

# Kiddolympics

## 2021



### LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

DIFFICULTY: ★



# SAFETY GUIDELINES

## BEFORE EXERCISE

- Wash hands before exercising.
- Ensure that all children are feeling well prior to taking part in the activities.
- Ensure all children are well hydrated.
- Ensure all equipment are safe to use (no broken parts and sharp edges).
- Clear your space and ensure the floor is dry (Only designated props/equipment should be in the space).

## DURING EXERCISE

- Conduct activities in small groups.
- Keep a safe distance from each other throughout the session.
- Stay hydrated. Keep a bottle of water close by.
- Encourage each child to go at his/her own pace during physical exertion.

## AFTER EXERCISE

- Ensure all equipment/objects are cleaned/sanitised after each use.
- Wash hands after exercising.



LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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JOIN STAR RANGER FOR AN EXCITING OUTDOOR ADVENTURE AT  
BUKIT TIMAH HILL!

CHECK OUT THIS RESOURCE TO FIND OUT HOW TO SET UP YOUR  
ADVENTURE!

## Skills covered:

- HOPPING
- SKIPPING
- DYNAMIC BALANCING



## Duration:

EACH RESOURCE WILL TAKE 45 MINUTES TO COMPLETE.  
DON'T FORGET TO WARM UP BEFORE AND COOL DOWN AFTER ALL  
THE ACTIVITIES

45 MINUTES  
(SUGGESTED DURATION)





**LEVEL 1 (Resource 3)**

# **RANGER GAME ADVENTURE**

**Kiddolympics**  
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**Let's warm our bodies up before we start!  
We will do each exercise for 10 seconds.**

## **RUNNING:**

**RUN ON THE SPOT AS FAST AS YOU  
CAN LIKE YOU ARE IN A RACE!**



## **SWIMMING:**

**SWING BOTH ARMS FORWARD AS  
FAST AS YOU CAN LIKE YOU ARE IN  
A RACE!**



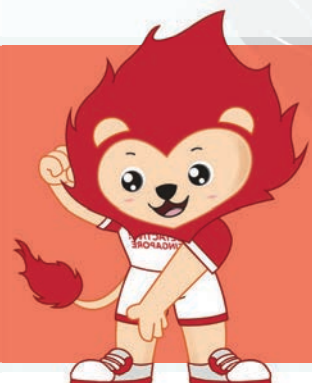
## **SOCCER:**

**KICK ONE LEG FORWARD ACROSS  
YOUR BODY FOLLOWED BY THE  
OTHER FOOT TOO, LIKE YOU ARE  
SHOOTING FOR GOAL!**



## **BASKETBALL:**

**"BOUNCE" THE BALL 3 TIMES  
BEFORE YOU JUMP AND SHOOT FOR  
THE HOOPS!**



## **GYMNAST:**

**LET'S SEE HOW FLEXIBLE YOU ARE!  
REACH ACROSS YOUR BODY AND TOUCH  
YOUR TOES WITH ALTERNATE HANDS.**

LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

**Kiddolympics**  
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## Activity 1 - Hopping up Bukit Timah Hill

Let's hop up the stairs to get to the top of Bukit Timah Hill with Star Ranger. Are you ready for an adventure?

### Activity Objective:

Hopping - To be able to maintain balance on one foot while simultaneously taking off and landing on the other .

### What you need:

- AGILITY LADDER



OR

- COLOURED/MASKING TAPE





**LEVEL 1 (Resource 3)**

# **RANGER GAME ADVENTURE**

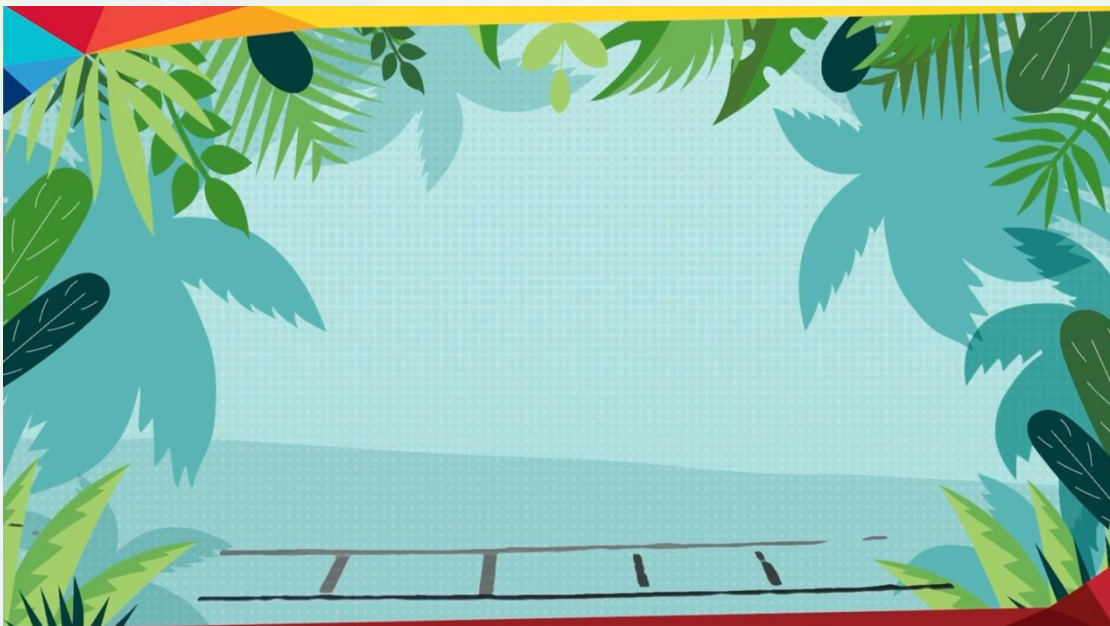
**Kiddolympics  
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**Set up with sports equipment per lane:**



