Push the Ball

Measure between where ball <u>first</u> contacts the ground and the start line.
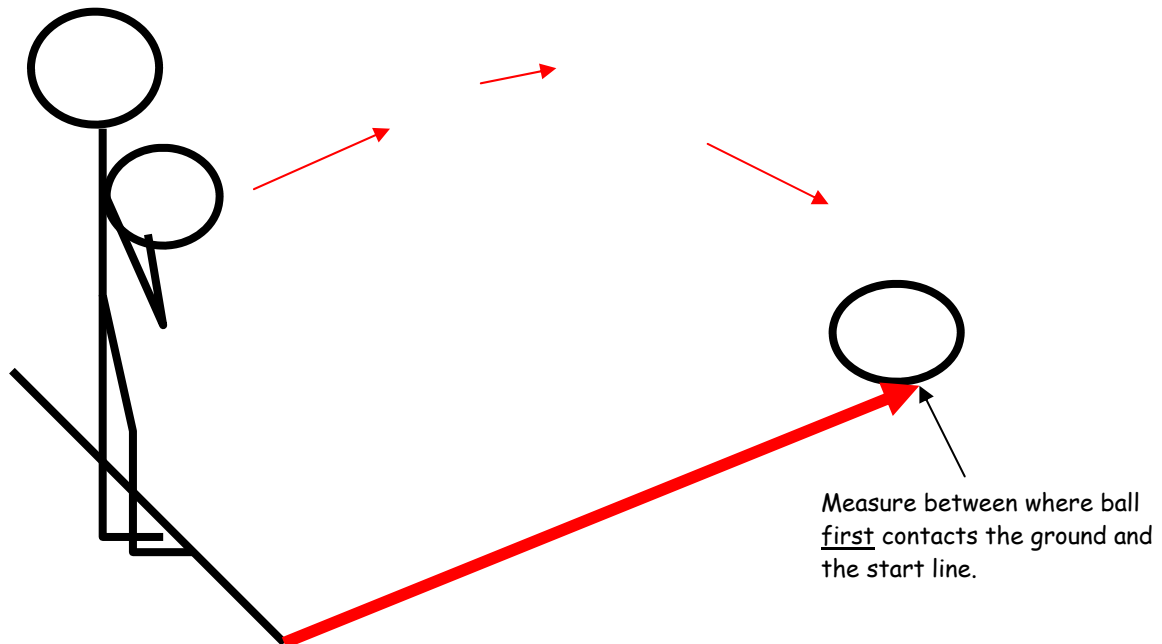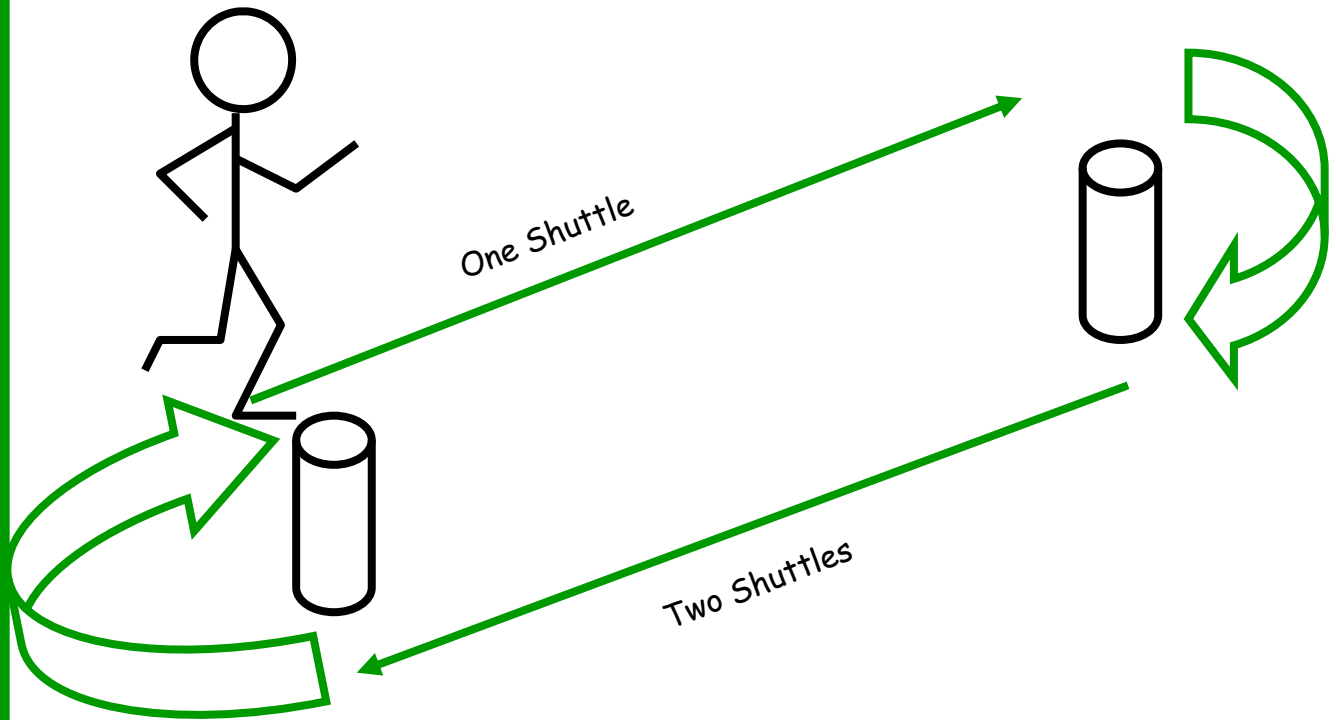
With toes behind the line, push the ball with two hands as far from your chest as you can.

