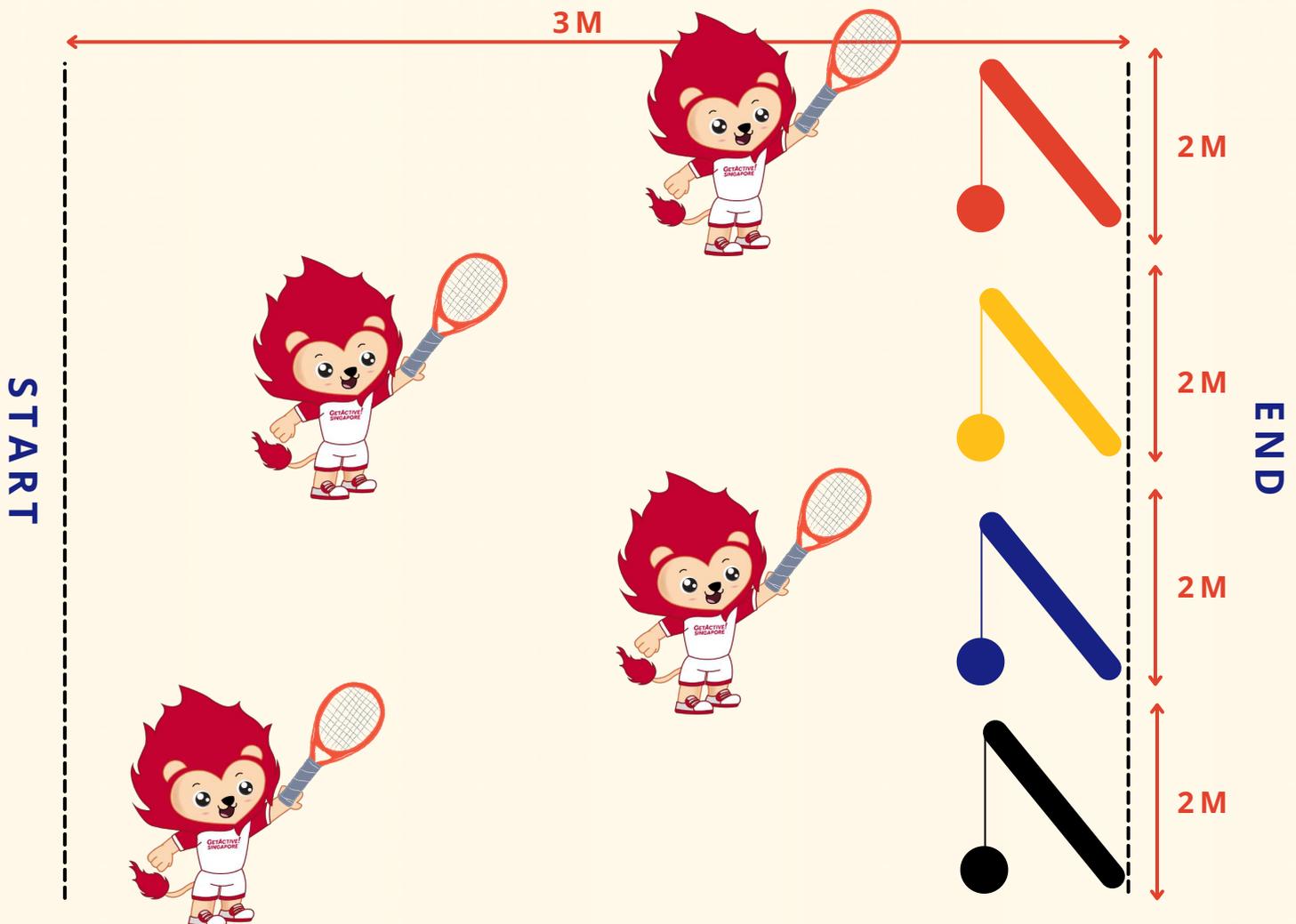


# LEVEL 2 (Resource 6) CARNIVAL FUN!



## 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 6) CARNIVAL FUN!

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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 2 (Resource 6) CARNIVAL FUN!

