

# 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 1** 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 ✓
1	1, 2, 3 reactions!	A table top reactions game. For greater levels of activity you can spread number cards around the room. Place the number cards in random order across the table / around the room. Player has to touch or collect each number in order as fast as possible. <i>Record sheet and video available with variations</i>	Cards / sheets of paper numbered 1 to 20	<ul style="list-style-type: none"> <li>Your fastest time to touch / collect all</li> </ul>	LORIC practice 5 ways to wellbeing	
	Boccia  <b>S G search</b> - Boccia	A paper ball version of the popular Olympic sport. Played sitting down, can be made more accessible through use of ramp or different body parts to move balls, or played table top. <i>Score sheet and video available with accessibility options</i>	13 pieces of A4 paper 2 different coloured felt tip pens or paint Hard back book (if ramp needed)	<ul style="list-style-type: none"> <li>Team v team, highest score from 6 ends / rounds.</li> </ul>	LORIC practice 5 ways to wellbeing	
	I like to move it! Mobilisation!	A 5 minute routine of mobilisation activity, designed as a gentle warm-up to the day or a study break routine. Accessible exercises included. <i>Video and record sheet available</i>	Chair	<ul style="list-style-type: none"> <li>Can you do the routine daily? – tick it off on the record chart</li> </ul>	LORIC practice 5 ways to wellbeing	