

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 2 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 ✓
2	Photography	Use the resource provided to learn some basic photography skills and then put them to the test with the 5 photo challenge. Explore the house, the garden, or out and about on a local wellbeing walk. <i>Supporting resource and video available</i>	Digital camera or camera phone	<ul style="list-style-type: none"> 5 photo challenge 1. a black and white photo 2. a photo with a shadow in it 3. a photo of texture 4. a photo using the framing technique. 5. a sports themed photo Share with us (Twitter - @OxHospSchool) 	Flamingo 50 – no 26 LORIC practice 5 ways to wellbeing	
	Balloon volleyball <i>S G search - volleyball</i>	As per normal volleyball...but more home friendly! Players try to get the balloon to hit the floor on their opponent’s side, or for their opponent to not be able to return the balloon successfully. This can be played standing or sitting, and with a beach ball if you need something heavier for outdoor play. <i>Score sheet and video with accessibility options</i>	Balloon / beach ball Something to act as a net (e.g. string)	<ul style="list-style-type: none"> Longest rally 1v1 or 2v2 match, first to 11 	LORIC practice 5 ways to wellbeing	
	Bucket Toss	Place the bucket and stand 1m+ away (further for older children / adults) with the balls. Start a 1 minute timer and try to get as many balls as you can to land in the bucket during the time. <i>Score sheet and video available with accessibility options</i>	Bucket or bin Paper balls (could use those created for boccia)	<ul style="list-style-type: none"> Highest score in 1 minute 	LORIC practice 5 ways to wellbeing	

LORIC  = Leadership – Organisation – Resilience – Initiative – Communication

5 ways to wellbeing = Be Active – Keep Learning – Give – Connect – Take Notice