Measure the distance from the starting line to where the ball <u>first</u> had contact with the ground.

Measure in cm and m and record each athlete's distance.

Each athlete can have two turns and choose their best distance!

Shuttle Runs

With toes behind the line on the starting cone, sprint as fast as you can and run around the next cone then back to the starting cone.

Keep running until 30 Seconds is up.

Every time a cone is reached this counts as 1 shuttle.

Do not count half shuttles.

Long Jump

Measure the amount of rungs eg. 4 and a half
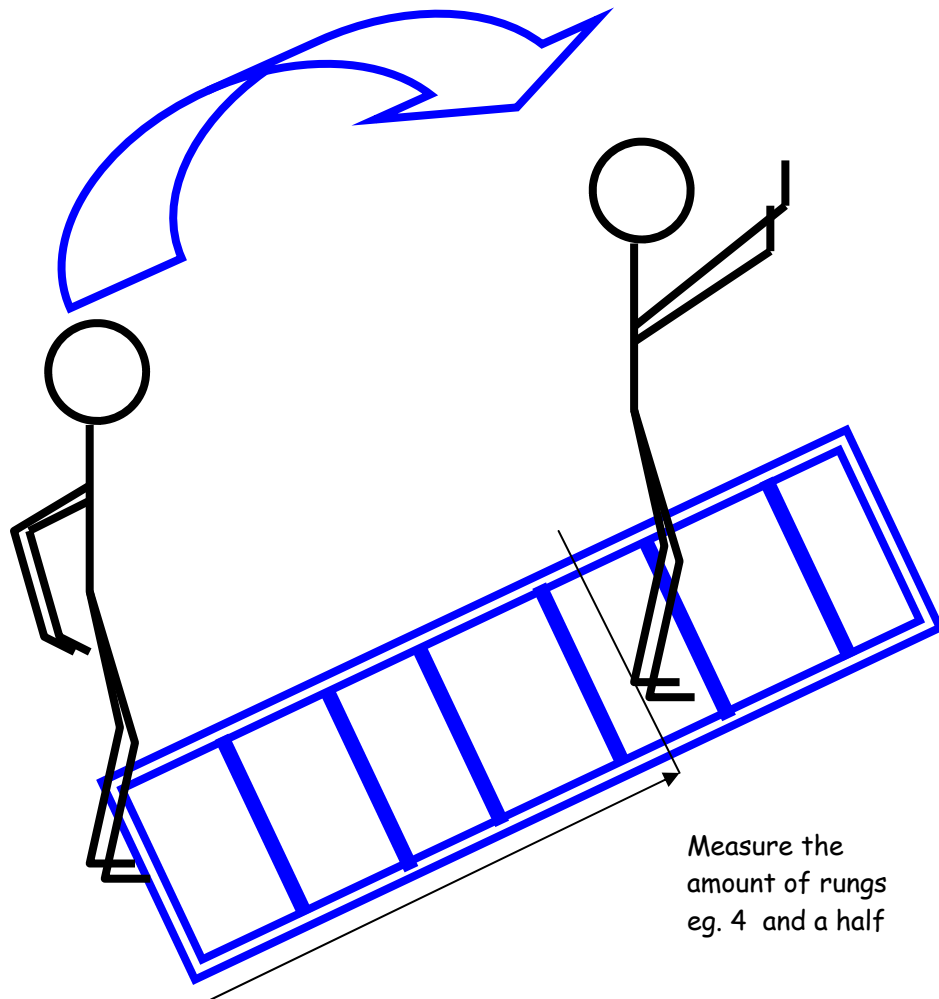
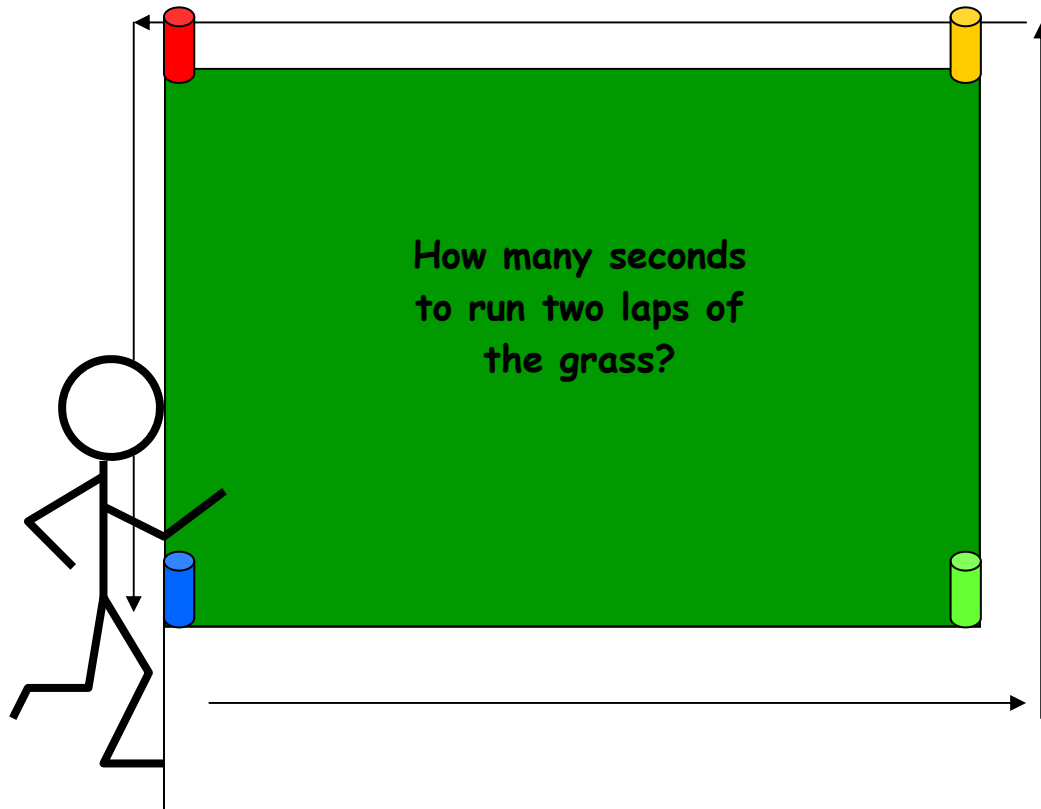Start with both feet flat on the floor and toes touching the line.