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## STRIKING Teaching Tips :

- ENCOURAGE CHILDREN TO HOLD THE RACQUET WITH BOTH HANDS, FAVOURITE HAND AT THE TOP AND THE OTHER AT THE BOTTOM.
- REMIND THE CHILDREN TO KEEP THEIR EYES ON THE BALL AND STAND SIDWAYS BEFORE SWINGING THE RACQUET.
- GUIDE THEM BY PROMPTING THEM TO "EYES ON THE BALL, SWING AND FOLLOW THROUGH!".
- CHALLENGE THE CHILDREN BY MOVING THE BALL HIGHER OR SIDE TO SIDE
- 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 6) CARNIVAL FUN!



## DIY EQUIPMENT

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

### Create your own newspaper ball:

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. FOR THIS RESOURCE YOU WILL ONLY NEED ONE NEWSPAPER BALL.

LEARN HOW TO ATTACH IT TO A STRING ON THE NEXT PAGE!



## LEVEL 2 (Resource 6) CARNIVAL FUN!

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### How to attach the ball to the string:

**1. GET SOME TWINE AND WRAP IT AROUND THE BALL.**



**2. TWIST THE TWINE AND WRAP IT 90 DEGREES FROM THE FIRST STEP.**



**3. PLACE BOTH ENDS OF THE TWINE UNDER THE FIRST ROUND.**



**4. TIE A KNOT TO SECURE THE BALL TO THE TWINE. ATTACH THE LONGER END OF THE TWINE TO THE POLE**



*\*Do keep this ball on a string as you will need it in the upcoming resource!*

# LEVEL 2 (Resource 6) CARNIVAL FUN!



## DIY EQUIPMENT

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

### Create your own racquet:

1. TAKE 4 PIECES OF ICE CREAM STICK AND LAY THEM NEXT TO EACH OTHER. USE THE MASKING TAPE TO SECURE THEM TOGETHER.



4. USE SOME MASKING TAPE TO SECURE THE ICE CREAM STICK ON THE BACK OF THE PLASTIC PLATE.



2. CUT 2 SLITS NEAR THE BOTTOM OF THE PLASTIC PLATE. ENSURE THE LENGTH IS SLIGHTLY SHORTER THAN THE LENGTH OF THE ICE CREAM STICKS.



5. REPEAT STEP 1 AND ATTACH IT TO THE FIRST ROW OF ICE CREAM STICKS TO EXTEND THE LENGTH OF THE HANDLE.



3. SLOT THE ROW OF ICE CREAM STICKS INTO THE SLOTS.



6. UNLEASH YOUR CREATIVITY AND DECORATE YOUR RACQUET HOWEVER YOU WISH!



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

# LEVEL 2 (Resource 6) CARNIVAL FUN!



## Activity 2 - Reverse lobster pot

How many beanbags can you catch in your pot in 30 seconds? Are you ready?

### Activity Objective:

Catching - To be able to track an object and catch it with a bucket.

