

Year 4 Virtual Mini Olympics

We know that school life is a little bit different at the moment but the good news is that you can still take part in our annual Year 4 Mini Olympics. Take part alongside your friends and classmates from school and strive to be the best you can be in this years special virtual Mini Olympics!

During the week of 15th June (the week which would have been the Mini Olympics) we are encouraging you to have a go at **five different physical challenges** which you would have ordinarily taken part in at the Mini Olympics. These activities can be done from the living room, garden or school. We also have **five cross curricular challenges** linked to the Olympic/ Paralympic Games for you to complete throughout the week. These are a chance for you to get creative and to learn more about the Olympic and Paralympic Games.



Let us know how you get on....

We would love to see what you get up to so why not share your work with your teacher & get your parents to send in photos & video updates as you complete the challenges. You can also share your work with us via social media or email to sspadmin@combertonvc.org



@SouthCambsSSP

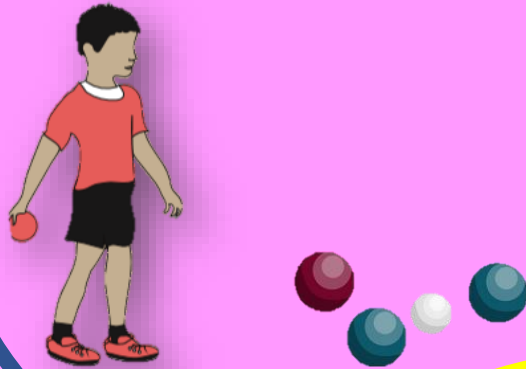


Good luck, see if you can complete all 10 challenges and remember to try your best.

Physical Activity Challenges

Challenge 1

Boccia



Challenge 2

Crossing the River



Challenge 3

Standing Long Jump



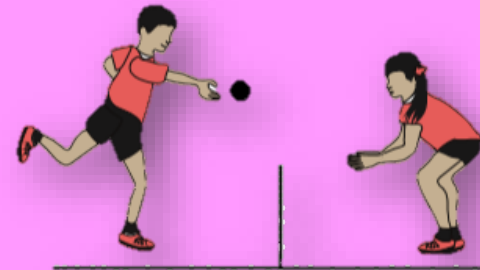
**Remember
to try your
best in
every
challenge!**

**Click on the
name of each
challenge for
further
information.**

Treasure Chest



Throw Tennis

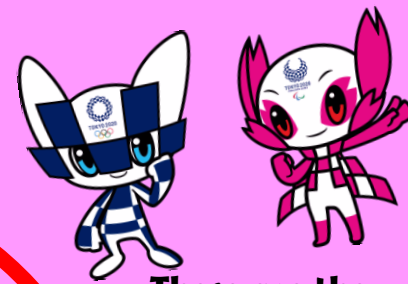


**Why not get
your family
involved in the
challenges too!**

Challenge 4

Challenge 5

Cross Curricular Challenges



These are the mascots for the Tokyo Olympics.

Find out more about the flags and anthems of the world [here](#).

[Watch](#) Jonnie Peacock win Gold at London 2012.



[Watch](#) the Olympic flame arriving at the London 2012 Olympics.



School Sports Partnership @SouthCambsSSP



Challenge 1

Writing Challenge

Imagine you are an Olympic or Paralympic athlete. Write a diary on what you get up to on competition day.

Challenge 2

Art Challenge

Draw an Olympic mascot or flag to represent your school or choose a country and make that country's flag.

Challenge 3

History Challenge

Research the history of the Olympic or Paralympic Games and produce an information sheet including pictures and fun facts.

Challenge 5

Creative Challenge
Every Olympic event ends with an award ceremony. Make yourself a medal and a podium to stand on. Act out a medal ceremony. You may want to create a crowd and have some music playing.

Challenge 4

Design Challenge

Design and make your own Olympic torch. Use materials from around your home and be as creative as you like!



Year 4 Virtual Mini Olympics - Challenge 1



**Watch a video
of the challenge
[here.](#)**



Boccia Home Physical Education

How to play:

- This game can be played standing up or sitting down.
- Choose a place to throw from and place a marker 5 steps away.
- Each player needs 3 balls or pairs of socks.
- Players take turns to throw or roll their ball towards the marker.
- Once all players have thrown or rolled their ball, the ball that is closest to the marker is the winner.



