

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 5 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 ✓
5	Dance! Dance! Dance! S G search- Dance	Provide a selection of about 10 different household objects and toys. Learners pick an object and come up with a dance move that represents that object. Once you have created a move for each object, select a sequence and put the moves together into a dance routine. <i>Supporting video available</i>	A variety of household objects	<ul style="list-style-type: none"> Show us your best move (Twitter - @OxHospSchool) 	LORIC practice 5 ways to wellbeing	
	Spikeball	A 1v1 or 2v2 game similar to tennis, where you strike a ball onto a central target on the ground rather than over a net. For a competitive match, play first to 11 and best of 3 games. <i>Score sheet and video available with accessibility options</i>	A ball that will bounce A hard surface (indoors or outdoors, could be large hardback book)	<ul style="list-style-type: none"> Longest rally 	LORIC practice 5 ways to wellbeing	
	Design your own game	Using the equipment you have at home, sporting and other household items, create your own game or challenge that gets you physically active. <i>Supporting resource available</i>	Your choice!	<ul style="list-style-type: none"> Create a rules leaflet, poster, or video Share with us (Twitter - @OxHospSchool) 	LORIC practice 5 ways to wellbeing	