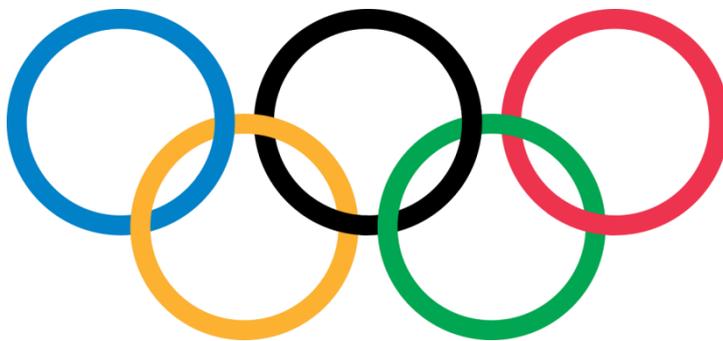


Kirtlington School

VIRTUAL OLYMPICS



Are you ready to test yourself, have fun and raise money for school? Then it's time to take the Olympic Challenge: 10 activities, a shiny certificate for the best effort in each one (KS1 and KS2) and a gold certificate for the biggest fundraiser! Deadline: 19th October

Please remember to social distance if you are doing these activities out and about! And do take care – please don't attempt anything you're not confident with, it's just for fun!

Name of athlete: _____

Sponsors

Name	Address (including postcode if you are able to gift aid)	Sponsor amount per activity	Total to collect

Please return your sponsorship money by bank transfer if possible (use your child's name as a reference):

Kirtlington School Friends

account number: 01007790

sort code: 30-90-77

Alternatively, return cash or a cheque made payable to 'Kirtlington School Friends' to school in an envelope.

1. Athletics: Long jump

Your longest jump from a standing start, measured from the back of your heels when you land.

Your result: _____

2. Athletics: 100m

How fast can you run? 100m is about the length of the football pitch at the village hall playing field.

Your result: _____

3. Athletics: 200m (KS1) / 400m (KS2)

Pace yourself but keep up the speed! Run the 100m 2 or 4 times!

Your result: _____

4. Cycling: KS1 1km / KS2 3km

Can you make the distance? How fast can you go - can you set a personal best?

Your result: _____

5. Basketball: KS1 bounce challenge/ KS2 basket challenge

Are you king of the court? How many bounces can you do before the ball escapes or how many baskets can you make in 1 minute? You can use the net at the Village Hall playing field or set up a hoop at home.

Your result: _____

6. Tennis:

How many times can you bounce a tennis ball on your racket or bat without dropping the ball?

Your result: _____

7. Gymnastics:

How many pencil rolls, forward rolls or cartwheels can you do in a row?

Your result: _____

8. Volleyball:

How many times can you volley a ball between you and a partner without dropping it?

Your result: _____

9. Shotput

Find yourself a football or bean bag, strike a shotput pose and see how far you can throw it.

Your result: _____

10. New event – hula hooping!

A special event for Kirtlington – how long can you hula hoop for without stopping?

Your result: _____