### What you need:

- BUCKET
- BEAN BAGS



OR

- NEWSPAPER
- MASKING TAPE



LEVEL 2 (Resource 6)  
**CARNIVAL FUN!**

**Set up with sports equipment per lane:**



**YOU CAN HOLD UP THE BEAN BAGS AT THE END OF THE 3M X 2M PLAY AREA.**

**Set up with DIY equipment per lane:**

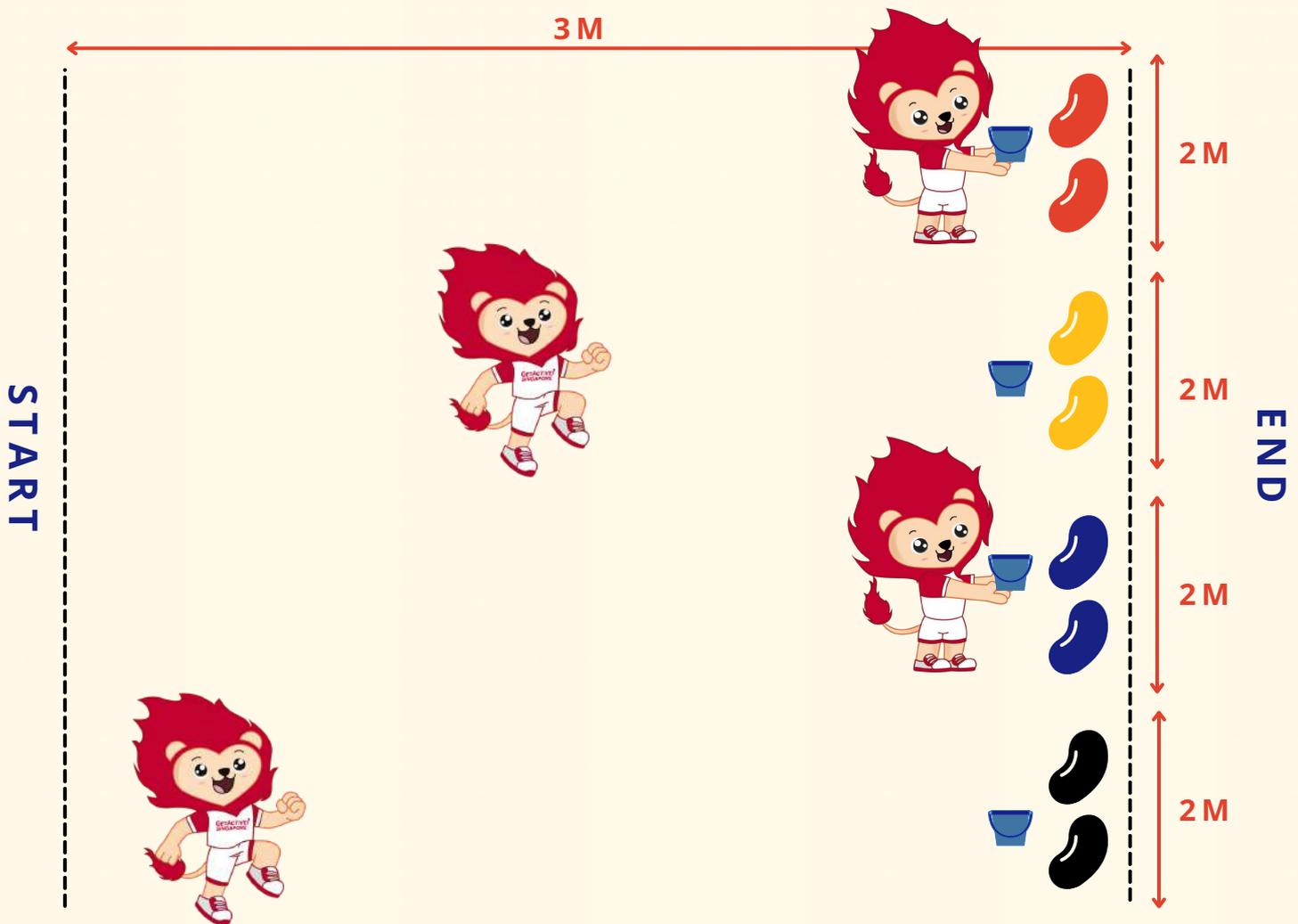


# LEVEL 2 (Resource 6) CARNIVAL FUN!



## 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 6) CARNIVAL FUN!

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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 2 (Resource 6) CARNIVAL FUN!

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## CATCHING Teaching Tips :

- ENCOURAGE CHILDREN TO KEEP HANDS OUT STRETCHED AND GET READY TO CATCH.
- GUIDE THEM BY PROMPTING THEM TO "HANDS OUT AND EYES ON THE OBJECT".
- YOU CAN CHALLENGE THE CHILDREN BY HOLDING OUT 2 BEANBAGS AND DROPPING EITHER AT RANDOM MOMENTS.
- 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 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 6) CARNIVAL FUN!



## Activity 3 - Bowling

How many cones can you knock down within 3 tries? Time to show off your superb throwing skills!

