

# Kiddolympics

## 2021



### LEVEL 2 (Resource 4)

# 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.



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# RANGER GAME ADVENTURE

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IT'S TIME FOR ANOTHER ADVENTURE WITH STAR RANGER. THIS TIME WE'RE HEADING TO THE BEACH. ARE YOU READY TO BE FASTER, HIGHER AND STRONGER?

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

## Skills covered:

- DRIBBLING (FEET)
- DRIBBLING (LONG IMPLEMENT)
- KICKING



## 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 2 (Resource 4)

# RANGER GAME ADVENTURE

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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!



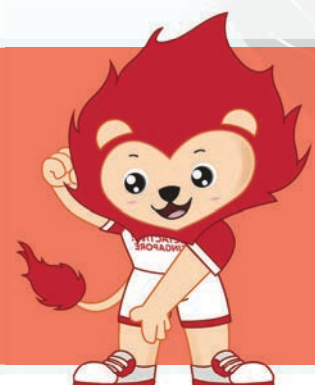
## **SOCCER:**

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 2 (Resource 4)

# RANGER GAME ADVENTURE

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## Activity 1 - Dribbling around the beach

Star Ranger found a coconut while walking at the beach. Can you dribble it around the lamp posts?

### Activity Objective:

Dribbling (Feet) - To be able to control a ball while travelling over a distance.

### What you need:

- CONES
- BALL



OR

- PLASTIC BOTTLES
- CARDBOARD
- NEWSPAPER
- MASKING TAPE
- PAINT
- PAINT BRUSH
- GLUE/DOUBLE SIDED TAPE
- LAMP POST PRINT OUT TEMPLATE IN A3 SIZE (ALTERNATIVELY)





LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

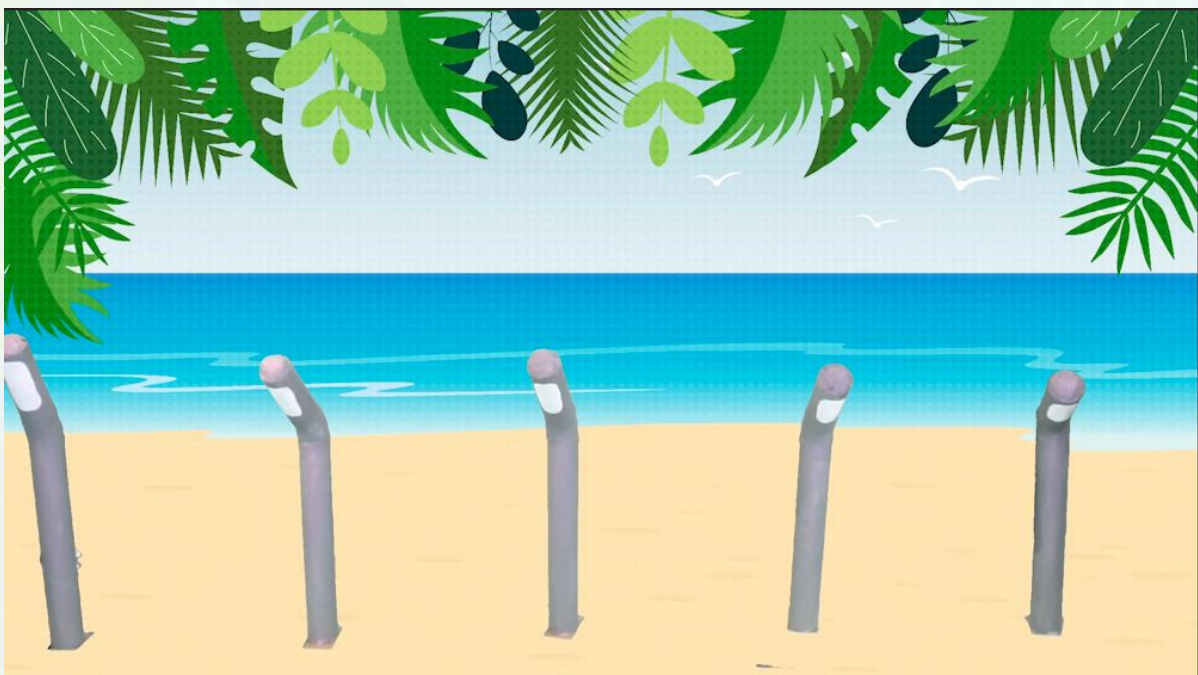
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**Set up with sports equipment per lane:**