**YOU CAN SET UP THE AGILITY LADDER WITHIN THE 3M X 2M PLAY AREA.**

**Set up with DIY equipment per lane:**



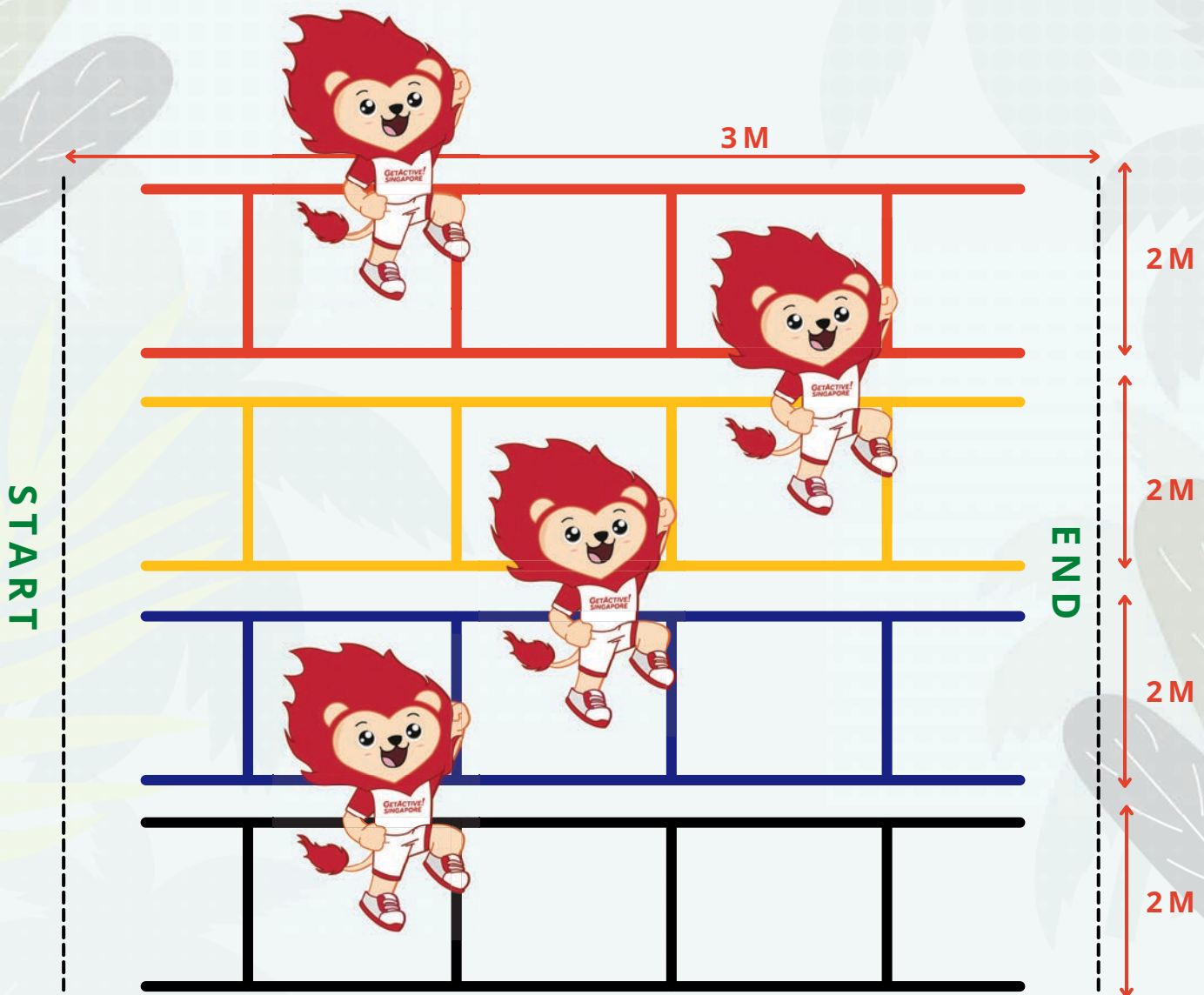
LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

**Kiddolympics**  
2021

## Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
- ONE LANE CAN ACCOMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.  
(SUGGESTED SIZE OF EACH LANE)





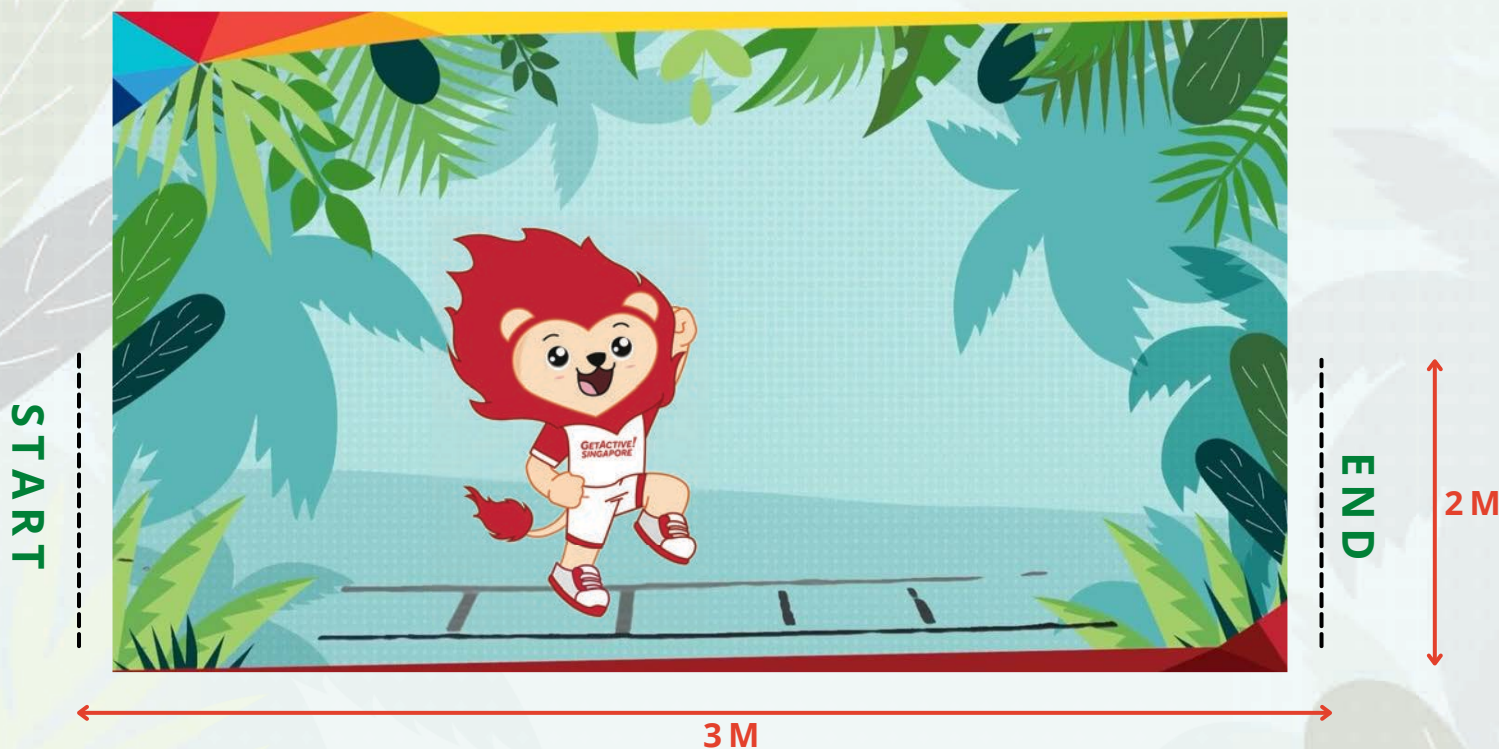
LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

**Kiddolympics**  
2021

## Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
- EACH LANE IS ESTIMATED TO BE 3M BY 2M.



