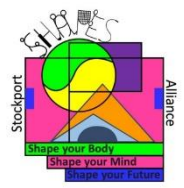


# SHAPES Olympic Isolation Fun Pack



Here is a pack designed to give you and your isolation household plenty of fun things to do inside or outside around an Olympic theme. The idea is to get adults and children all playing together in teams with adults supporting younger children to access the activities. The activities are competitive, but the idea is for it to be fun and encouraging for everyone involved. You can use the activities as you like, but here are a couple of suggestions on how you could use them:

## 1. Olympic Isolation Evening

Arrange the activities around a family meal. All the activities can be done in and around your dining table e.g.

Round 1

*Starter – or a few crisps*

Round 2

*Main course*

Round 3

*Pudding*

Round 4, 5 & 6

**OR**

## 2. A Round a Day

Take each round on its own and put some time aside as a family group maybe before/after tea to have a go at each round individually.

Each round shows you clearly what to do and what you will need. You will always need 1 member of your group to lead each activity, so this could be you or could be shared around between other adults/older children to have a go.

**WE HOPE YOU HAVE FUN TOGETHER WITH THIS PACK**

**WHILST YOU'RE AT HOME STAYING SAFE**

## Round 1 – The Sock Challenge

### What you need?

- 2 Teams of mixed adults & children, if you have a larger household make more teams
- A longish sock
- Stop watch (probably on your phone)
- Paper & pen

### What do you do?

- Stretch out the sock & place it on the floor.
- Players must stand sideways onto the sock and perform double footed side to side bounces over the sock. Each time you jump over the sock counts as 1.
- Take it in turns to jump for 20 seconds. Have a timer and a counter and everyone else is to support and encourage.
- Each team must write down their scores and add them together to find a winner.



## Round 2 - Memory Game

### What do you need?

- Prepare your tray or table space in advance.
- Place 10 to 20 sport related items on your tray/area and cover them with a towel or tea towel. The more items, the harder the game.
- Ideas of things you might be able to find at home: trainer/footy boot or a bootlace, swimming goggles, different types of ball, skipping rope, sports watch, drinking bottle, bats etc..... if you can't find enough sporty things then just fill up with anything from the house.

### What do you do?

- When you are ready to start, make sure each team has paper and a pen. Remove the tea towel and allow them to look for 1 minute. Cover the items over again.
- Give the teams 3 mins to write their answers down. Take the cover off again & see how many each team got.



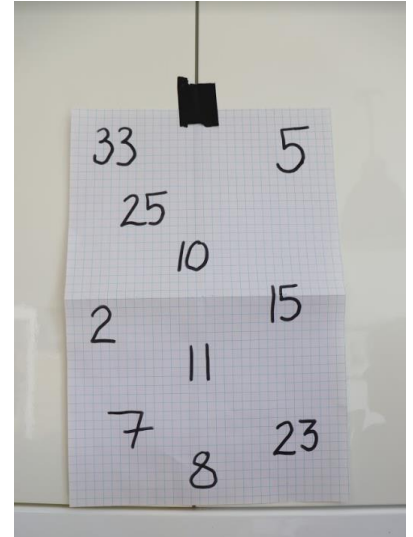
## Round 3 - Splat

### What do you need?

- Prepare a large piece of paper (about A3 size) and numbers in advance..... you need to write up the following numbers (see picture):

**33, 10, 5, 23, 2, 7, 15, 25, 11, 8**

- You need 2 nice and even teams, each of which has an egg slice or a wooden spoon (splat).
- Place your big piece of paper covered in numbers in an accessible place... either attached to a wall or on a surface or the floor.
- Game leader needs pen & paper to keep score.



### What do you do?

- Invite 1 person from each team to come to the front and stand by the paper with their 'splats'.
- Whoever is leading the game - Read a question – they only have 1 attempt to splat the number they think is the answer. Whoever splats the correct answer first wins a point for their team. If you splat the wrong number, you cannot choose again. Your team must remain silent, but for younger players you can whisper tips that might help.
- The next person from each team comes out to have a go. Keep taking it in turns to come out... the smaller your team, the more turns you get.
- The leader keeps a tally of the scores for each team.



## **Splat Questions & Answers**

1. How many on a football team? 11
2. How many on a netball team? 7
3. How many on a rugby team? 15
4. How many on a basketball team? 5
5. How long is a swimming pool in meters? 25
6. How tall is a netball/basketball post in feet? 10
7. How many players in 2 basketball teams? 10
8. How many letters in the word TOKYO? 5
9. How many Olympic rings? 5
10. How many wheels does a BMX bike have? 2
11. How many letters in the word OLYMPICS? 8
12. How many teams in a game of hockey? 2
13. How many people on a football pitch in a game of football? 23 (includes the ref & 2 teams)
14. How many on a beach volleyball team? 2
15. How many players in a football team and 2 beach volleyball teams? 15
16. How many on a tennis doubles team? 2
17. How many letters in the word FOOTBALL? 8
18. How many different sports in next Summer's Tokyo Olympics? 33
19. How many players in a hockey team? 11
20. How many players in 3 football teams? 33

### **TRY MAKING SOME UP OF YOUR OWN**

## **Round 4 - Photo Quiz**

### **What do you need?**

- You can either print the photos off with a copy for each team or you can display them on a laptop/iPad for all to see.
- Paper & pen for each team to write down answers

### **What do you do?**

- Give the teams 5 mins to answer as many questions as possible. Encourage teams to ask the children first rather than adults giving all the answers.
- After 5 minutes is up, read out answers to see which team have got the most questions right.

