**Kids Olympics**

This pack is designed to be used to organise a sports event for young children that can be scaled according to the size of setting.

*N.B. Before starting, it would be useful to laminate the cards to protect them.*

There are eight stations of sporty activities for the children to experience. Although these activities are not strenuous, a water-drinking station is included to get them thinking about the importance of hydration during exercise.

Each station is designed to last for ten seconds, but this can be altered if needed.

After setting up the stations with the cards and equipment assign a child or children to each station.

1. Get the children to look at the station card and ensure they understand what they must do.
2. When the children are ready, start counting as a group from 1-10. During this time, the children must continually perform the task on their cards.
3. After 10 seconds, everybody claps and then moves around to the next station (see overview sheet – p2 in this pack)
4. Repeat steps 1-3 until all stations are complete.

Enjoy!

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**Kids Olympics**

8

Throw

7

Bounce

Jump

6

Water

5

4

Stretch

Jog

3

Hop

2

1

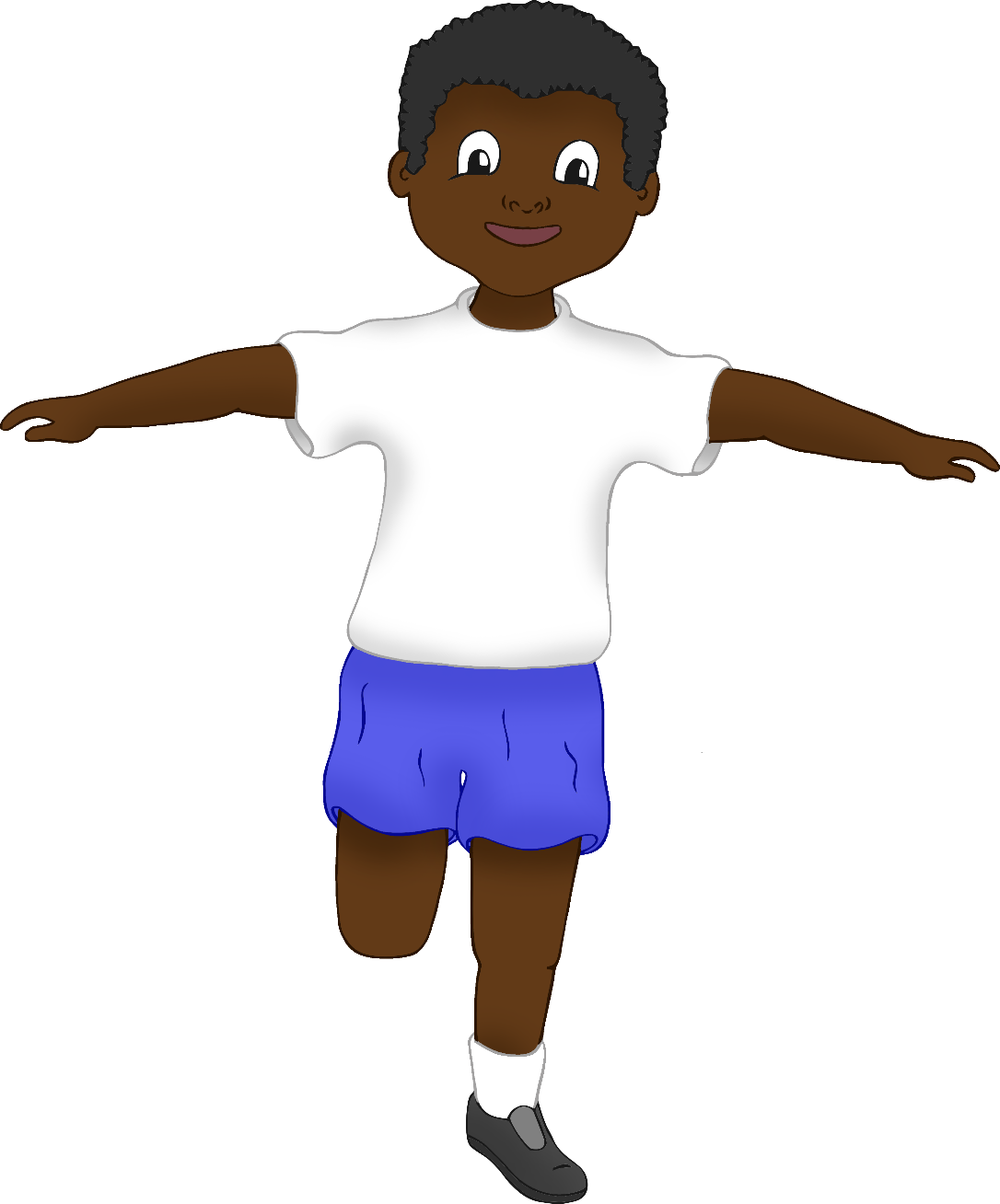
Balance

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**Kids Olympics**

1

Balance



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**Kids Olympics**

2

Hop

A picture containing toy, doll

Description automatically generated