**YOU CAN SET UP THE CONES WITHIN THE 3M X 2M PLAY AREA.  
ENSURE THAT EACH EQUIPMENT IS 2 FEET APART.**

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



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# RANGER GAME ADVENTURE

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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)





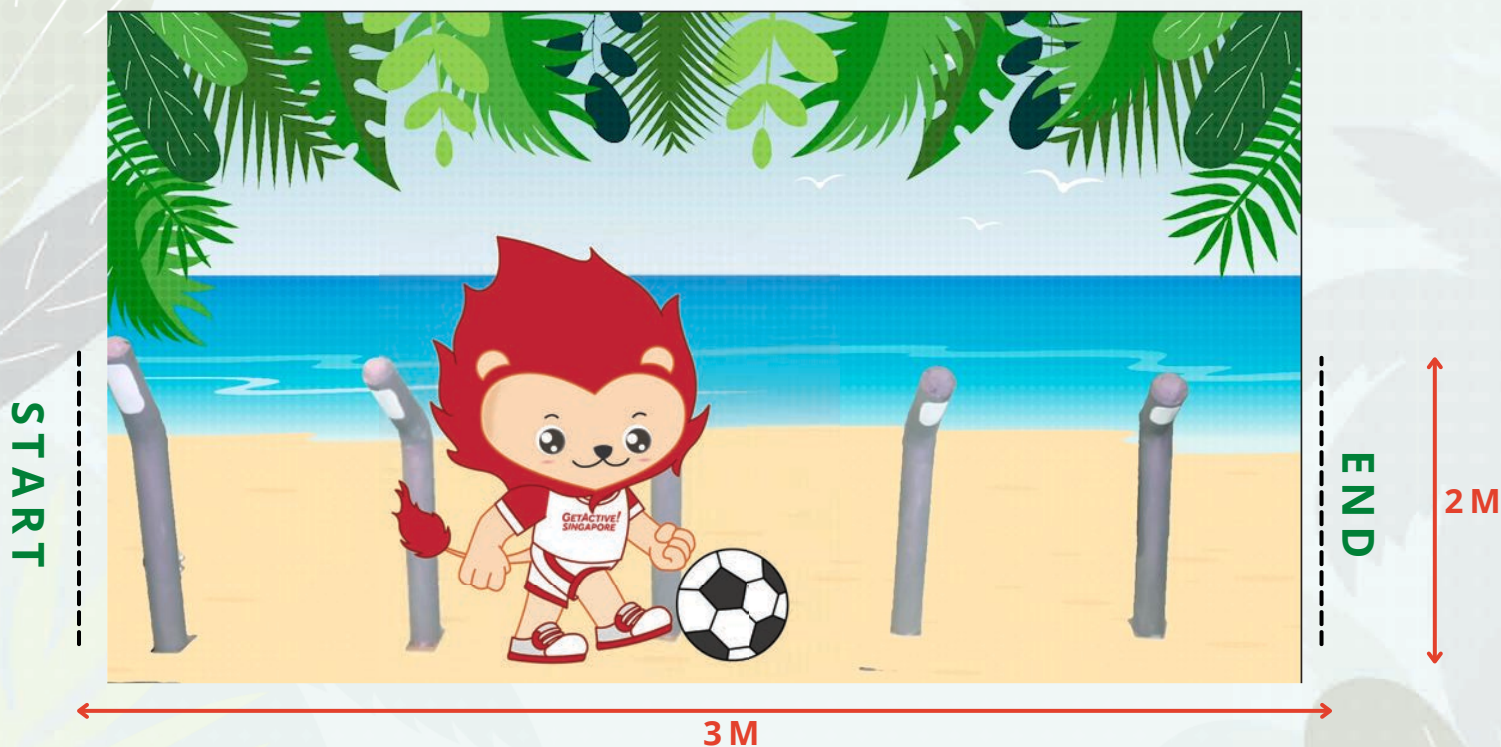
LEVEL 2 (Resource 4)

# 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 2 (Resource 4)

# RANGER GAME ADVENTURE

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## Activity regression and variation:



- GET THE CHILDREN TO DRIBBLE A CARDBOARD BOX INSTEAD OF A BALL
- ENCOURAGE THE CHILDREN TO EXPLORE THE BALL WITH SOLE ROLLS, INSIDE FOOT TAPS AND TOE TAPS
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN THE QR CODE)



LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

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DRIBBLING (FEET)

## Teaching Tips :

- GUIDE THEM BY PROMPTING THEM TO "PRETEND YOU'RE WALKING THE BALL. KEEP IT CLOSE TO YOUR FEET!".
- ENCOURAGE CHILDREN TO CONTACT THE BALL/CARDBOARD BOX WITH THE INSIDE/OUTSIDE OF THEIR FOOT.
- REMIND THE CHILDREN TO KEEP THE BALL/CARDBOARD BOX CLOSE TO THEIR FOOT, WHILE CONTROLLING THE DIRECTION OF THE BALL/CARDBOARD BOX.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)





## LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

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## DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN LAMP POSTS!

