

Toky-home 2020

Olympic Triathlons

The events below are designed to provide the medical needs students of Oxfordshire Hospital School, and beyond, with accessible and varied physical activity options whilst at home. They tie in to our own personal development curriculum with connections to the LORIC programme, along with relevance to some of the “Every Child Should” activities that we encourage through our curriculum.

You will find an “S G search” word alongside some of the event titles. If you wish to explore specific sports further please visit <https://www.yourschoolgames.com/> and type the key word(s) into their “our sports” search box.

Please share your experiences with us via Twitter -  @OxHospSchool

TRIATHLON 4 Play for fun or complete a challenge. Print off this record sheet to log what you have done! [Supporting videos online](#)

Tri	EVENT	OUTLINE	WHAT YOU NEED	CHALLENGES	Personal Development	I did this ✓
4	Multitasking games	Activity that requires participants to follow an instruction whilst completing a colour command / sequence. For older participants this game encourages memory building, for younger participants it practices active listening. <i>Score sheet and video available</i>	Coloured card / spots	<ul style="list-style-type: none"> How many can you get correct in a row before you make a mistake? Complete 10 without a mistake 	LORIC practice 5 ways to wellbeing	
	Balloon cricket S G search – Cricket, table cricket	Players try to hit a balloon to target areas to score – score sheets of 2, 4, and 6 placed around playing space or gates marked out in garden with specific scores assigned. Players get 10 ‘good bowls’ to try and score as many points as they can by striking the ball against / through target areas. <i>Score sheet and video with accessibility options</i>	A balloon A bat or utensil to strike with (this could be something like a badminton racket or a spatula!)	<ul style="list-style-type: none"> Highest score from 1 set of 10 bowls (an over) 	LORIC practice 5 ways to wellbeing	
	Toy Car Kurling S G search- New age kurling	A target game where you roll toy cars to stop on, or as close to, a target as you can. <i>Supporting video available with accessibility options</i>	10 toy cars – ideally 5 of one / similar colour and 5 of another. (see video for how we did this) A circle target	<ul style="list-style-type: none"> 1v1 or 2v2 match, best of 7 ends / rounds Individual challenge – can you get 3 out of 5 cars to stop on the target? 	LORIC practice 5 ways to wellbeing	