


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 3 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 ✓
	Laundry Dash	A life skills linked physical activity; participants take items of laundry, one at a time, from the laundry basket to the washing machine. Accessible variations included. <i>Record sheet and video with accessibility options</i>	Laundry basket and machine (or items that can mimic this)	<ul style="list-style-type: none"> Your fastest time for 10 items in the machine 	LORIC practice 5 ways to wellbeing Flamingo 50 – no 42	
	Polybat S G search - polybat	A cross between table hockey and table tennis. Line the sides of the table with a card barrier to stop the ball. The aim is to get the ball off the end of the table at the opponents aim. Players move the ball back and forth with a paddle bat of some kind (table tennis bat, spatula). <i>Score sheet and video available</i>	Paddles A table Thick card Paper ball	<ul style="list-style-type: none"> 1v1 match, first to 11 and best of 3 games. Longest cooperative rally without ball touching the sides or needing a double touch. 	LORIC practice 5 ways to wellbeing	
	Orienteering S G search- orienteering	Practicing how to orientate and read a simple map. Participants set up a grid of coloured objects in the pattern shown on the maps, select one of the 5 maps and attempt to move between objects as mapped out on the route card. Alternatively participants can practice communication skills by directing another through the chosen route. <i>Maps, score sheet and video available</i>	Printed rainbow route cards 3 x blue objects 3 x green objects 3 x red objects 3 x yellow objects	<ul style="list-style-type: none"> How quickly can you do a 5 point route Print a map of your town or village and circle the street where you live, and label 4 other features on the map. 	Flamingo 50 – elements of no 1 and no 29 LORIC practice 5 ways to wellbeing	