1



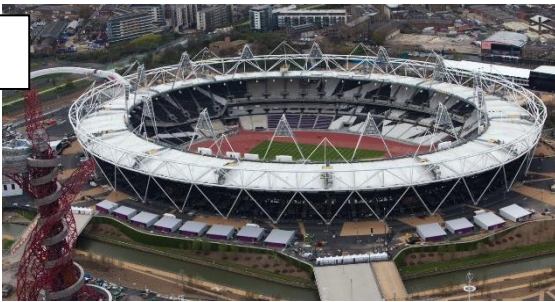
Who is this famous Olympian?

2



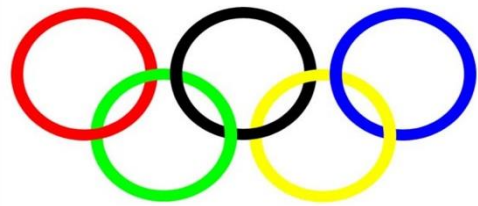
Who is this up and coming Olympic star?

3



Which Olympic Stadium is this?

4



What do the Olympic rings represent?

5



Which Olympic sport?

6



Which Olympic sport?

7



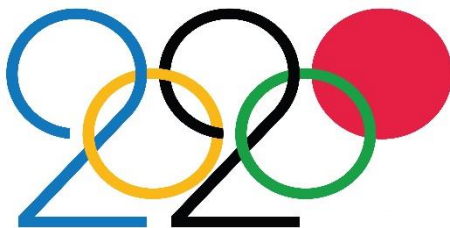
Which Olympic sport?

8



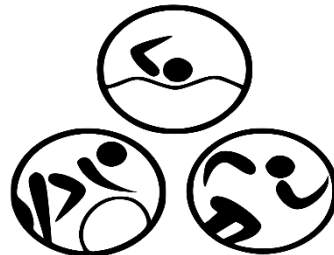
Which Paralympian?

9



What does this logo represent?

10



Which Olympic sport does this logo represent?

## Photo Quiz Answers

1. Who is this famous Olympian?  
*Usain Bolt*
2. Who is this up and coming Olympics star?  
*Sky Brown*
3. Which Olympic Stadium is this?  
*London 2012*
4. What do the Olympic rings represent?  
*The colours used in all the flags of the world*
5. Which Olympic sport is this?  
*Judo*
6. Which Olympic sport is this?  
*Handball*
7. Which Olympic sport is this?  
*Women's Rugby 7's*
8. Who is this famous Paralympian?  
*Hannah Cockcroft*
9. What does this logo represent?  
*Tokyo 2020 Olympics – note use of the Japanese flag*
10. Which Olympic sport does this logo represent?  
*Triathlon – swimming, cycling & running*

## Round 5 - Olympic Charades

### What do you need?

- Cut up all the cards and fold them into 4 – place them in a bowl/pot/basket. You will need 2 bowls – 1 to put the easier children's clues in and the other to put the harder adult/older children clues in.

### What do you do?

- 1 player from 1 team comes to the front at a time. The game leader will say 'go' and time for 30 seconds. The player will pick a paper from the appropriate basket and start trying to describe their word to their team – they can talk, but mustn't mention what's on their paper and they can use actions.
- If their team shout out the answer they keep the piece of paper and take another one from the basket. If, at the end of 30 seconds, they have one uncompleted they must fold it back up and return it to the basket,
- The other team then get a turn.
- You can keep going until all the papers have gone, or earlier if you wish. The team with the highest number of
- papers will win.





<b>Easier</b> (younger children)	<b>Harder</b> (Older children/adults)	
Basketball	Referee	Football
Triathlon	Sweating	Olympic Rings
Gymnastics	Synchronised Swimming	Triple Jump
Olympic Medals	Marathon	World Record
Table Tennis	Athletics Blocks	Spectators
Beach Volleyball	Olympic Torch	Running Spikes
Usain Bolt	Tokyo Olympics	Relay Change Over
Mo Farrah	Opening Ceremony	Brownlee Brothers
Javelin	Jessica Ennis-Hill	Cycling Time Trial

Flags	Ellie Simmonds	Tennis Umpires Chair
Hockey Stick	Velodrome	Athletics Track
Tennis Racket	Shuttlecock	10m diving board
Diving	Serena Williams	Commentator
Back Crawl	Water Polo	TV Camera man/woman
Wheelchair Marathon	Shuttlecock	High Jump
Long Jump	Sailing	Decathlon
Rowing	TV presenter	Heptathlon
Surfing	Closing Ceremony	Swimming Butterfly
Weightlifting	Medal Table	Disqualified

## Round 6 - Olympic Treasure Hunt

### What do you need?

- A game leader who can read out the items that need to be found.

### What do you do?

- Game leader reads out 'Your team is preparing to leave for the Tokyo Olympics and must pack a bag. You will be given 5 items that you need to pack. The first team getting all 5 items back here first will win that round.'
- The game leader then reads out the items needed for round 1 and says 'go'.
- On 'go' the teams have to find those items as quickly as they can and return them to their base.

### Round 1

A pair of socks, 1 trainer, a water bottle, a tooth brush & a book

### Round 2

A phone, a pair of pyjamas, a hat, some money (1 coin or note), 1 item of food

### Round 3

1 toy, a coat, a pillow, some shampoo, sunglasses

### Round 4

A towel, deodorant, a ball, 1 piece of fruit or vegetable, 1 piece of ID

### Round 5 – Colours of the GB flag

1 thing that is RED, 1 thing that is WHITE & 1 thing that is BLUE

