



VIRTUAL COURTYARD OLYMPICS

IT'S TIME TO EXERCISE

Instructions: Meet up with your friends virtually to organise a super competition. You can begin with an obstacle course or by showing off your dancing skills – anything goes. So, put together groups of four participants and let's play!

Like competition? Remember to award yourself

SCORE SHEET				
	GAME	GAME	GAME	TOTAL SCORE
	Hopscotch			
NAME	8			
Barry				
NAME				
NAME				
NAME				
NAME				
NAME				
NAME				

- List the games you will compete in Hopscotch - You complete
- Jump rope - count how many times you can jump before tripping/stopping the rope
- Obstacle race - who gets through the course the fastest
- Rounders/Baseball - which team gets to home first
- Races/Relay - which team finishes first
- Leap frog to the finish line

▶ Good To Remember
Exercise helps you to meet and connect with people. You can practise team work and build friendships through sports and games. So be nice. No fighting. Play hard! Play fair! Have fun!