## Set Up Tips:

- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN THE QR CODE)



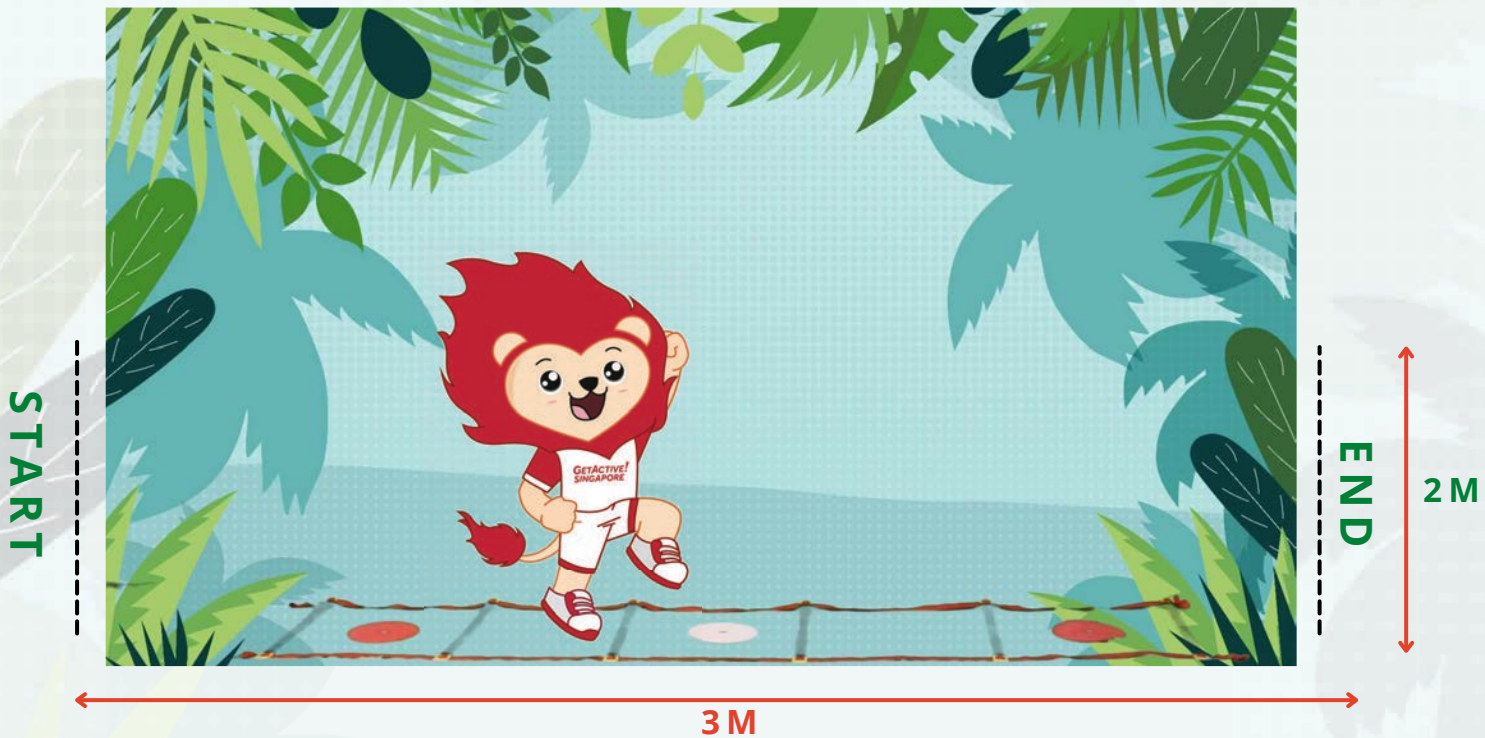


LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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## Activity progression and variation:



- CHALLENGE THE CHILDREN BY PLACING AN OBJECT (FLAT DOT/MARKER/NEWSPAPER BALL) IN EVERY ALTERNATE SPACE.
- THE KIDS WILL HAVE TO HOP HIGHER AND FURTHER NOW, OVER THE OBSTACLE AND LAND ON ALTERNATE SQUARE.
- ADJUST THE SPACE BETWEEN EACH RUNG OF THE LADDER ACCORDING TO THE CHILDREN'S CAPABILITIES.
- TRY HOPPING SIDWAYS TOO AS A PROGRESSION
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN THE QR CODE)



LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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HOPPING

## Teaching Tips :

- ENCOURAGE CHILDREN TO HOP ACROSS THE LADDER TO GET TO THE TOP OF BUKIT TIMAH HILL.
- GUIDE THEM BY PROMPTING THEM TO "SWING THEIR ARMS IN THE OPPOSITE DIRECTION OF THEIR PUMPING LEG AND LEAN FORWARD".
- REMIND THE CHILDREN TO BEND THEIR NON-SUPPORTING LEG AND SWING IT BACK AND FORTH LIKE A PENDULUM TO LIFT THEM OFF THE GROUND. PROMPT THEM TO "SWING YOUR ARMS AND THE OTHER LEG. HOP!".
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)





LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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## DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN AGILITY LADDER!

### Create your own Agility ladder:

1. GET A ROLL OF COLOURED/MASKING TAPE AND PASTE TWO PARALLEL LINES BETWEEN THE 3M X 2M PLAY AREA.



2. PASTE PERPENDICULAR LINES TO CREATE THE RUNGS OF THE LADDER. ENSURE THAT EACH RUNG IS EQUAL DISTANCE BETWEEN EACH OTHER.

*\*SPACE BETWEEN EACH RUNG CAN BE CHANGED ACCORDING TO THE CHILDREN'S ABILITIES.*



LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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## Activity 2 - Skipping through the forest

Let's enjoy the nature as we skip through Bukit Timah Hill with Star Ranger.

### Activity Objective:

Skipping - A combination of taking a step and a hop with the same foot before repeating with the other.

### What you need:

- CONES



OR

- COLOURED/MASKING TAPE



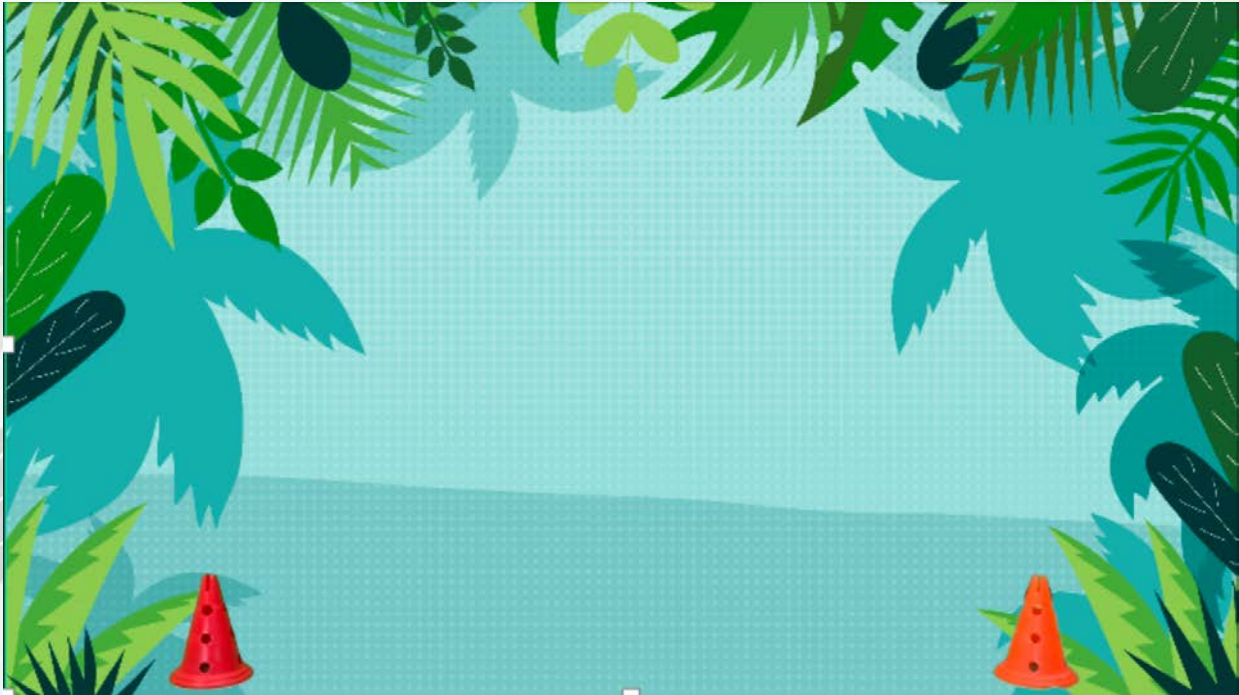


**LEVEL 1 (Resource 3)**

# **RANGER GAME ADVENTURE**

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**Set up with sports equipment per lane:**