### Create your own Lamp posts:

1. TAKE AN EMPTY PLASTIC BOTTLE AND FILL IT WITH SOME WATER. DON'T FORGET TO SCREW THE CAP ON TIGHT!



2. GRAB A PIECE OF NEWSPAPER AND ROLL IT AS TIGHT AS YOU CAN. STARTING FROM THE CORNER, DIAGONALLY. ONCE YOU'RE DONE, TAPE THE END TO SECURE IT.



3. FOLD THE ROLLED NEWSPAPER STICK INTO HALF. THEN ALONG 1/3 FROM THE THE BEND, FOLD IT 90DEGREES TO MAKE THE TOP OF THE LAMP POST.



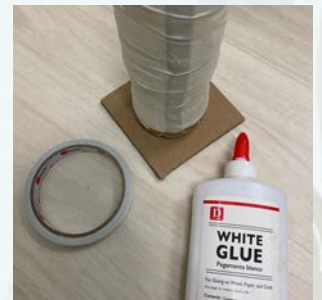
4. USE TAPE TO SECURE THE NEWSPAPER ROLL TO THE BOTTLE. MAKE SURE BOTH SIDES ARE EVEN!



5. GET ANOTHER PIECE OF NEWSPAPER. FOLD IT TILL IT IS A4 SIZE. THEN ROLL AND TAPE IT TO THE LAMP POST STRUCTURE. THIS WILL ADD BODY TO YOUR LAMP POST.



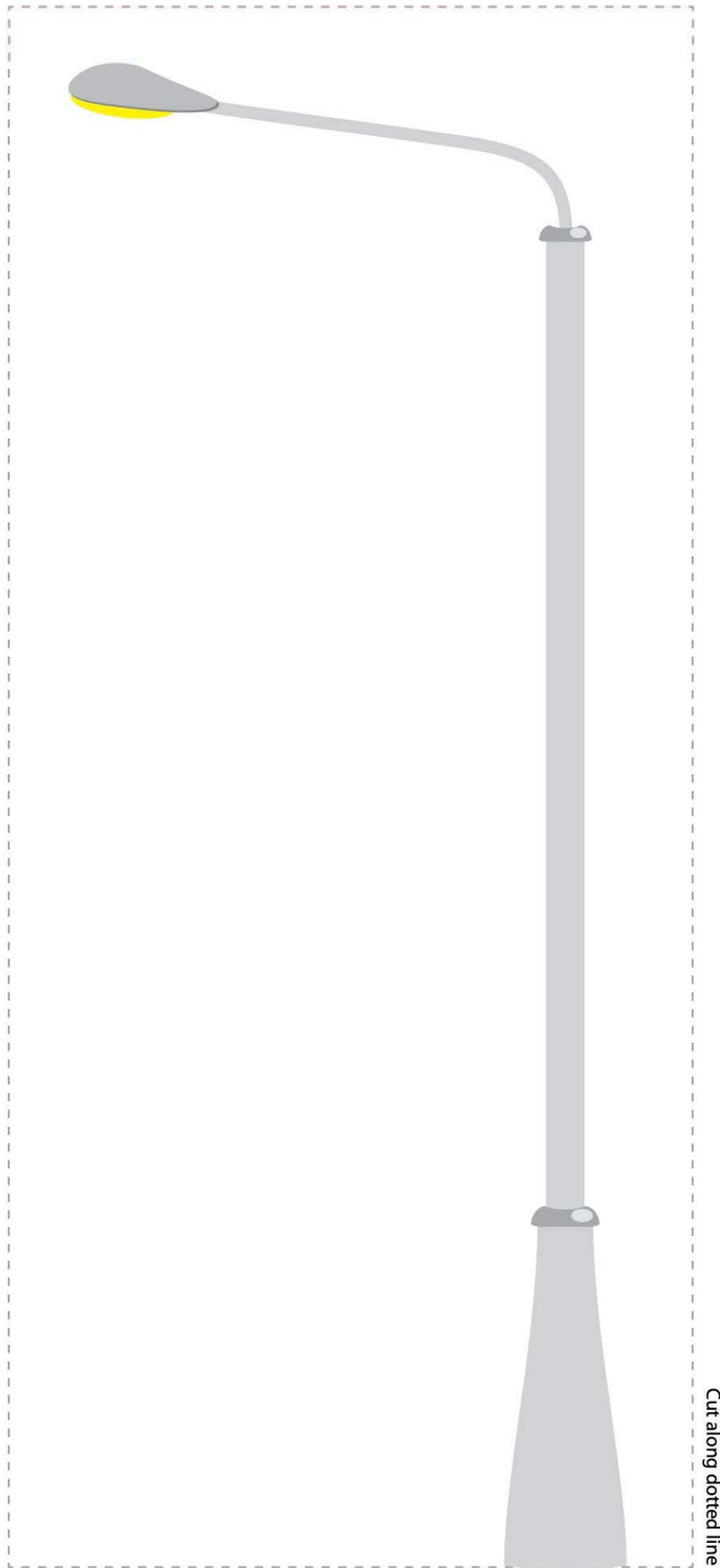
6. CUT A PIECE OF SQUARE CARDBOARD. USE GLUE/DOUBLE SIDED TAPE TO SECURE THE CARDBOARD TO THE BOTTLE. THIS WILL BE THE BASE OF YOUR LAMP POST.



