

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.



Please share your experiences with us via Twitter - @OxHospSchool

BONUS – LORIC pentathlon Play for fun or complete a challenge. Print off this record sheet to log what you have done! *Supporting videos online*

week	EVENT	OUTLINE	WHAT YOU NEED	CHALLENGES	Personal Development	I did this ✓
6	Leadership	Set up and coach family members on how to play your favourite triathlon game. <i>Supporting resource available, refer back to video for game selected if necessary.</i>	Dependent on game chosen, refer back to relevant triathlon sheet.	<ul style="list-style-type: none"> As per game chosen – you could make a medal or trophy for the winner. 	LORIC practice 5 ways to wellbeing	
	Organisation	Get physical through household chores. Organise a rota to help your parents with the household tasks. <i>Supporting resource available</i>	Paper and pens or laptop / computer to create your rota	<ul style="list-style-type: none"> Turn one of your selections into a physical game – similar to laundry dash 	LORIC practice 5 ways to wellbeing	
	Resilience	Undertake a 60 second challenge from the Youth Sport Trust resources. Set your score with the first go and try to beat it at least once. If you find the challenge quite easy, see if you can beat your result 3 times in a row. <i>Resources available at:</i> https://www.youthsporttrust.org/60-second-physical-activity-challenges	Refer to YST resource card	<ul style="list-style-type: none"> Gain a medal marker – see YST challenge resource for target for each medal 	LORIC practice 5 ways to wellbeing	

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6	Initiative	Build a den or shelter in your home or garden <i>Supporting resource available</i>	Your choice but may include sheets, rope, chairs, and poles.	<ul style="list-style-type: none"> How many people can you fit in your shelter? Snap a picture and share with us. 	LORIC practice 5 ways to wellbeing	
	Communication	Play your favourite home based sport or physical game, this could be from one of the triathlons or another activity you like. Then either write a match report about how it went OR film it and then do a verbal commentary of what is happening. You could read your match report out or do your commentary in front of family. <i>Supporting resource available, refer back to video for game selected if necessary.</i>	Dependent on game chosen, Paper and pens or laptop / computer to write report or phone /camera to record video	<ul style="list-style-type: none"> Share with your family 	LORIC practice 5 ways to wellbeing	