

I Bike

HOME OLYMPICS



 1 hour



Tape Measure, Sticky Tape, Stop watch

Home Olympics

Here at I Bike we've come up with a few fun events for you, so that you can hold your own mini Olympic challenge.

You can take part yourself, and see if you can improve your results with a bit of practice. Or even better challenge your family to take part and see who is the best at the various activities. Anyone is in with a chance at winning these competitions!

All you need to do is the follow the instructions for as many of the following activities as you want.

You can design medals for the winners!

Event 1– Star Jump Time Trial

Challenge: How many star jumps can you do in 60 seconds?

Instructions: Have a family member time you doing star jumps for 60 seconds. As you complete each star jump shout out the number so you can count how many you have done.

Try this event multiple times– can you improve your score each time?



Enjoy this activity? Tag us @SustransScot on [Facebook](#) and [Twitter](#).

Make sure you get permission first!

Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at www.ibike.sustrans.org.uk



Event 2– High Jump

Challenge: How high can you jump?

Instructions: Firstly, measure your height, in centimetres.

This game is all about who can jump the highest. To make it fair for everyone we will be comparing who can jump the highest compared to their own actual height.

Take some sticky tape and hold it in your hand

Then jump as high as you can and stick this tape to the wall at the highest point you can reach. Take a few practice goes before you have your real measured jump.

Once you have completed your jump and your sticky tape is as high as you can reach, get someone very tall to measure the height of your tape. Then simply divide the height of your tape by your actual height. E.g. I am 184cm tall, if we measured my sticky tape at 250cm my result would be $250 / 184 = 1.36$.



Event 3– Long Jump

Challenge: How far can you jump?

Instructions: This is another test of your jumping. This time the challenge is to see who can jump the furthest. Again the challenge is who can jump the furthest in relation to their overall height.

This is best done outdoors if possible. Mark a starting point on the ground. Stand with both feet on this starting point to begin your jump. Stand up tall, slightly bend your knees and lower your hips, and then LAUNCH yourself forward swinging your arms to give you added momentum. Land on both feet and hold your landing place until someone can measure the distance from starting point to landing point. Divide this distance by your height to get your result for the long jump. Try multiple times– can you improve your length?



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Event 4– Tattie and Spoon

Challenge: A race against the clock carrying a tattie with a spoon.

Instructions: Decide on your race course. The best would be a lap of your garden or outside walls of your house, but if that's not possible it could be race from your back door, through your house to your front door.

Each racer takes turns to run the course while someone else times your run. The aim is to get through the course as quickly as possible without dropping the tattie. If you drop the tattie you must stop and reset it on your spoon before restarting.

Repeat the course– can you best your time?



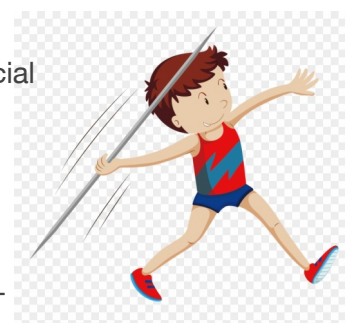
Event 5– Spaghetti Javelin

Challenge: Hit the target with your spaghetti stick javelins.

Instructions: In the javelin event participants test how far they can throw a special stick known as a javelin. In our home Olympics we have a special twist in our challenge. For the javelin you must use an uncooked spaghetti stick and rather than just measure distance we want to see how accurate your throws can be.

Mark a start line, then place 3 saucepans in front—one 1 metre, one 1.5 metres and one 2 metres from the line. The aim is to land the spaghetti stick in a saucepan. The further away the saucepan it lands in, the more points you get for that throw. The closest saucepan gives you 1 point, the middle pan is 2 points and the furthest away pan is 3 points.

Each person gets 5 throws and at the end add up all your points to get your result. Most points wins.



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