7. PAINT YOUR LAMP POST ANY COLOUR YOU WANT AND WE'RE DONE!



ALTERNATIVELY, YOU CAN PRINT OUT THE LAMP POST TEMPLATE, ON THE NEXT PAGE, AND PASTE IT ON A WATER BOTTLE.



Cut along dotted line



LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

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## DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN COCONUT BALL!

### Create your own coconut ball:

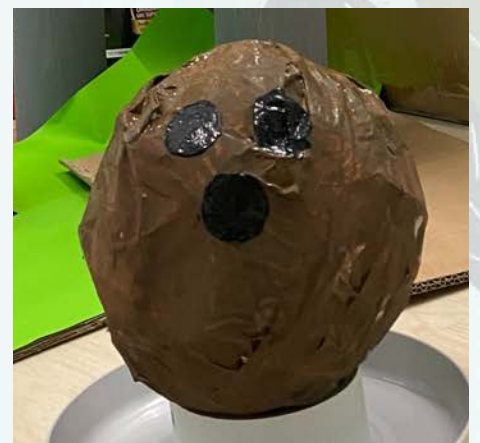
1. TAKE A PIECE OF NEWSPAPER AND CRUSH IT TIGHTLY INTO A BALL. LAYER ANOTHER PIECE OF NEWSPAPER TILL YOU GET YOUR PREFERRED SIZE.



2. SECURE THE SHAPE OF THE NEWSPAPER BALL WITH MASKING TAPE. YOU CAN ALSO TAPE OVER THE UNEVEN AREAS TO MAKE IT SMOOTHER.



3. PAINT YOUR NEWSPAPER BALL TO BROWN. DON'T FORGET TO ADD DETAILS OF THE COCONUT!



LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

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## Activity 2 - Cleaning up the beach

Help Star Ranger clean up the beach. Get your "brooms" ready!

### Activity Objective:

Dribbling (Long implement) - To be able to control a ball with a long implement while moving.

### What you need:

- FLOOR BALL STICK
- BALLS
- GOAL POST



OR

- STICK
- CARDBOARD
- CARDBOARD BOX
- MASKING TAPE
- TOILET ROLL
- PAINT
- PAINTBRUSH
- PENKIFE/SCISSORS





LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

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



**PLACE THE GOAL POST AT THE END OF THE PLAY AREA. SPREAD THE BALLS OUT WITHIN THE 3M X 2M PLAY AREA.**

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



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# RANGER GAME ADVENTURE

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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 ACCOMMODATE 3-5 CHILDREN.
- EACH LANE WILL BE AROUND 3M X 2M.  
(SUGGESTED SIZE OF EACH LANE)





LEVEL 2 (Resource 4)

# 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)



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# RANGER GAME ADVENTURE

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DRIBBLING (LONG IMPLEMENT)

## Teaching Tips:

- ENCOURAGE THE CHILDREN TO HELP STAR RANGER CLEAN UP THE BEACH BY SWEEPING THE TRASH INTO THE BIN
- INSTRUCT THE CHILDREN TO HOLD THE LONG IMPLEMENT WITH THE NON-DOMINANT HAND ON TOP OF THE DOMINANT HAND.
- GUIDE THEM BY PROMPTING THEM TO "BEND YOUR KNEES, LEAN FORWARD AND KEEP BOTH HANDS ON THE STICK!"
- ENSURE THE CHILDREN KEEP THE BALL CLOSE TO THE BODY. THE LONG IMPLEMENT CAN BE IN CONTACT WITH THE BALL ON EITHER SIDE.
- REMIND THE CHILDREN TO OCCASIONALLY LOOK UP TO SEE WHERE THEY ARE MOVING TOWARDS.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)