Can you play
fairly and
keep the
score?

Can you keep
trying even if
your ball is
the furthest
away from the
marker?

Top Tips

Roll or Throw Underarm

Step forwards with one foot, bending the knee, release the ball along the ground using your opposite hand

Let's Reflect

What did you learn after each throw or roll to adapt for the next?

How did you keep focused?

Year 4 Virtual Mini Olympics – Challenge 2



**Watch a video
of the challenge**
[here.](#)

Cross the River Home Physical Education

How to play:

- Agree a start point (one side of a big river) and a finish point (the opposite side of the river).
- Using two objects (cushions, pillows, or other flat objects) can you cross the river without touching the floor?
- You are only allowed two objects to cross the river with.
- Can you complete the challenge and cross the river with out touching the floor!



Can you work
out a method
for successfully
crossing the
river

If you fall in,
can you keep
trying to cross
successfully?

Top Tips

Place the Pillows

Place the pillows
down on the floor. If
you throw them you
may over stretch and
fall in



Let's Reflect

What was the best
method for crossing the
river?

How did you feel when
you crossed
successfully?

Year 4 Virtual Mini Olympics – Challenge 3

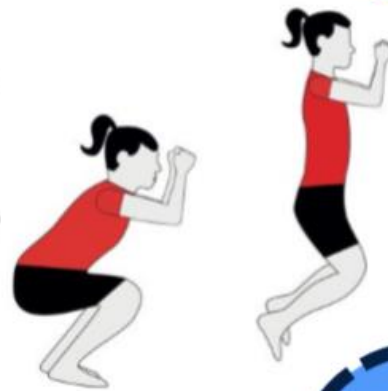


**Watch a video
of the challenge
[here.](#)**

Standing Long Jump Home Physical Education

How to play:

- Place a starting marker on the floor.
- Stand beside the starting marker on two feet, how far can you jump landing balanced on 2 feet?
- Challenge a partner to see who can jump the furthest.
- If you have space, place down a marker at 8.31m, the distance Greg Rutherford jumped to win a gold medal in 2012. How many jumps does it take to jump that distance?



Can you focus on
your technique
and concentrate
on your landing?

Can you keep
trying even if
you miss the
target?

Top Tips

Jumping Further

Keep your head up,
swing your arms and
bend your knees
when you land



Let's Reflect

What did you learn
after each jump?

How did you stay
focused?

Year 4 Virtual Mini Olympics - Challenge 4



**Watch a video
of the challenge
[here.](#)**



Treasure Chest Home Physical Education

How to play:

- Place the 10 treasure items; socks, shoes, small toys at one end of the room, known as the treasure chest
- Run and collect an item and return it back to the start as quickly as possible.
- How many items can you collect in 60 seconds?
- Can you race against someone else to see who can collect the most items?



Can you
congratulate
other players if
they score more
points than you?

Can you run
as fast as
possible?

Let's Reflect

Were you able to keep running even when you were tired? Explain why.

Were you able to use the correct technique when running?

Top Tips

Run pumping
your arms

Keep your head up so
you can see where
you are going.

Year 4 Virtual Mini Olympics - Challenge 5

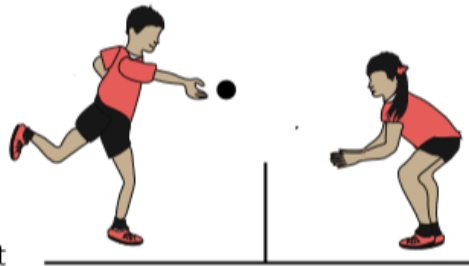


Watch a video
of the challenge
[here.](#)

Throw Tennis Home Physical Education

How to play:

- Mark out a tennis court. Use a rope as a net or socks as the court markings.
- Playing against an opponent can you underarm throw a ball into a space on your opponents side of the court.
- If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point.
- Make sure that you start the game by serving from the back of the court.
- The first player to score 10 points is the winner.



Can you play
fairly and
keep the
score?

Can you identify
spaces on your
opponents side
of the court?

Top Tips

Be Ready to
Receive!