### Activity Objective:

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

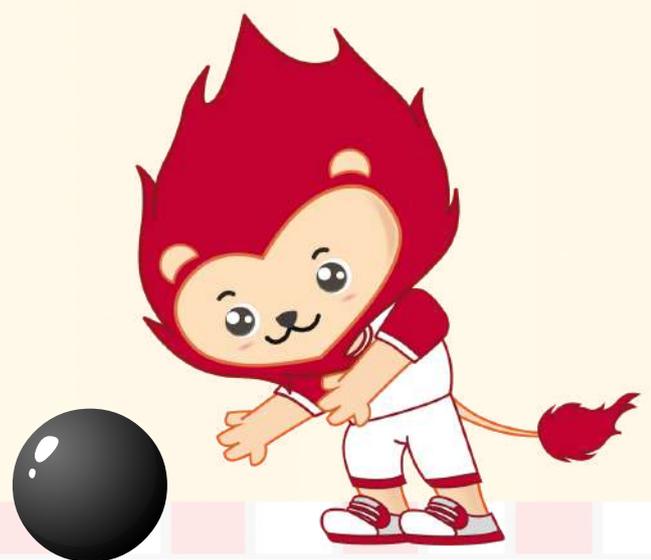
### What you need:

- CONES
- BALLS



OR

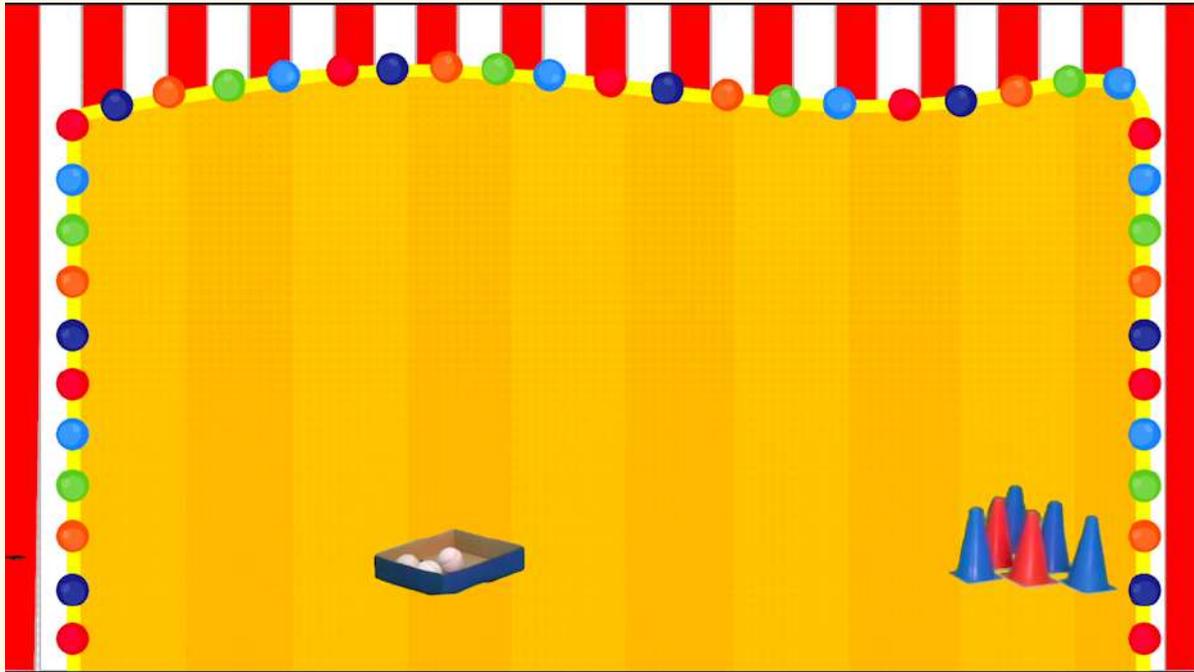
- TOILET ROLL
- MASKING TAPE
- PAINT
- PAINT BRUSH
- NEWSPAPER



LEVEL 2 (Resource 6)  
**CARNIVAL FUN!**



**Set up with sports equipment per lane:**



**YOU CAN STACK UP THE CONES AT THE END OF THE PLAY AREA, 3 CONES AT THE BACK OF THE PYRAMID. ENSURE THAT ALL EQUIPMENTS ARE WITHIN THE 3M X 2M PLAY AREA.**