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# RANGER GAME ADVENTURE

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## DIY EQUIPMENT

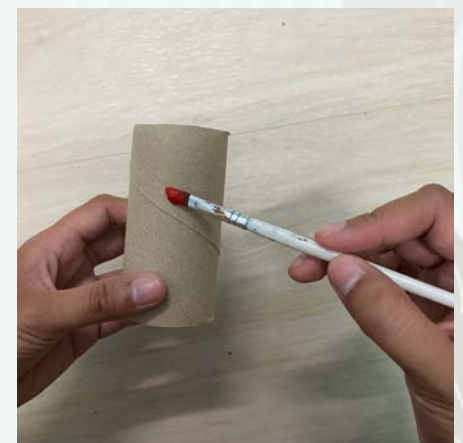
FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN CANS!

### Create your own cans:

1. COLLECT TOILET ROLLS TO THE AMOUNT YOU REQUIRE. YOU CAN ALSO COMBINE 2-3 TOILET ROLLS TOGETHER WITH MASKING TAPE IF YOU WOULD LIKE THEM TO BE LONGER.



2. PAINT THEM IN YOUR FAVOURITE COLOUR. UNLEASH YOUR CREATIVITY TO ADD ANY PATTERNS OR DESIGN ON IT.



3. REPEAT UNTIL ALL THE TOILET ROLLS ARE PAINTED AND YOU'RE DONE!



*\*Do keep these cans as you will need it in the upcoming resource!*

LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

**Kiddolympics**  
2021

## DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN BIN!

### Create your own bin:

1. SELECT A CARDBOARD BOX OF YOUR PREFERRED SIZE. YOU CAN ALSO USE MASKING TAPE TO COMBINE 2 SMALLER BOXES TOGETHER TO MAKE 1 BIG BOX.



2. USE A PENKNIFE/SCISSORS TO CUT ONE END OF THE FLAPS. CUT ALONG THE BEND.



3. PAINT IT IN ANY DESIGN YOU LIKE!

*\*Do keep this bin as you will need it in the upcoming resource!*





LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

**Kiddolympics**  
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## DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN FLOOR BALL STICK!

### Create your own floor ball stick:

1. PLACE YOUR HAND AT A 45DEGREE BEND ON THE CARDBOARD AND TRACE ROUGHLY AROUND IT. THIS WILL HELP WITH THE SKELETON OF THE SHAPE OF THE FLOOR BALL STICK.



5. SECURE THE SECOND CUT OUT TO THE POLE WITH MASKING TAPE. ENSURE IT IS ALIGNED WITH THE FIRST CUT OUT.



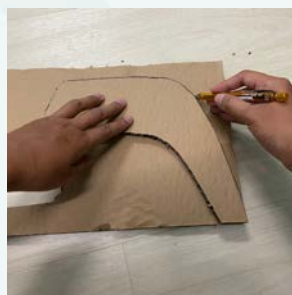
2. ONCE YOU ARE DONE DRAWING, CUT IT OUT.



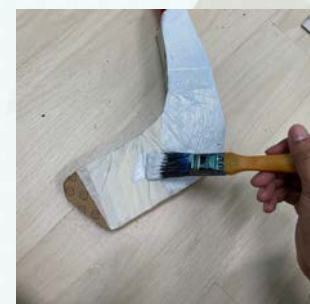
6. TAPE THE OTHER END OF THE CUT OUTS TOGETHER.



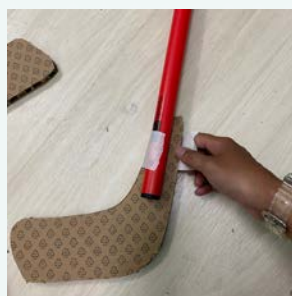
3. USE THE FIRST CUT OUT AS A TEMPLATE TO CREATE A SECOND IDENTICAL PIECE.



7. UNLEASH YOUR CREATIVITY AND PAINT IT IN YOUR FAVOURITE COLOURS! DON'T FORGET TO ADD SOME DESIGN/PATTERN TO IT.



4. USE THE MASKING TAPE TO SECURE ONE CUT OUT ON TO THE END OF A POLE.



LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

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## Activity 3 - Kicking the trash into the bins

Star Ranger found some trash on the beach. Can you help Star Ranger kick them all into the bins?

### Activity Objective:

Kicking - Applying force to a ball with the foot while aiming.

### What you need:

- BALLS
- GOAL POST



OR

- MASKING TAPE
- NEWSPAPER
- CARDBOARD BOX
- PAINT
- PAINTBRUSH





LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

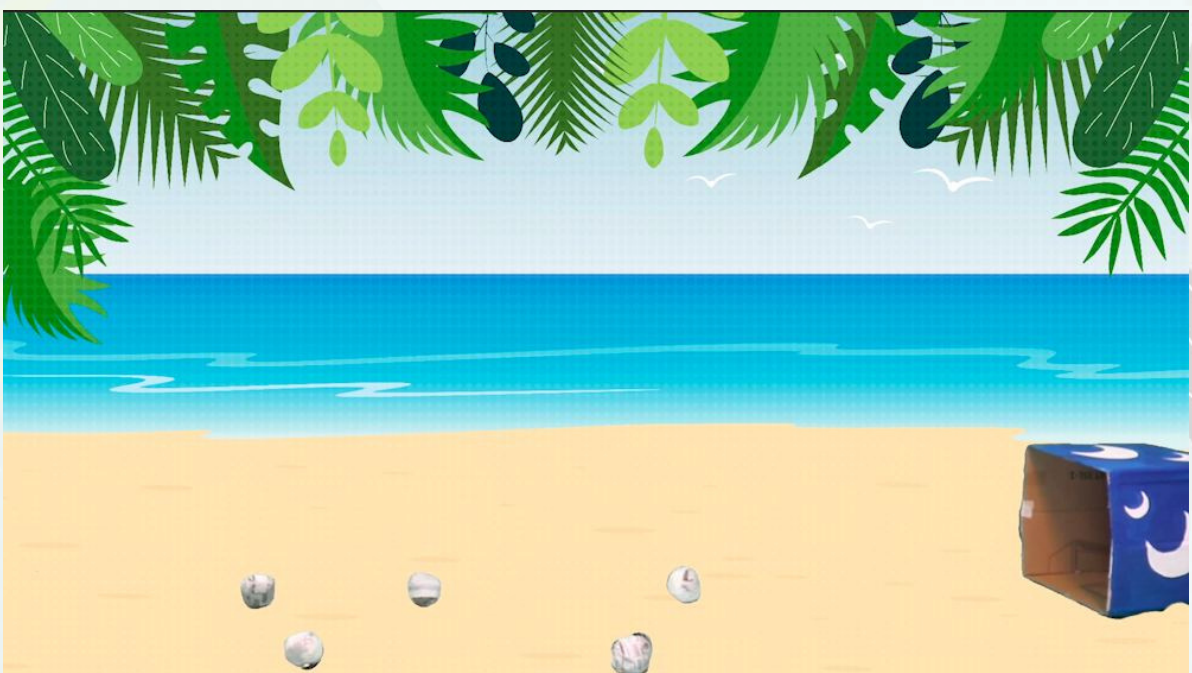
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**Set up with sports equipment per lane:**



