

# Living room Olympics

## Always warm up first!

Slowly jog around the living room 2 times

March with high knees- March around bringing your knees up towards your chest with every step.

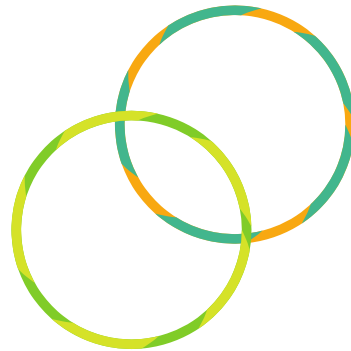
Crawl like a caterpillar- Get down on your hands and feet, walk your feet towards your hands, then walk your hands back out until your back to where you started. Repeat 2 more times.

Stretch - Reach up high, Reach to the side, Reach down low, Give yourself a great big hug.

## Can you create an obstacle course?

You can use things like:

- Pillows
- Empty boxes
- Tissue boxes
- Cones
- Giant rings
- Hoola hoops



Can you hop around your course?

What about trying some of these:

- Run
- Skip
- Shuffle
- Jump
- Walk Backwards
- Dance
- Gallop
- Tiptoe

## Challenge yourself

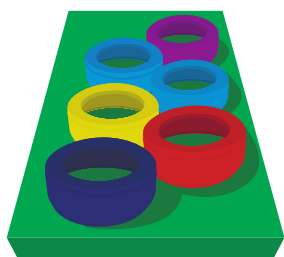
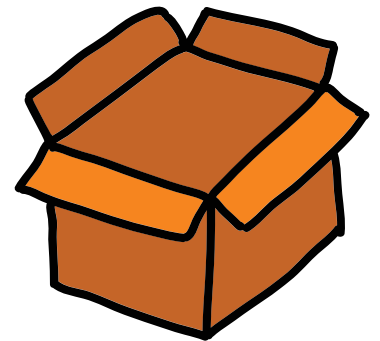
Set a timer and see how fast you can finish the course.

Pick a time and see if you can finish the course in under that time

Set up 2 identical courses and race a sibling, neighbour, or parent.

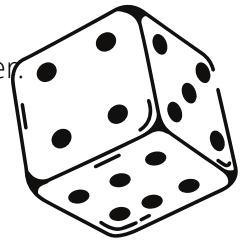
Do the course holding a plastic egg on a spoon.

Complete the course forward and backwards for the entire race.



## Dice Challenge

\*You can make your own dice on the next page by printing, cutting and sticking it together.  
Challenge your siblings or parents to a game of dice challenge.  
Roll the dice and complete one of these activities before the next person can start.



If you roll a:

1. Jump as high as you can.
2. Dance around for 1 minute
3. Balance on one leg.
4. Spin around
5. Do 5 frog jumps
6. Do 6 star jumps.

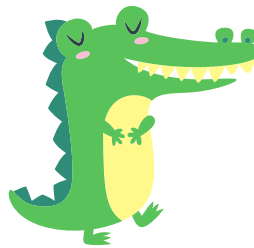


## Animal Challenge

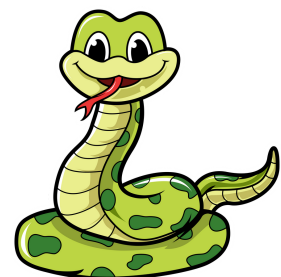
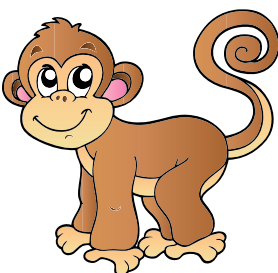
Challenge your siblings or parents to be the silliest animal!

Can you act like a:

- Horse.
- Elephant.
- Rabbit.
- Snake
- Panda bear.
- Kangaroo.
- Crocodile.
- Butterfly.
- Monkey.



To make it extra fun get your team mates to guess who your acting out!



If you want to make your own dice, try drawing it out on paper with a ruler. Make sure each square is the same size. For example 5cmx5cm.