**YOU CAN PLACE THE START AND END CONE WITHIN THE 3M X 2M  
PLAY AREA.**

**Set up with DIY equipment per lane:**



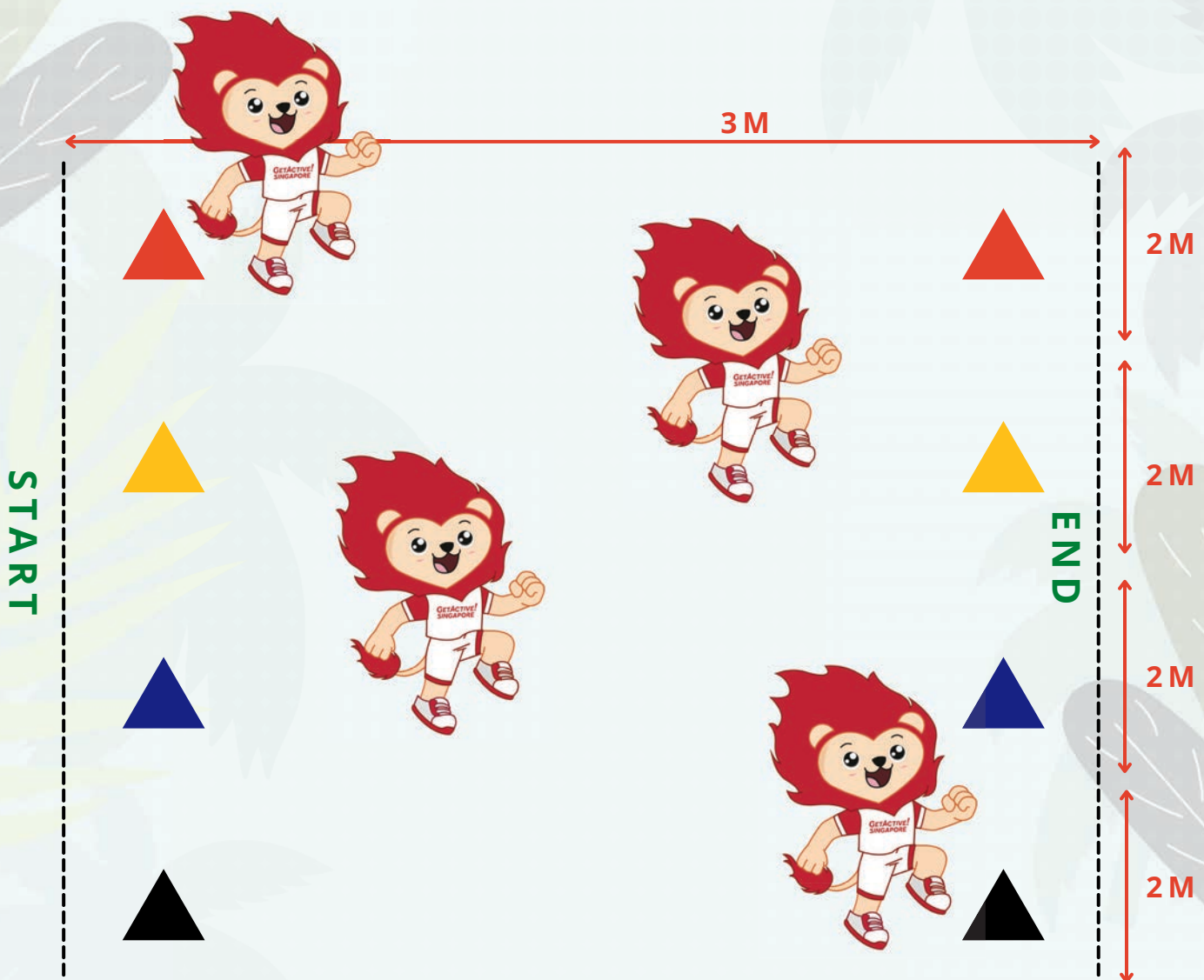
LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

**Kiddolympics**  
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## Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 3-5 LANES, DEPENDING ON THE NUMBER OF CHILDREN YOU HAVE.
- ONE LANE CAN ACCOMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.  
(SUGGESTED SIZE OF EACH LANE)





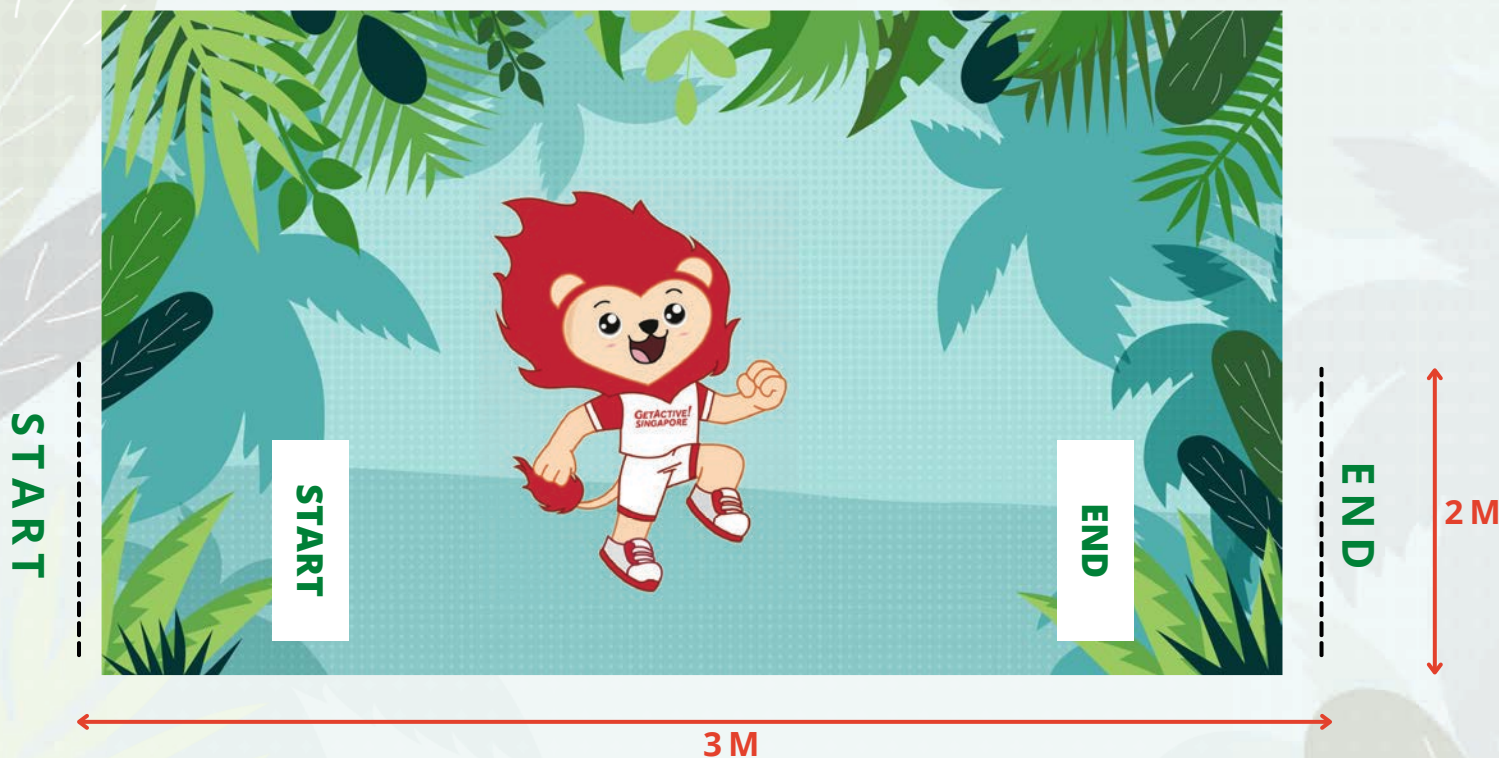
LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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## Set up at home:

- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
- EACH LANE IS ESTIMATED TO BE 3M BY 2M.