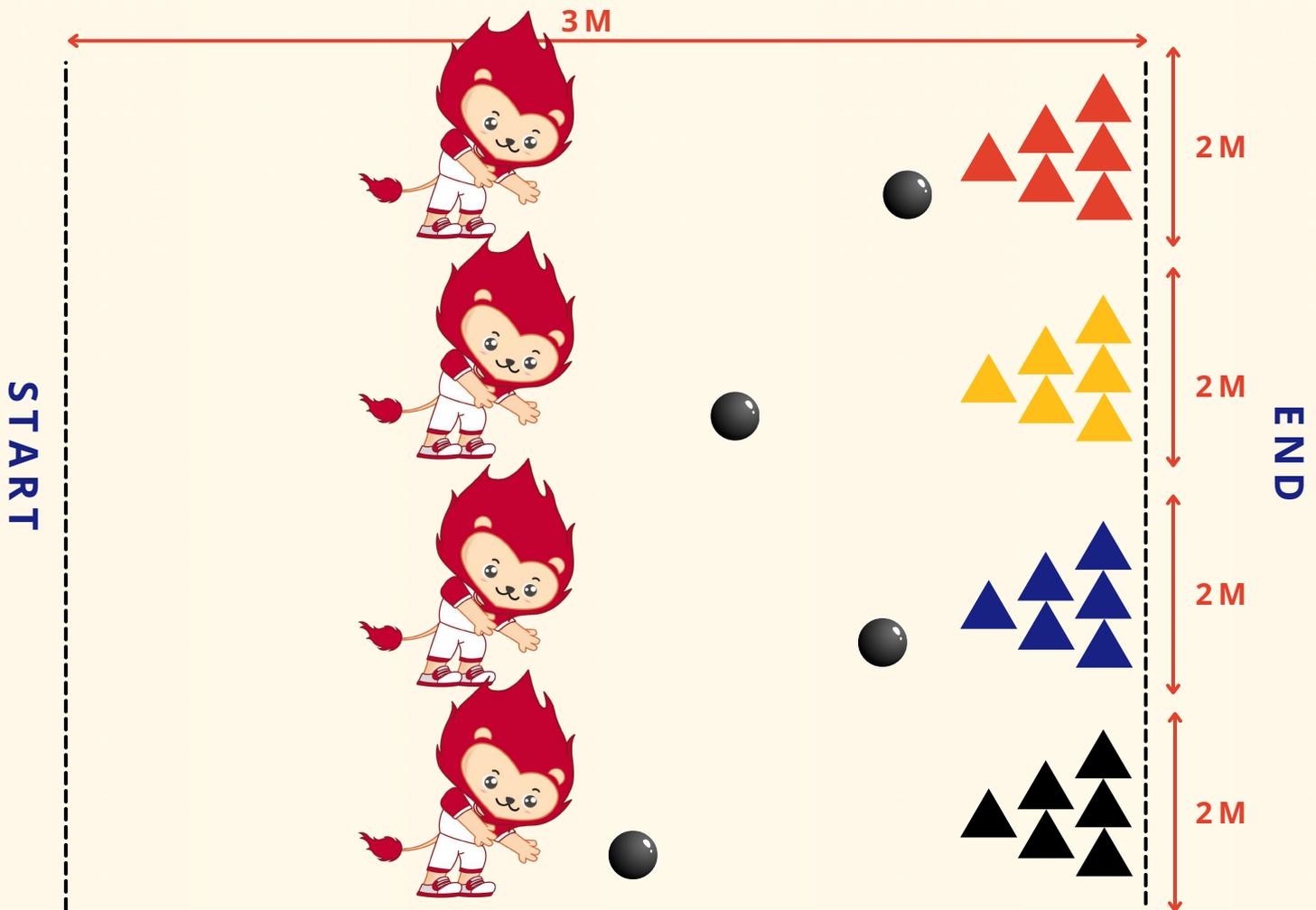
**Set up with DIY equipment per lane:**



# LEVEL 2 (Resource 6) CARNIVAL FUN!

## Set up in school:

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# LEVEL 2 (Resource 6) CARNIVAL FUN!