Jump as high and far as you can into one of the ladder rungs.

The jump will be measured from the back of the heel where the athlete first landed.

Measure in rungs then in quartres/halves/3 quartres

Each athlete can have two turns and choose their best distance!

Long Distance Run

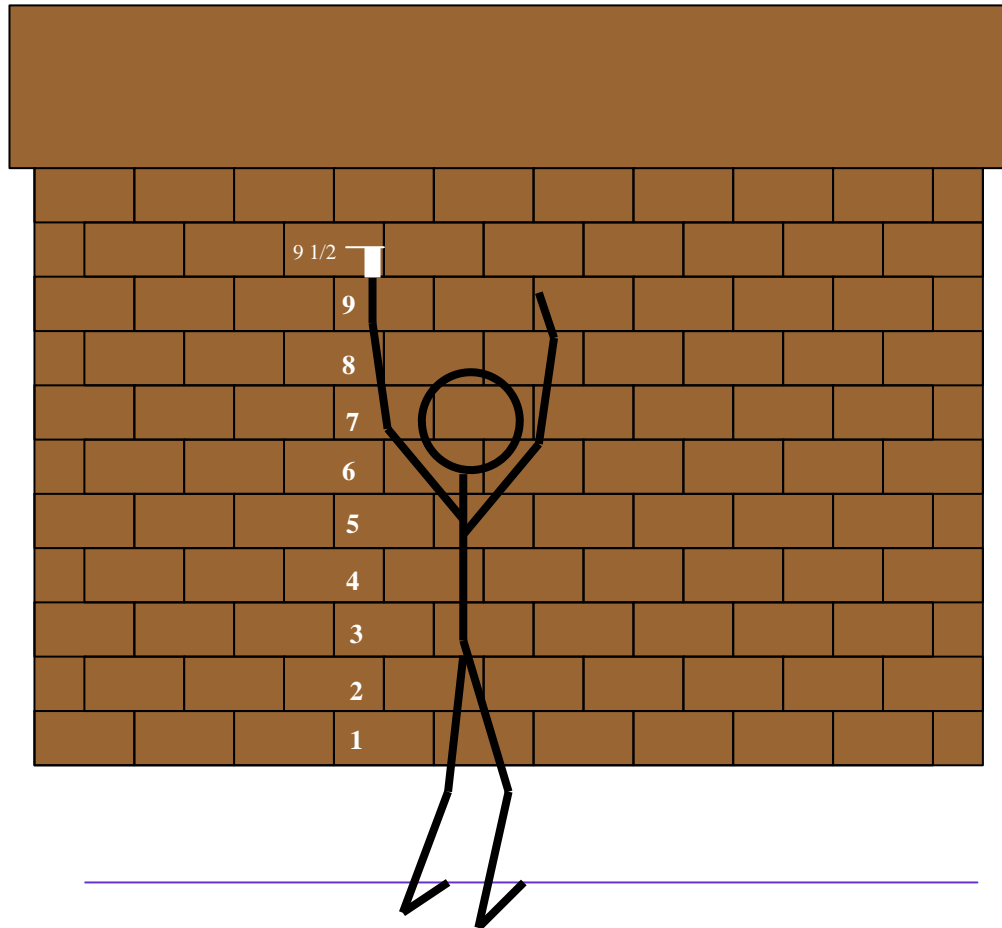How many seconds to run two laps of the grass?

Start with toes behind the line. When whistle blows run two laps of the grass area.

Keep on the outside of the cones.

Timed in seconds using a stopwatch.

High Jump

Start with both feet flat on the floor and toes touching the line.

Jump as high as you can toward the wall with a stick of chalk in your hand.

With the chalk mark on the wall the highest part where your hand reaches.

Then count the bricks from the ground up to your chalk mark. Measure in full bricks and halves.

Each athlete can have two turns and choose their best height!