## Set Up Tips:

- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN THE QR CODE)

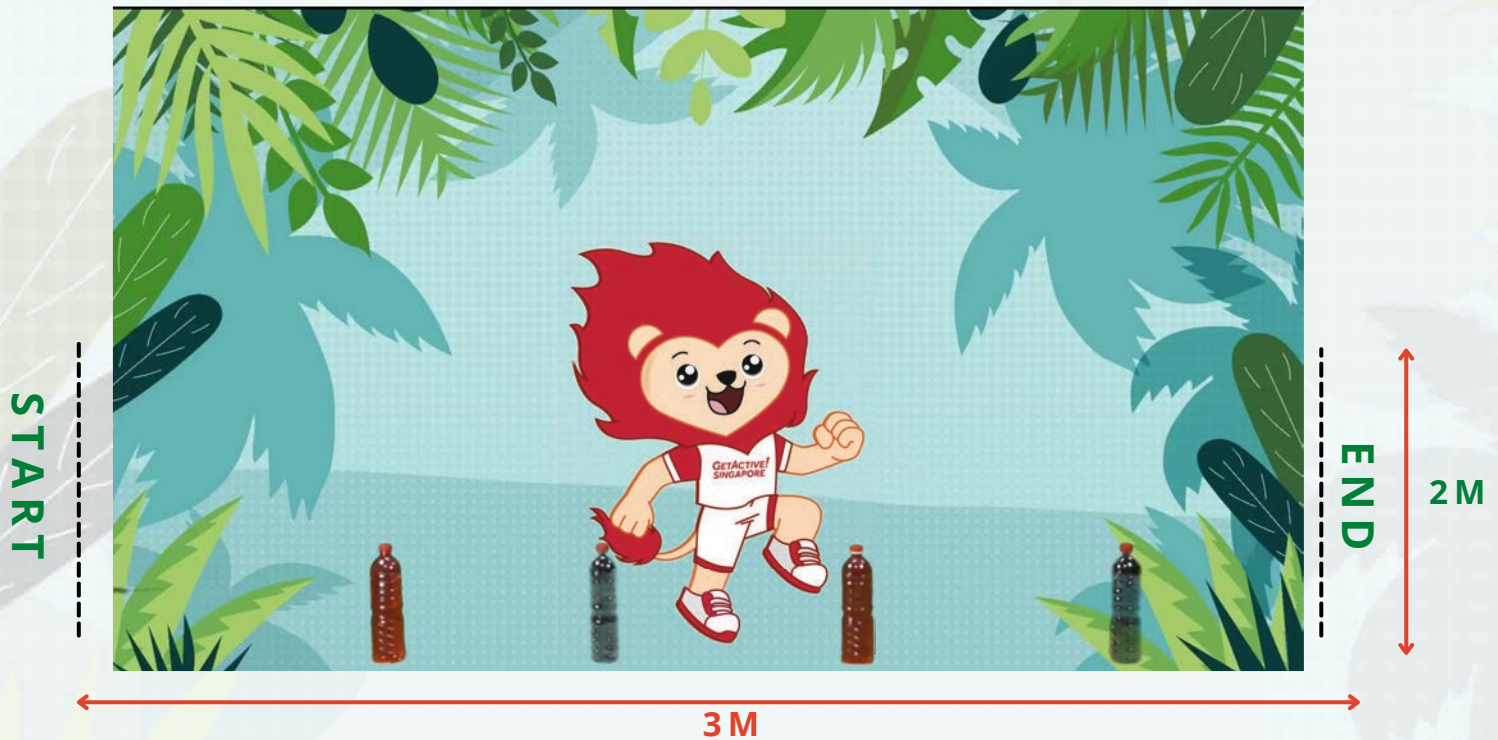


LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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## Activity progression and variation:



- PLACE 4 CONES/WATER BOTTLES 2 FEET APART IN THE PLAY AREA.
- ENCOURAGE THE CHILDREN TO SKIP IN A ZIG ZAG MANNER THROUGH THE CONES NOW.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN THE QR CODE)





LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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SKIPPING

## Teaching Tips:

- ENCOURAGE THE CHILDREN BY TELLING THEM TO SKIP THROUGH THE FOREST AND SPOT SOME PLANTS AND FLOWERS.
- GUIDE THEM WITH THE VERBAL CUES OF "STEP, HOP, STEP, HOP" (TO CREATE RHYTHM FOR SKIPPING).
- ENSURE THE CHILDREN MAINTAIN A LIGHT RHYTHMIC ARM SWING AND WEIGHT TRANSFER BETWEEN THEIR RIGHT AND LEFT LEG TO PROVIDE BALANCE AS THEY SKIP.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)



LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

**Kiddolympics**  
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## Activity 3 - Balancing on tree logs

Let's balance on the fallen tree logs at Bukit Timah Hill with Star Ranger.

### Activity Objective:

Dynamic balance - To be able to maintain balance while the body is moving.