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## Set up at home:

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- SET UP 1 LANE.
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## Set Up Tips:

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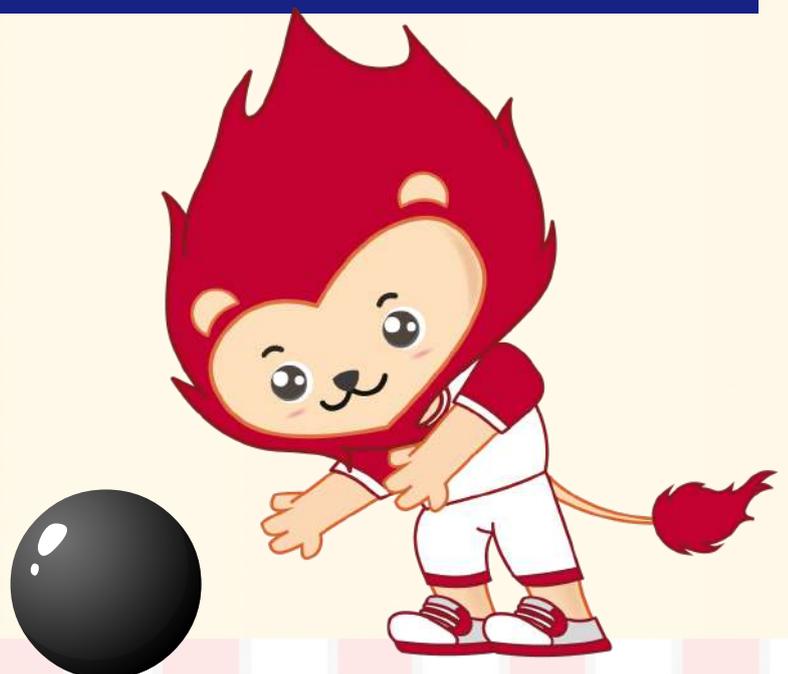


# LEVEL 2 (Resource 6) CARNIVAL FUN!

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## UNDERARM ROLL Teaching Tips :

- ENCOURAGE CHILDREN TO HOLD THE BALL WITH ONE HAND AND STEP FORWARD WITH THE OPPOSITE FOOT.
- REMIND THE CHILDREN TO KEEP THEIR EYES ON THE TARGET.
- GUIDE THEM BY PROMPTING THEM TO "STEP, SWING, BEND AND ROLL!".
- CHALLENGE THE CHILDREN BY ASKING THEM TO ROLL THE BALL WITH BOTH THEIR LEFT AND RIGHT HAND
- 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 6) CARNIVAL FUN!



## DIY EQUIPMENT

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## DIY EQUIPMENT

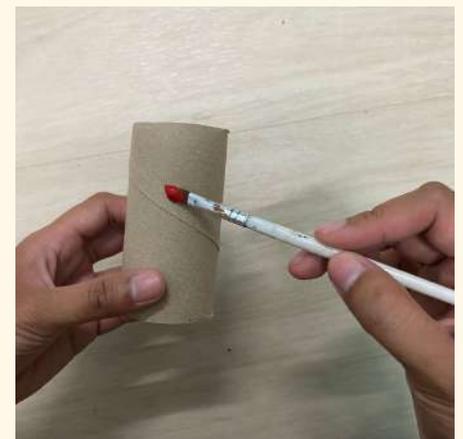
FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN CANS!

### 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 6) CARNIVAL FUN!

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**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!



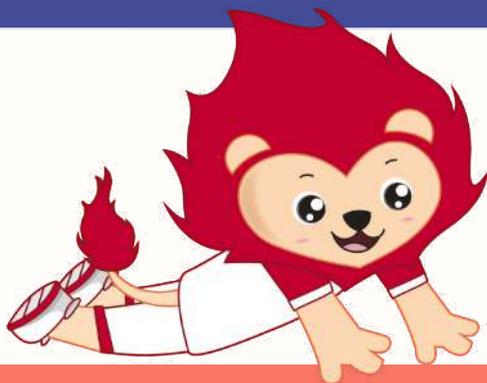
## FLAMINGO

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!

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# CONGRATULATIONS!

YOU HAVE COMPLETED LEVEL 2 OF KIDDOLYMPICS  
TRAINING AND EARNED THE SECOND BADGE.  
COLLECT YOUR BADGE ON THE NEXT PAGE...

# Kiddolympics

2021



**KIDDOLYMPIAN**  
**★ LEVEL 2 ★**

**NAME:**