Are you on the balls of
your feet ready to
receive the ball? Make
sure you have your
hands ready to catch!

Let's Reflect

Where are we aiming the
ball at on your opponent's
side of the court?

Can you explain why you
were throwing the ball
there?



If you don't have a partner
to play with, don't worry, try
this [Tap Up Tennis Challenge](#)
instead.

Year 4 Virtual Mini Olympics – Extra Challenge!!

WORDSEARCH

Test your sporting
Knowledge with our
Mini Olympic Quiz!

ARCHERY
ATHLETICS
BADMINTON
BASKETBALL
BOXING
CYCLING
DIVING
EQUESTRIAN
FENCING
FOOTBALL

P	E	N	T	A	T	H	L	O	N	H	F	B	C	L	A
O	Q	I	N	F	L	H	B	H	A	N	D	B	A	L	L
M	U	E	S	L	P	O	E	W	K	I	C	S	G	A	M
Q	E	A	G	N	I	C	N	E	F	U	A	A	N	B	O
C	S	D	I	G	L	K	N	J	S	T	N	I	I	T	P
B	T	A	W	A	T	E	R	P	O	L	O	L	L	O	S
A	R	C	H	E	R	Y	C	E	R	Y	E	I	T	O	L
D	I	S	H	O	O	T	I	N	G	A	I	N	S	F	L
M	A	B	T	F	W	A	B	O	X	I	N	G	E	T	A
I	N	Z	G	N	I	L	C	Y	C	A	G	K	R	F	B
N	D	I	V	I	N	G	R	U	F	B	M	J	W	E	Y
T	A	C	D	Y	G	Y	M	N	A	S	T	I	C	S	E
O	A	T	H	L	E	T	I	C	S	Y	H	D	B	A	L
N	I	T	E	V	T	B	A	S	K	E	T	B	A	L	L
E	D	S	I	N	N	E	T	A	E	K	W	A	N	D	O
W	E	I	G	H	T	L	I	F	T	I	N	G	V	A	V

HANDBALL
HOCKEY
PENTATHLON
SAILING
TENNIS
TAEKWONDO
ROWING
VOLLEYBALL
WATER POLO
WEIGHTLIFTING

Year 4 Virtual Mini Olympics – Extra Challenge!!

Rio Olympics (2016) - Men's Gymnastic All round event Top 10 results

For some bonus points can you work out which country each gymnast is representing from the abbreviations here?

Country	Name	Floor	Pommel	Rings	Vault	Parallel Bars	Horizontal Bar	Total
CHN	Shudi Deng	14.966	14.533	14.433	15.266	15.966	14.966	90.130
COL	Jossimar Orlando Calvo	14.650	14.700	14.433	14.833	15.366	14.933	88.915
CHN	Chaopan Lin	14.866	14.833	14.733	14.966	15.666	15.166	90.230
GB	Nile Wilson	14.900	14.066	14.933	15.000	15.700	14.966	89.565
JPN	Kohei Uchimura	15.766	14.900	14.733	15.566	15.600	15.800	92.365
US	Samuel Mikulak	15.200	14.600	14.366	14.566	15.766	15.133	89.631
GB	Max Whitlock	15.200	15.875	14.733	15.133	15.000	14.700	90.641
BRZ	Sergio Sasaki	14.833	14.766	14.433	15.200	14.966	15.000	89.198
UKR	Oleg Verniaiev	15.033	15.533	15.300	15.500	16.100	14.800	92.266
RUS	David Belyavskiy	15.000	14.766	14.533	15.133	15.933	15.133	90.498

Test your maths skills with this gymnastic themed challenge.

QUESTIONS

- 1 Which athlete scored the highest result on the Pommel
- 2 Which athlete finished in 10th place overall
- 3 Which athlete scored the lowest result in the rings
- 4 Which piece of apparatus had the highest score in it
- 5 Which athlete won the overall competition

Year 4 Virtual Mini Olympics –Tap Up Tennis

60 Second Challenge Tap Up Tennis

The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!

#StayHomeStayActive



Do you ask for help if you find it hard?



Equipment

A tennis racket and a ball

If you do not have this use a frying pan and a pair of socks or scrunched up piece of paper and a plastic plate.