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**Kids Olympics**

3

Jog

Shape, icon

Description automatically generatedShape, icon

Description automatically generatedA picture containing doll

Description automatically generated

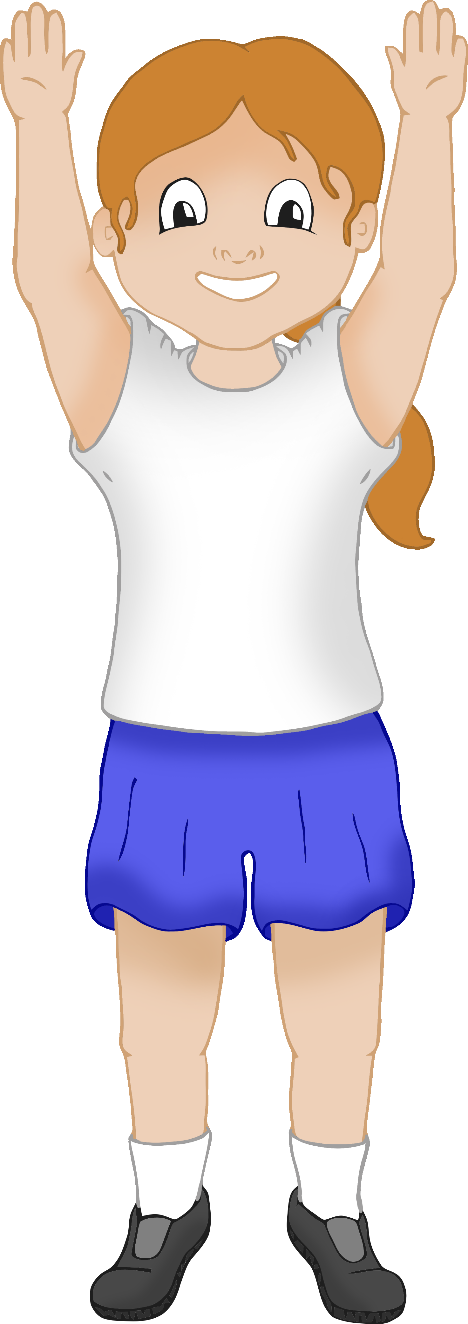
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**Kids Olympics**

4

Stretch

A picture containing text, vector graphics

Description automatically generated

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**Kids Olympics**

5

Water

A red and white teapot

Description automatically generated with low confidenceChart

Description automatically generated with low confidenceA close-up of a logo

Description automatically generated with low confidence

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**Kids Olympics**

6

Jump

A picture containing toy, doll

Description automatically generatedA picture containing toy, doll

Description automatically generated

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**Kids Olympics**

7

Bounce

A picture containing sitting, indoor, dome, honeycomb

Description automatically generatedA person wearing a costume

Description automatically generated with low confidence

Shape

Description automatically generatedA picture containing seat, chair

Description automatically generatedIcon

Description automatically generated with low confidenceRed lines on a black background

Description automatically generated with medium confidence

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**Kids Olympics**

8

Throw