**PLACE THE GOAL POST AT THE END OF THE PLAY AREA. SPREAD THE BALLS OUT WITHIN THE 3M X 2M PLAY AREA.**

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



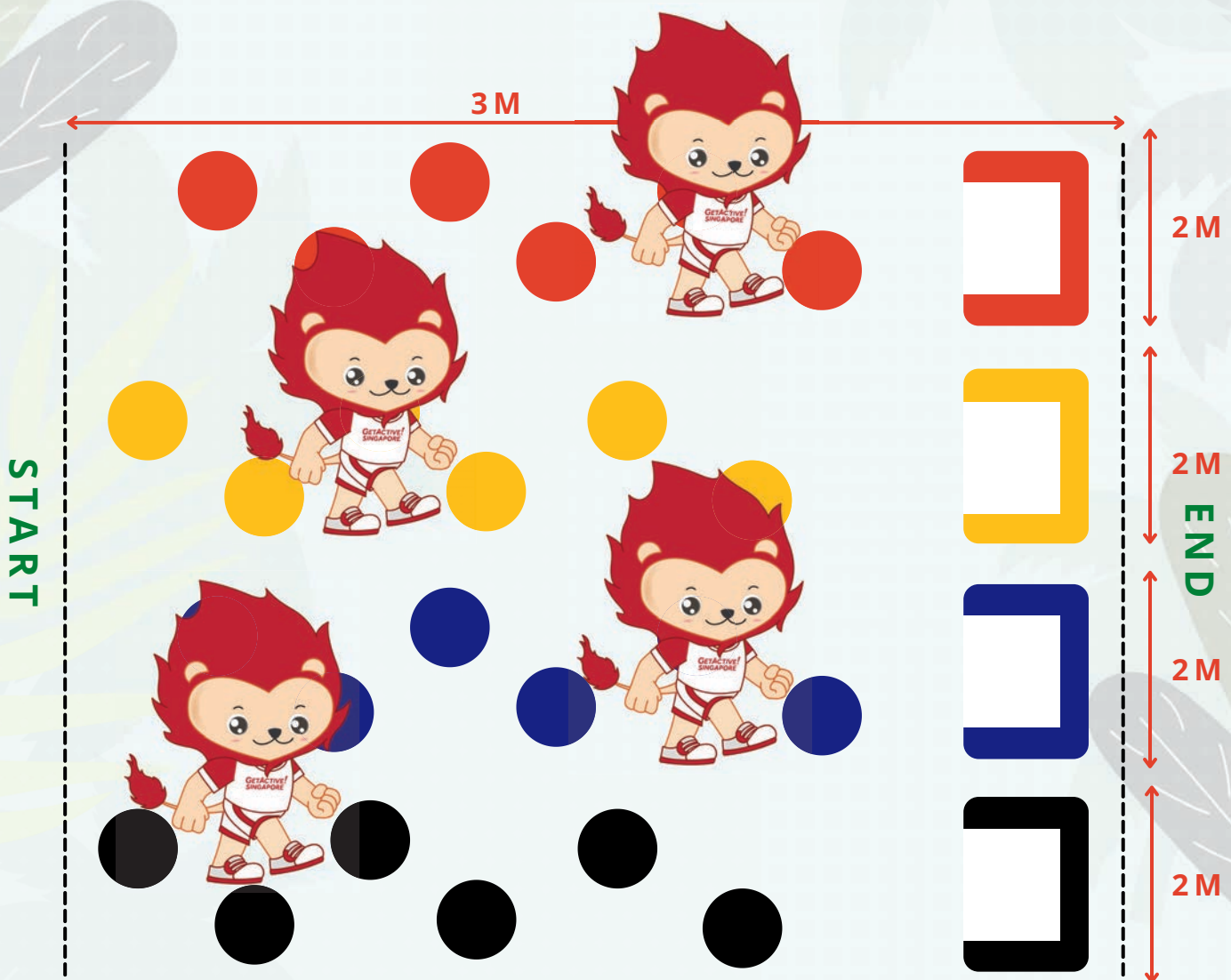
LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

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2021

## Set up in school:

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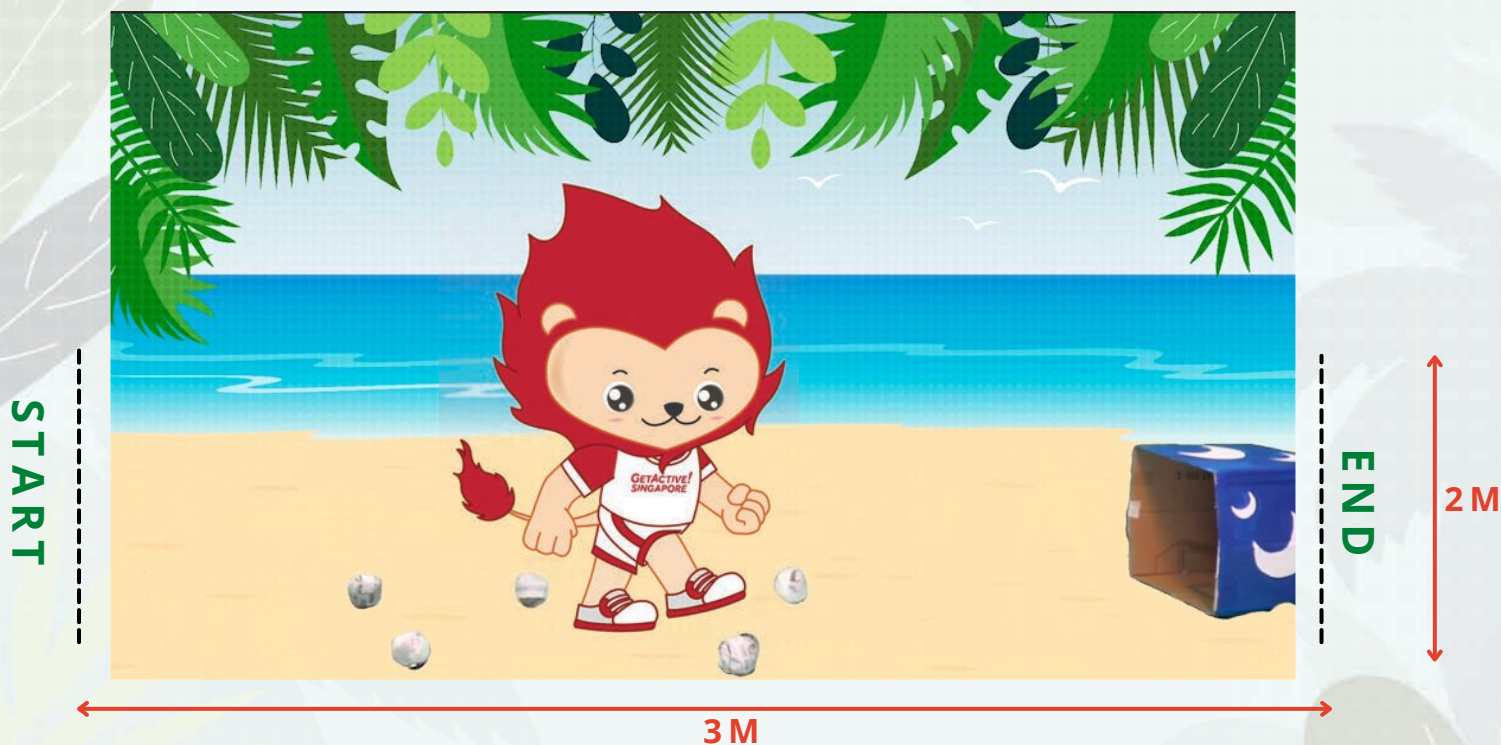
LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

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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.
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## KICKING Teaching Tips :

- ENCOURAGE THE CHILDREN TO HELP STAR RANGER TO CLEAN UP THE BEACH BY KICKING THE TRASH INTO THE BIN
- INSTRUCT THE CHILDREN TO PLACE THEIR NON-KICKING FOOT NEXT TO THE BALL.
- REMIND THE CHILDREN TO SWING THEIR KICKING LEG BACK WITH A HIGH-KNEE BEND BEFORE SWINGING FORWARD TO KICK THE BALL.
- PROMPT THE CHILDREN TO "KICK WITH YOUR LACES AND LEAN FORWARD AFTER".
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)





LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

**Kiddolympics**  
2021

## DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN NEWSPAPER BALLS!

### Create your own newspaper balls:

1. TAKE A PIECE OF NEWSPAPER AND CRUSH IT TIGHTLY INTO A BALL. LAYER ANOTHER PIECE OF NEWSPAPER TILL YOU GET YOUR PREFERRED SIZE.

2. SECURE THE SHAPE OF THE NEWSPAPER BALL WITH MASKING TAPE. YOU CAN ALSO TAPE OVER THE UNEVEN AREAS TO MAKE IT SMOOTHER.

3. REPEAT THE STEPS AND CREATE THE NUMBER OF BALLS YOU NEED FOR THIS RESOURCE!

*\*Do keep these cans as you will need it in the upcoming resource!*



LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

**Kiddolympics**  
2021

## DIY EQUIPMENT

FOLLOW THE STEPS BELOW TO LEARN HOW TO CREATE YOUR OWN BIN!

### Create your own bin:

1. SELECT A CARDBOARD BOX OF YOUR PREFERRED SIZE. YOU CAN ALSO USE MASKING TAPE TO COMBINE 2 SMALLER BOXES TOGETHER TO MAKE 1 BIG BOX.



2. USE A PENKNIFE/SCISSORS TO CUT ONE END OF THE FLAPS. CUT ALONG THE BEND.



3. PAINT IT IN ANY DESIGN YOU LIKE!

*\*Do keep this bin as you will need it in the upcoming resource!*





LEVEL 2 (Resource 4)

# RANGER GAME ADVENTURE

**Kiddolympics**  
2021

**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!



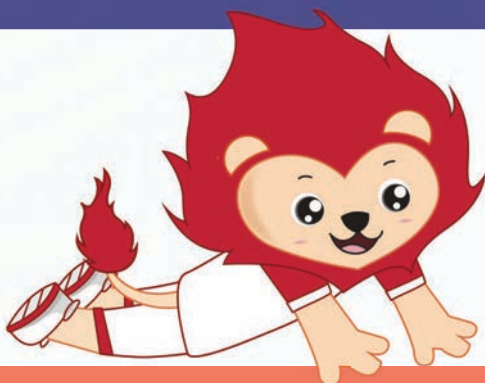
## FLAMINGO

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!