Throw a Beanbag

Measure between where beanbag first contacts the ground and the start line.
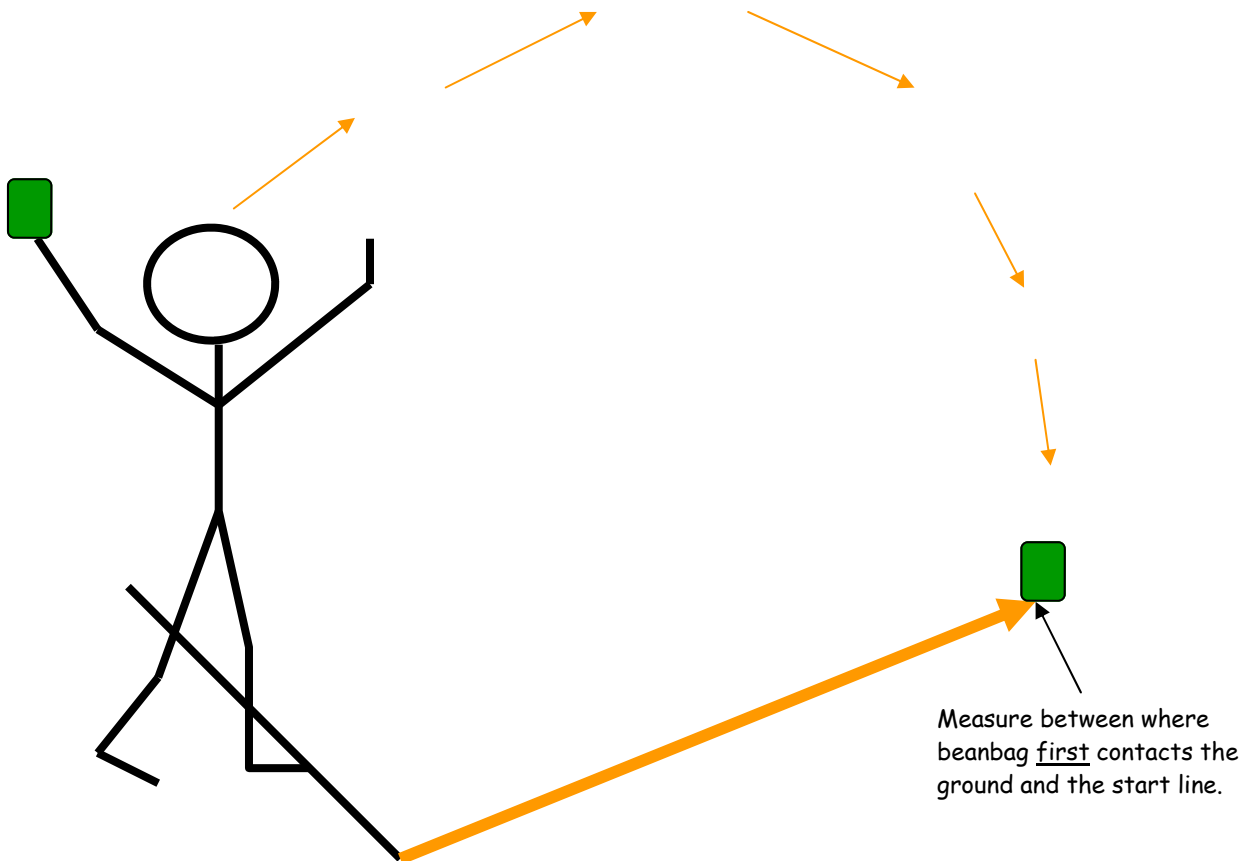
This should be a 'one arm overhead throw'.
Start the throw by standing sideways on the weight of the back foot. The throwing arm should be bent behind the head.

Measure the distance from the starting line to where the beanbag first had contact with the ground.
Measure in cm and m and record each athlete's distance.

Each athlete can have two turns and choose their best

Mini-Olympics Team Record Sheet

| Athletes Name | Push the ball
Measure distance in metres & cm | Shuttle Runs
How many in 30 seconds | Long jump
Measure distance in Ladder rungs | Long distance run
Measure 2 laps in seconds | High Jump
How many bricks high? | Throw a Beanbag
Measure distance in metres & cm |
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