### What you need:

- BALANCE BEAMS



OR

- COLOURED/MASKING TAPE



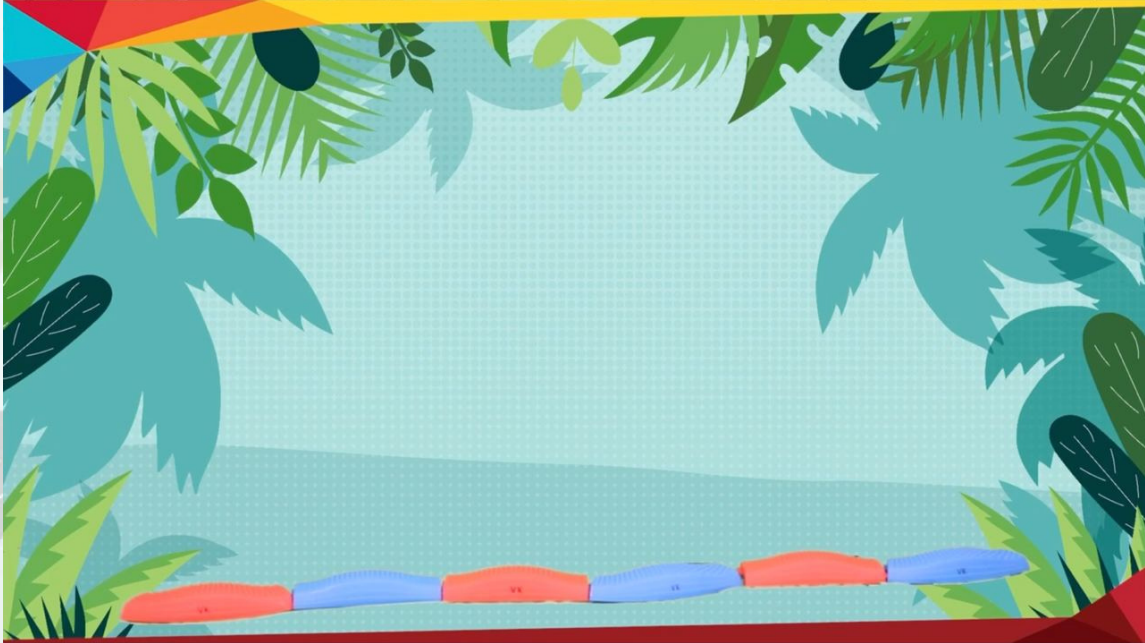


**LEVEL 1 (Resource 3)**

# **RANGER GAME ADVENTURE**

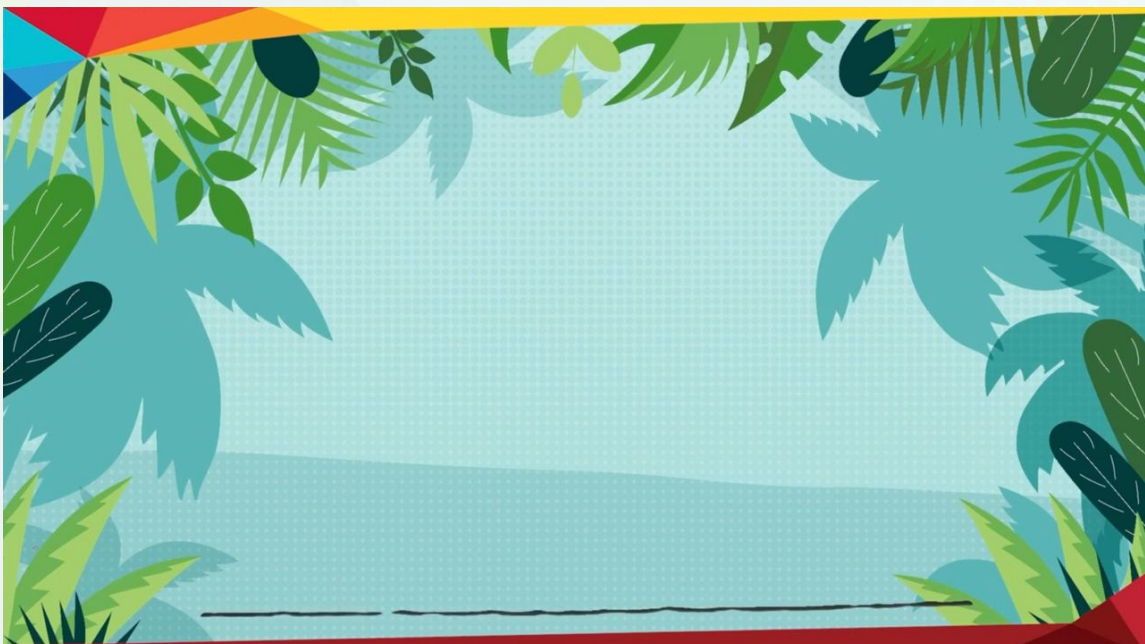
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**Set up with sports equipment per lane:**



**YOU CAN LAY THE BALANCE BEAMS IN A LINE WITHIN THE 3M X 2M PLAY AREA.**

**Set up with DIY equipment per lane:**



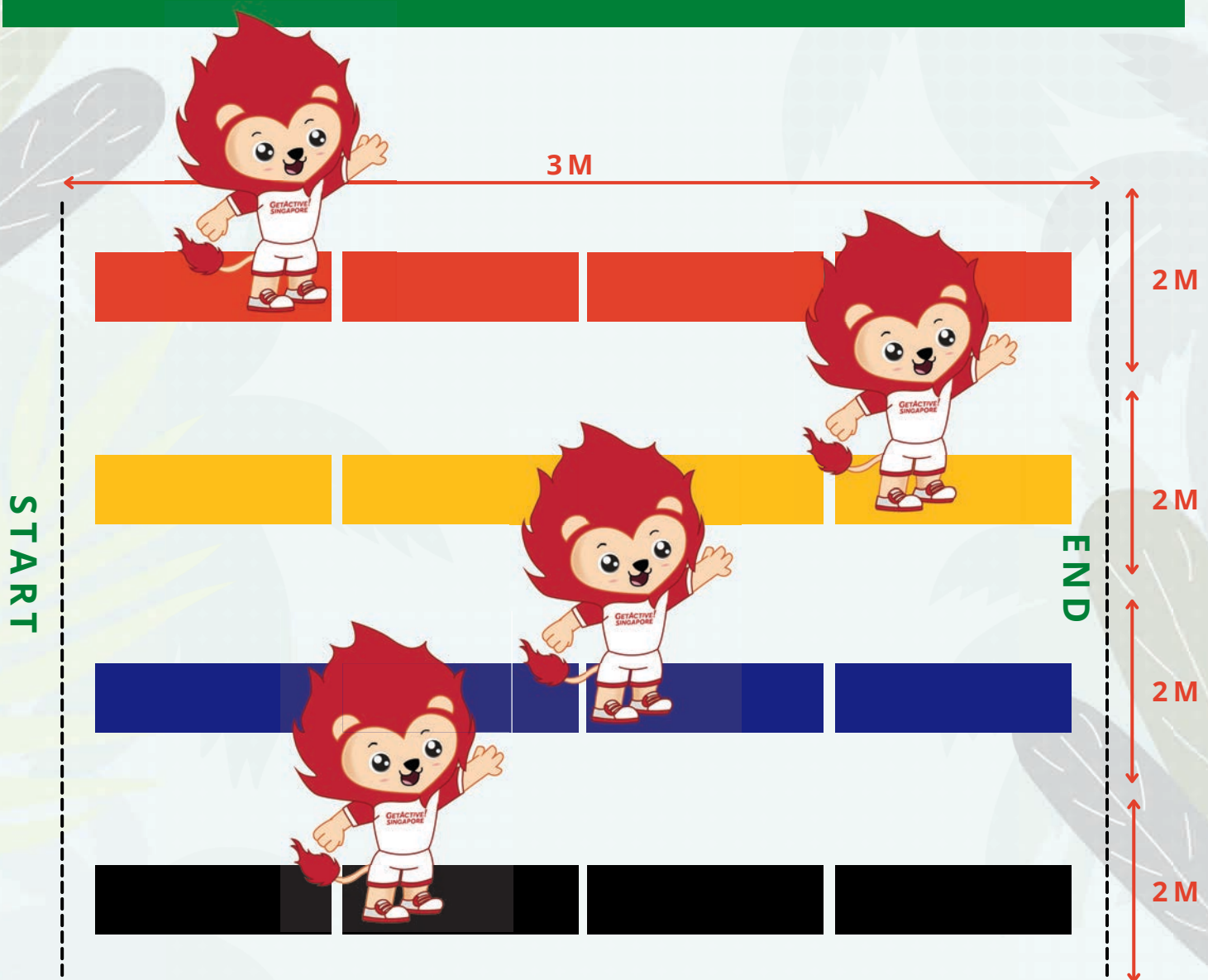
## LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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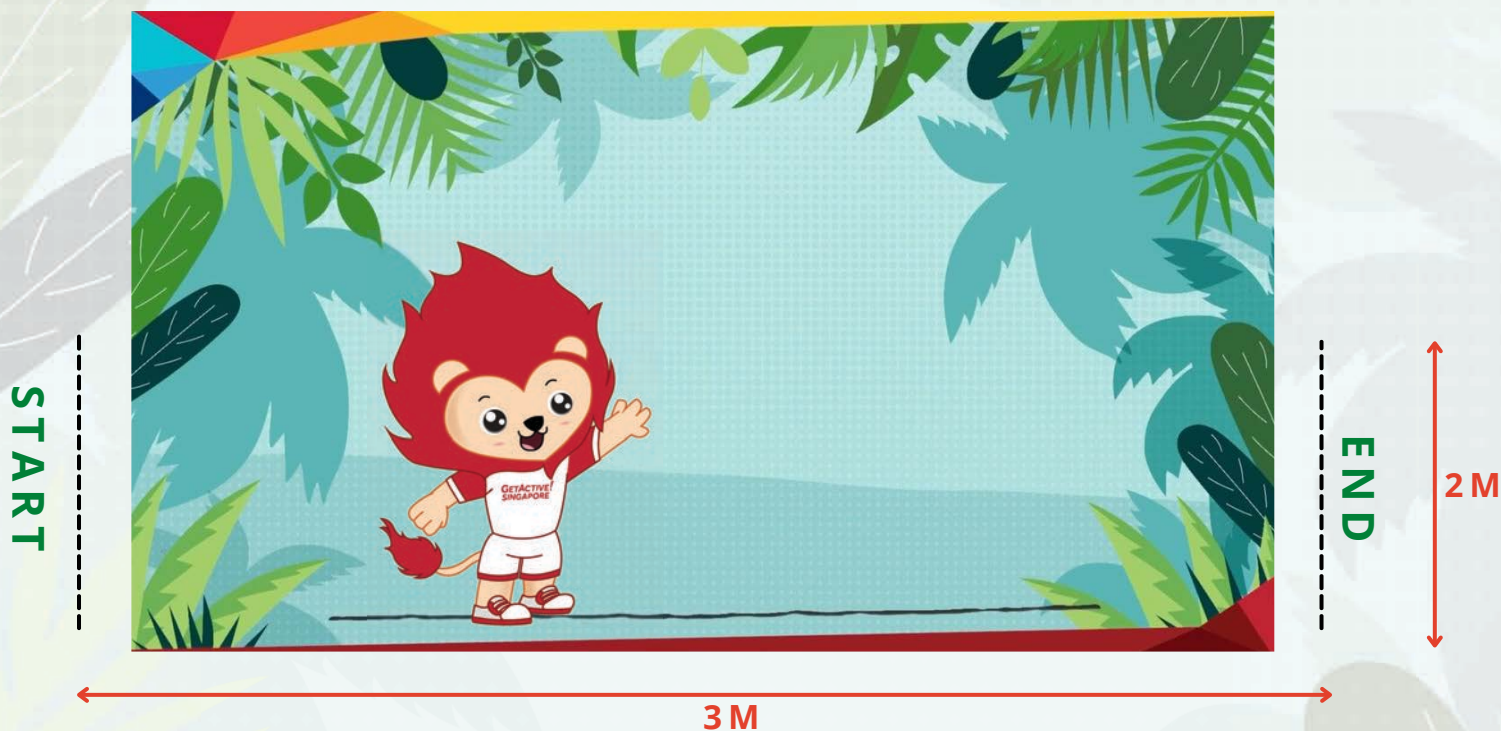
LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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- INDICATE A CLEAR "START" AND "END" POINT.
- SET UP 1 LANE.
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## Set Up Tips:

- TO MAXIMISE PARTICIPATION TIME, SET UP MORE LANES AND KEEP THE NUMBER OF CHILDREN IN EACH LANE SMALL.
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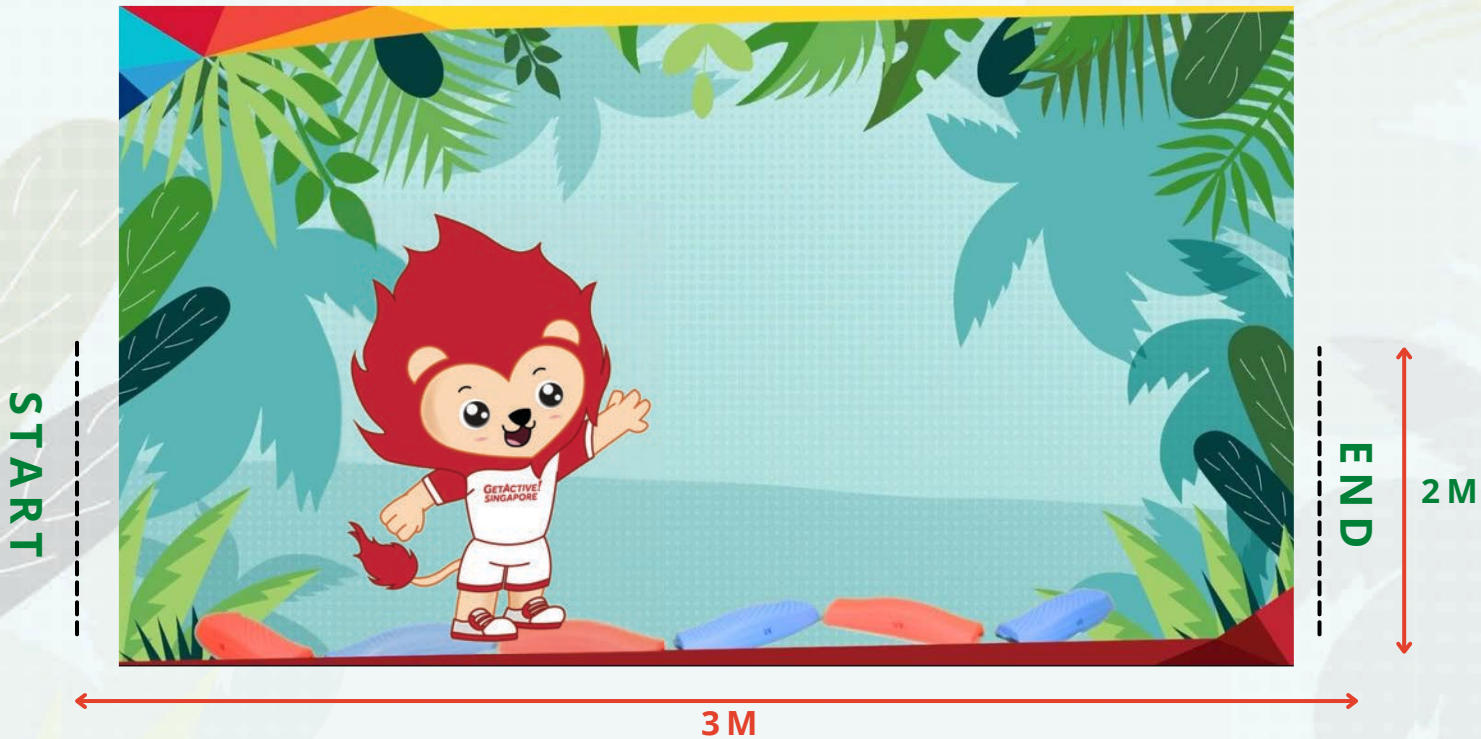


LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

**Kiddolympics**  
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## Activity progression and variation:



- LAY THE BALANCE BEAMS DIAGONAL TO EACH OTHER TO FORM A ZIG ZAG PATTERN.
- THIS WILL CHALLENGE THE KIDS TO TURN AND CHANGE DIRECTION WHILE MAINTAINING THEIR BALANCE.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN THE QR CODE)



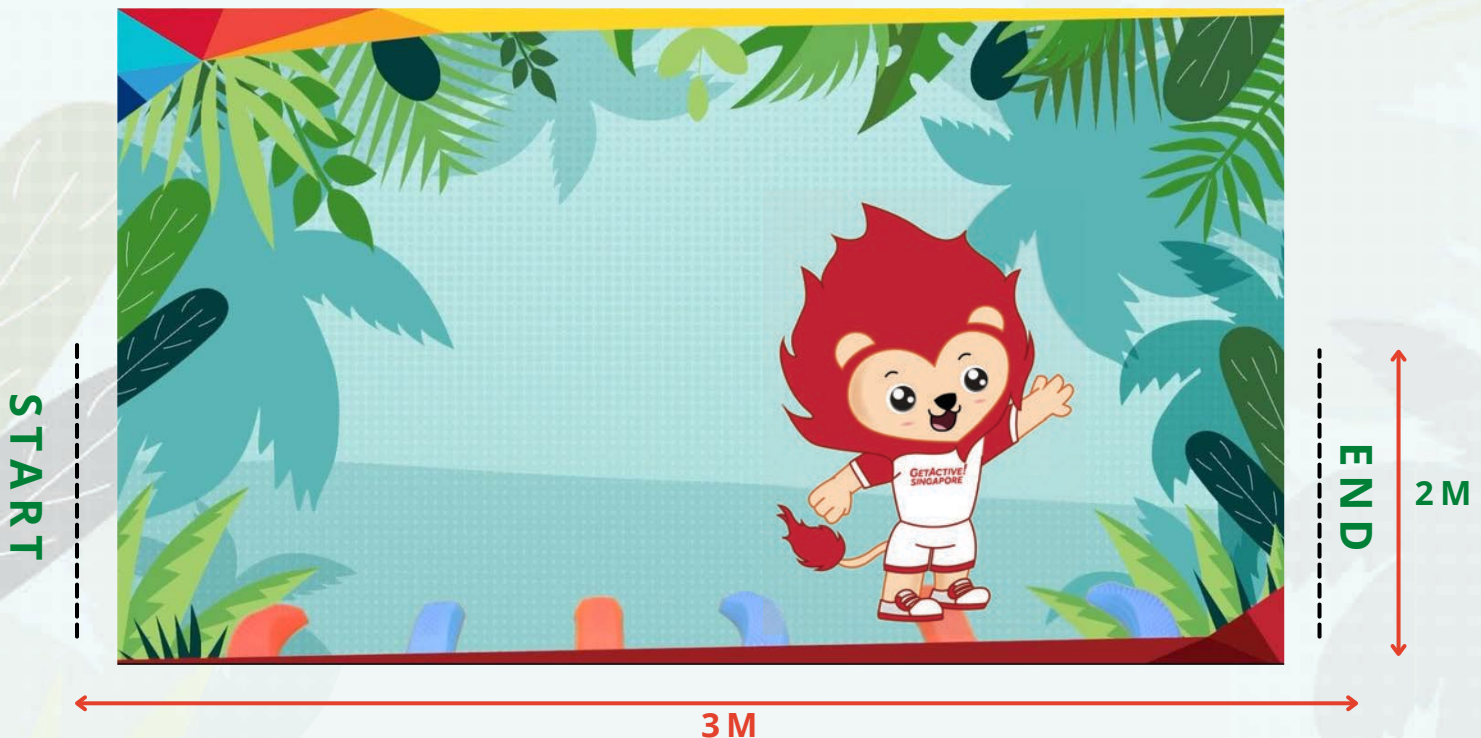


LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

**Kiddolympics**  
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## Activity progression and variation:



- LAY THE BALANCE BEAMS PARALLEL TO EACH OTHER TO FORM "STEPPING STONES".
- ENCOURAGE THE CHILDREN TO STEP FROM ONE "STONE" TO THE OTHER WHILE MAINTAINING THEIR BALANCE.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP SET UP GUIDE! (SCAN THE QR CODE)



LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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2021

## BALANCING Teaching Tips :

- ENCOURAGE THE CHILDREN BY TELLING THEM TO STAY ON THE TREE LOG TO AVOID THE ANTS/ CREEPY-CRAWLIES ON THE GROUND.
- REMIND THE CHILDREN TO "LOOK IN FRONT" TO MAINTAIN BALANCE.
- PROMPT THE CHILDREN TO "STRETCH YOUR ARMS OUT LIKE THE WINGS OF AN AIRPLANE" FOR BETTER BALANCE.
- TELL THE CHILDREN TO START SLOW AND TAKE SMALL STEPS FIRST. THEY CAN TAKE BIGGER STEPS ONCE THEY ARE MORE CONFIDENT.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)





LEVEL 1 (Resource 3)

# RANGER GAME ADVENTURE

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**Congratulations! You did it! Time to cool down...**

**We will do some Animal stretches and hold each stretch for 20 seconds!**

## GIRAFFE

PUT 1 HAND ON YOUR HIPS, AND STRETCH  
UP HIGH AND BEND TO THE SIDE WITH THE  
OTHER HAND.

HOLD IT THERE AND REPEAT ON THE  
OTHER SIDE!



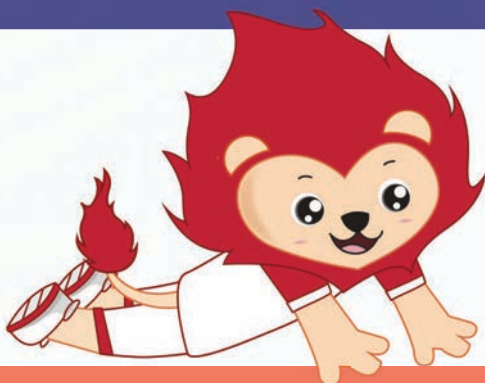
## FLAMINGO

BALANCE ON ONE LEG WHILE HOLDING  
ON TO THE ANKLE OF OTHER LEG AND  
PULL YOUR HEEL CLOSE TO YOUR BUTT.  
HOLD IT THERE AND REPEAT ON THE  
OTHER SIDE



## BUTTERFLY

LET'S TAKE A SEAT AND PUT THE SOLES OF  
YOUR FEET TOGETHER. NOW TRY TO  
BRING YOUR FOREHEAD CLOSE TO YOUR  
TOES AND HOLD IT THERE!



## SNAKE

LIE ON YOUR TUMMY AND PUSH  
YOUR CHEST OFF THE GROUND WITH  
YOUR HANDS. HOLD THE  
POSITION!



## DOG

FORM AN UPSIDE DOWN "V" WITH  
YOUR ARMS AND LEGS  
STRAIGHTENED. HOLD IT THERE!

# Kiddolympics

## 2021



# CONGRATULATIONS!

YOU HAVE COMPLETED LEVEL 1 OF KIDDOLYMPICS  
TRAINING AND EARNED THE FIRST BADGE.  
COLLECT YOUR BADGE ON THE NEXT PAGE...



# Kiddolympics

## 2021



NAME: