

# Kiddolympics

## 2021



### LEVEL 3 (Resource 9)

# SUPER OLYMPIAN

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 3 (Resource 9) SUPER OLYMPIAN



IT'S THE LAST LEVEL OF OUR TRAINING TO BE SUPER OLYMPIANS!  
HAVE YOU ACQUIRED ALL THE SKILLS YOU NEED TO BE FASTER,  
HIGHER, STRONGER?

CHECK OUT THIS RESOURCE TO FIND OUT WHICH SPORTS WE ARE  
EXPLORING TODAY!

### Skills covered:

- GYMNASTICS (DYNAMIC BALANCING & BALL TRANSFER)
- NETBALL (LEAPING, THROWING & CATCHING)
- BASKETBALL (SLIDING, JUMP, BOUNCE & THROWING)

### 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 3 (Resource 9) SUPER OLYMPIAN

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**Let's warm our bodies up before we start!  
We will be dancing to the GetActive! Singapore workout!**

**OPEN & CLOSE YOUR LEGS, MOVING  
LIKE A CRAB. EACH TIME YOU CLOSE  
YOUR LEGS, YOU'LL CLAP ONCE.**



**START FROM TOP LEFT , TOP RIGHT,  
BOTTOM LEFT, BOTTOM RIGHT.  
YOU WILL MAKE A BOX OR LETTER 'Z'.**

**OPEN TWICE TO THE LEFT, TWICE TO  
THE RIGHT. AT THE SAME TIME,  
HAMMER TWICE. REMEMBER TO CLAP!**



**HANDS OUT, PUNCH UP & DOWN  
WHILE TAPPING YOUR TOES. ROLL  
YOUR HANDS BACKWARD.**

**REPEAT THE ACTION BUT ROLL TWICE.**

**LEGS OPEN AND CROSS HANDS ON YOUR  
CHEST. CLOSE LEGS AND TOUCH YOUR  
SHOULDER. THEN WASH OUR HAIR!**



# LEVEL 3 (Resource 9) SUPER OLYMPIAN



## Activity 1 - Gymnastics

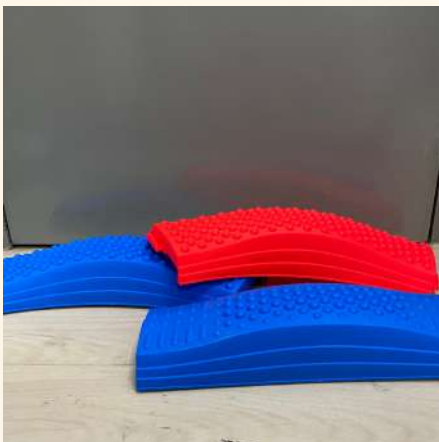
How stable are you on the balance beam? Can you pass the ball from one hand to the other without falling off the beam?

### Activity Objective:

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

### What you need:

- BALANCE BEAM
- FOAM BALL
- HURDLES



OR

- COLOURED TAPE
- PLASTIC BOTTLE





## LEVEL 3 (Resource 9) SUPER OLYMPIAN

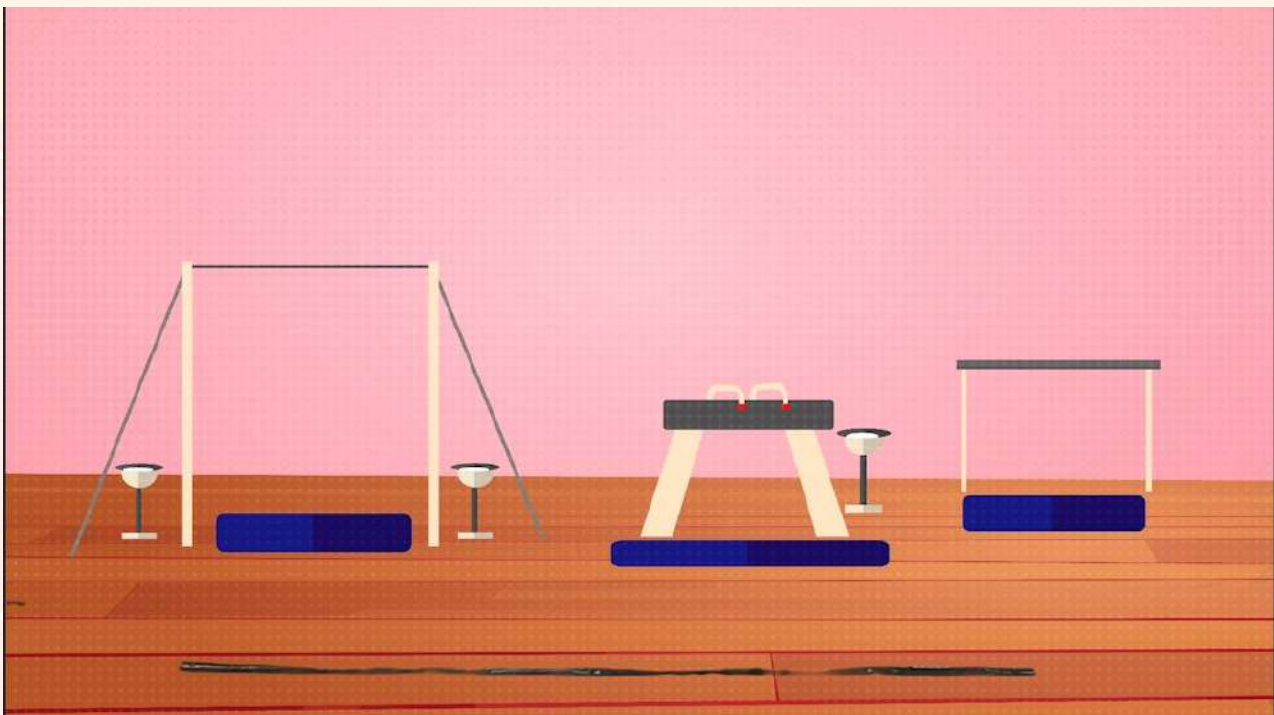
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2021

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



**YOU CAN SET UP THE BALANCE BEAM WITHIN THE 3M X 2M PLAY AREA.**

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

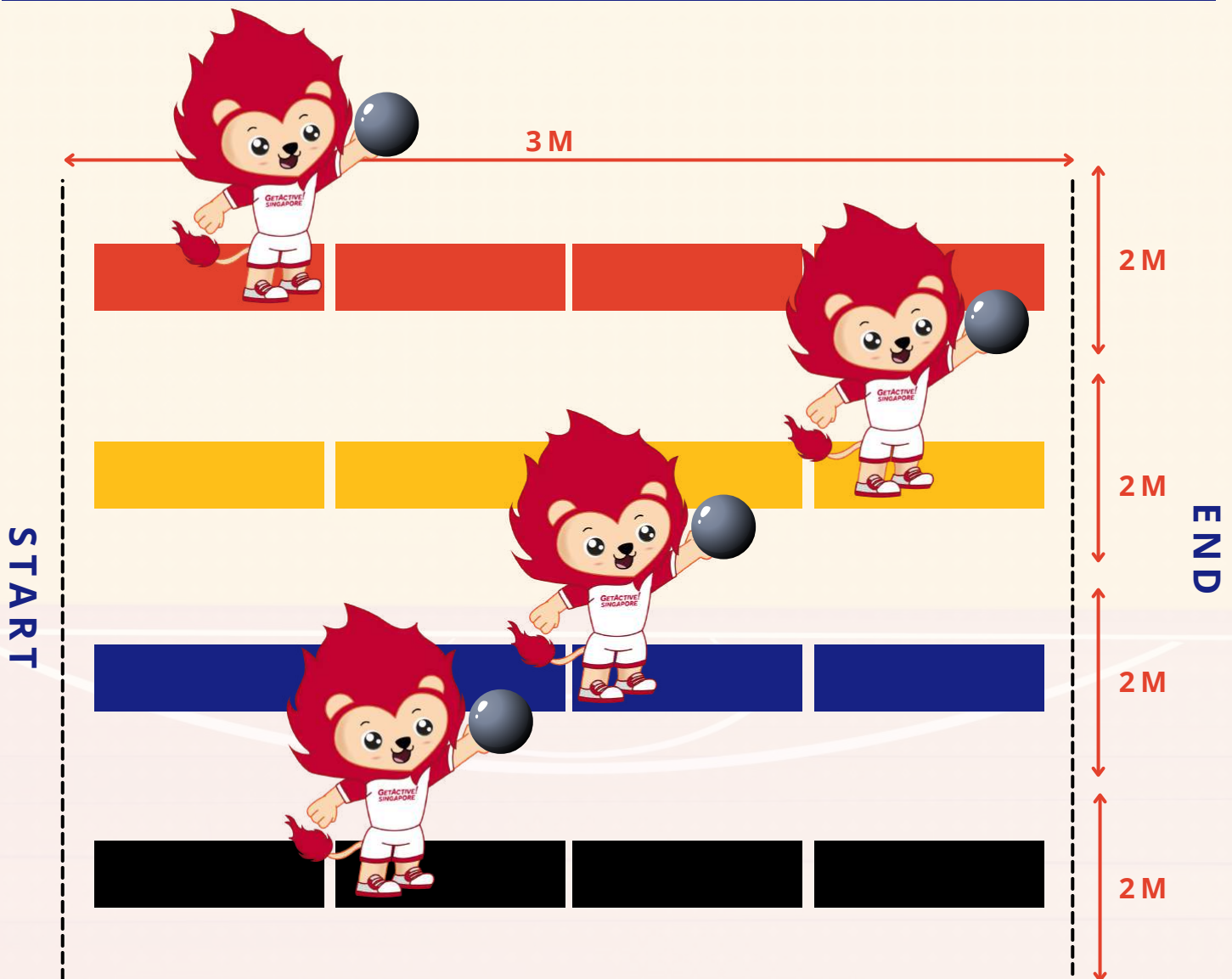


# LEVEL 3 (Resource 9) SUPER OLYMPIAN

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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)



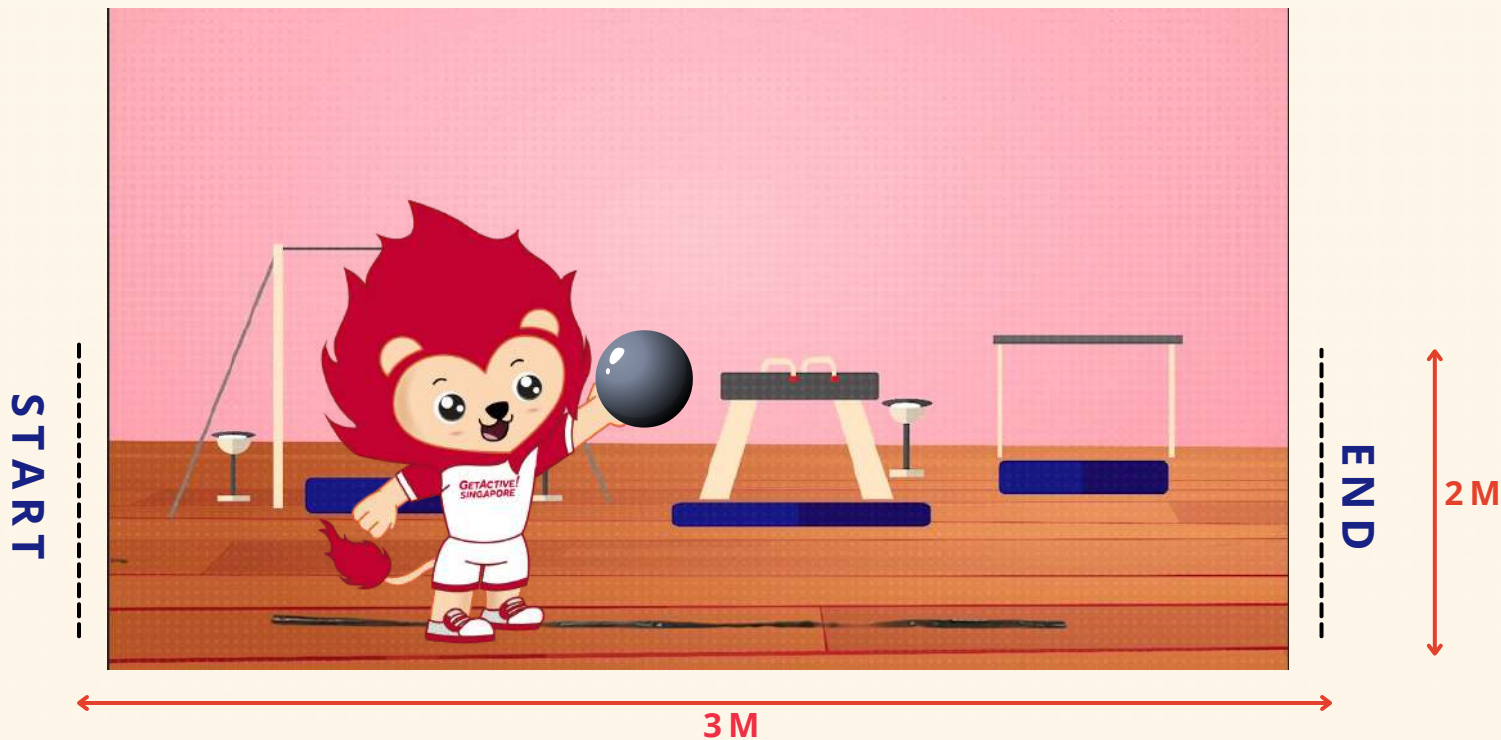


## LEVEL 3 (Resource 9) SUPER OLYMPIAN

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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 3 (Resource 9) SUPER OLYMPIAN

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### Activity progression and variation:



- PLACE HURDLES ALONG THE BALANCE BEAM.
- ENCOURAGE THE CHILDREN TO LIFT THEIR LEGS HIGHER TO CLEAR THE HURDLES AS THEY BALANCE ACROSS.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



## LEVEL 3 (Resource 9) SUPER OLYMPIAN

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### GYMNASTICS

### Teaching Tips :

- REMIND THE CHILDREN TO "LOOK IN FRONT" TO MAINTAIN BALANCE.
- CHALLENGE THE CHILDREN BY ENCOURAGING THEM TO WALK BACKWARDS ON THE BALANCE BEAM OR ADD OBSTACLES OF DIFFERENT HEIGHT.
- IF THE CHILD IS HAVING TROUBLE MAINTAINING BALANCE, PRACTISE WITHOUT THE BALL TRANSFERRING.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)





# LEVEL 3 (Resource 9) SUPER OLYMPIAN



## Activity 2 - Netball

Time to put your reaction time to the test. Can you throw and catch the ball after leaping?

### Activity Objective:

**Leaping** - To be able to take off with one foot and land on the other with long, exaggerated, flight phase.

**Toss & Catch** - To be able to toss an object and track its path before catching it with both hands.

### What you need:

- NETBALL BALL
- HURDLES



OR

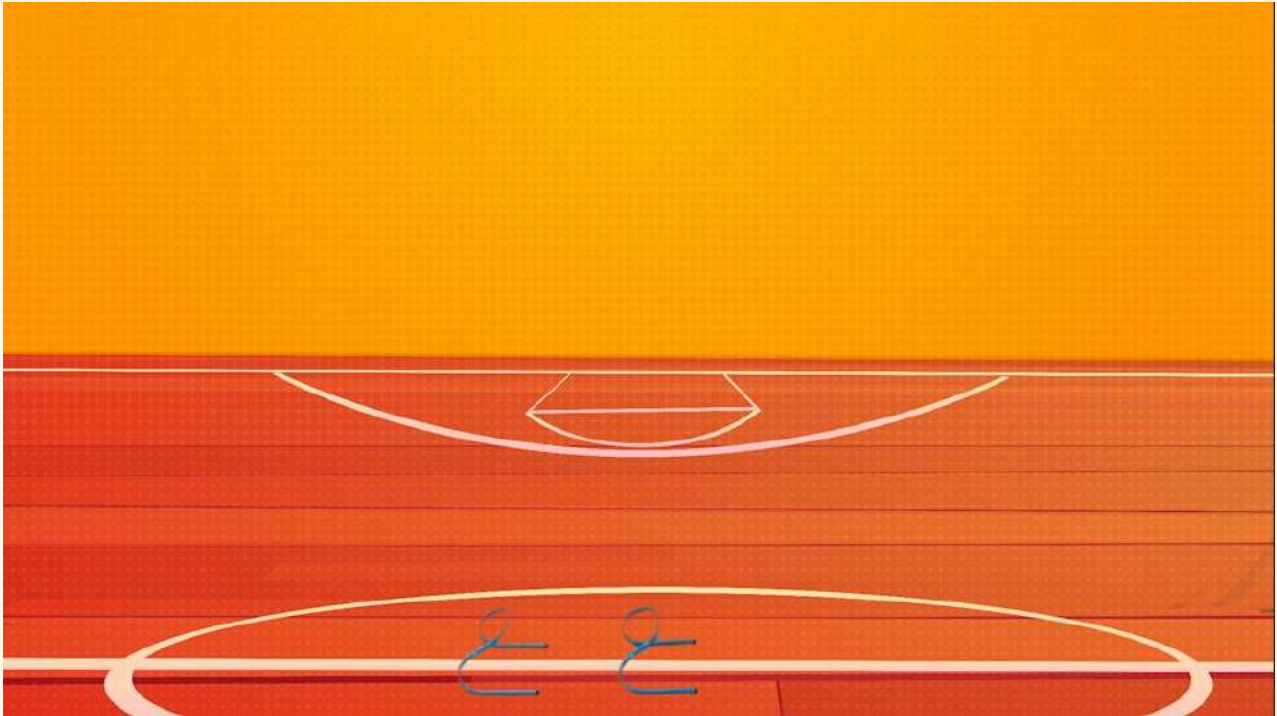
- PLASTIC BOTTLES



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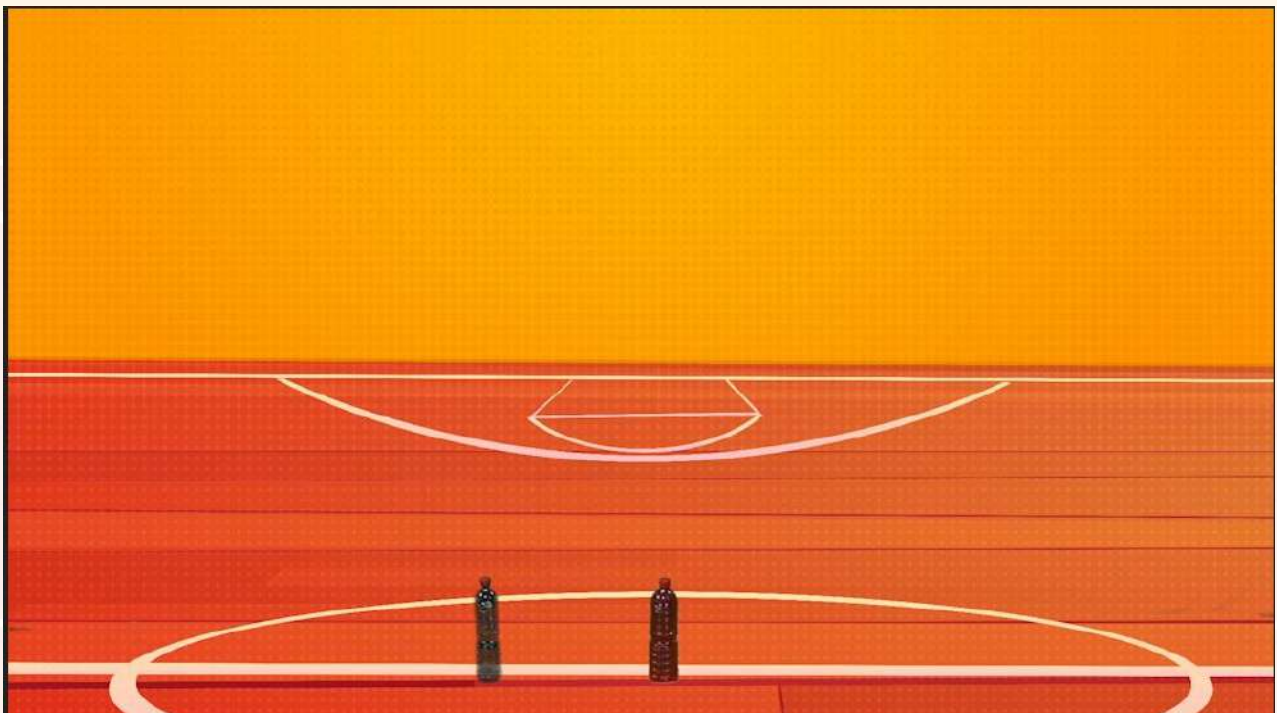


**Set up with sports equipment per lane:**



**YOU CAN SET UP THE HURDLES AROUND THE MIDPOINT OF THE 3M X 2M PLAY AREA.**

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



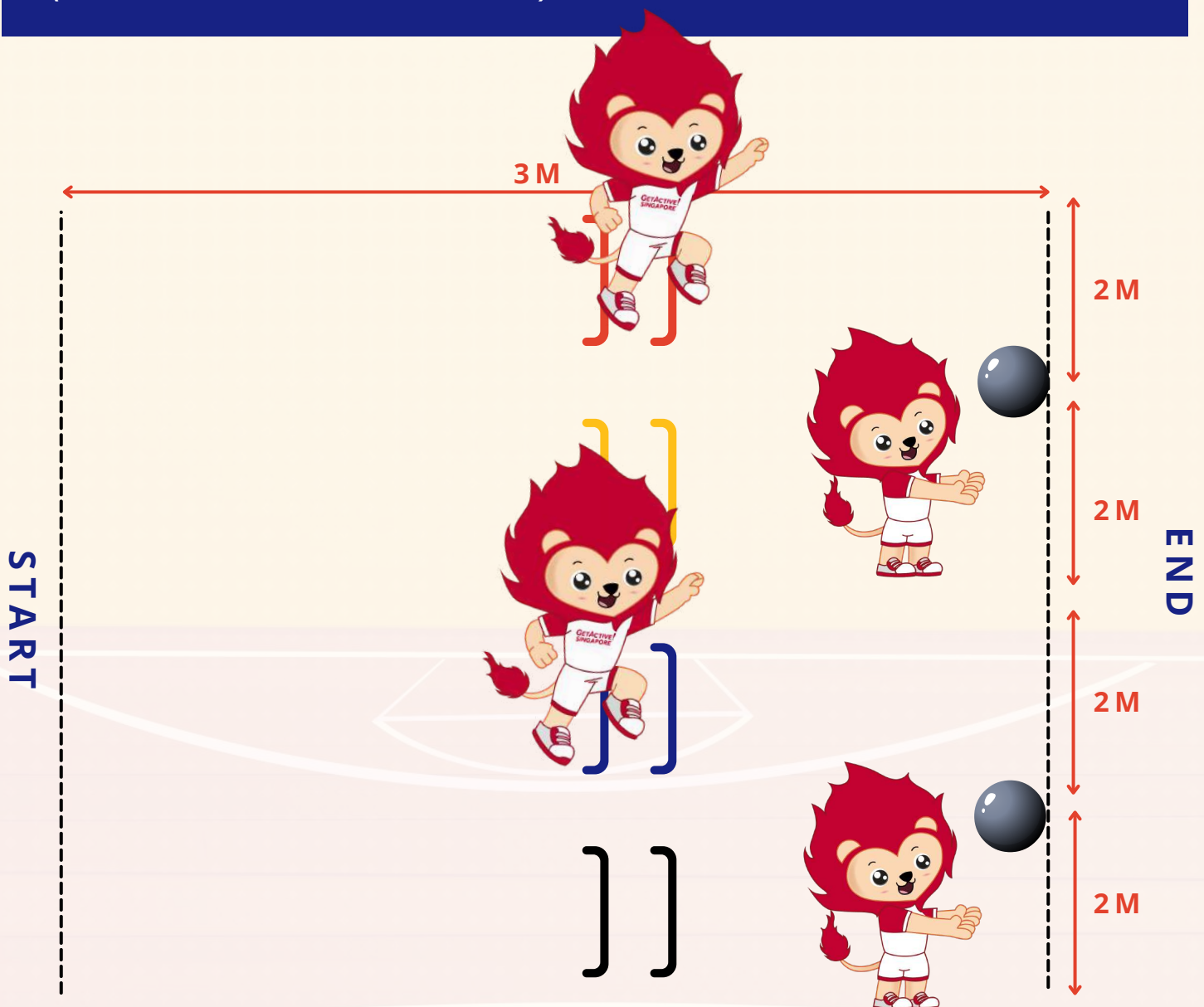


# LEVEL 3 (Resource 9) SUPER OLYMPIAN

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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)

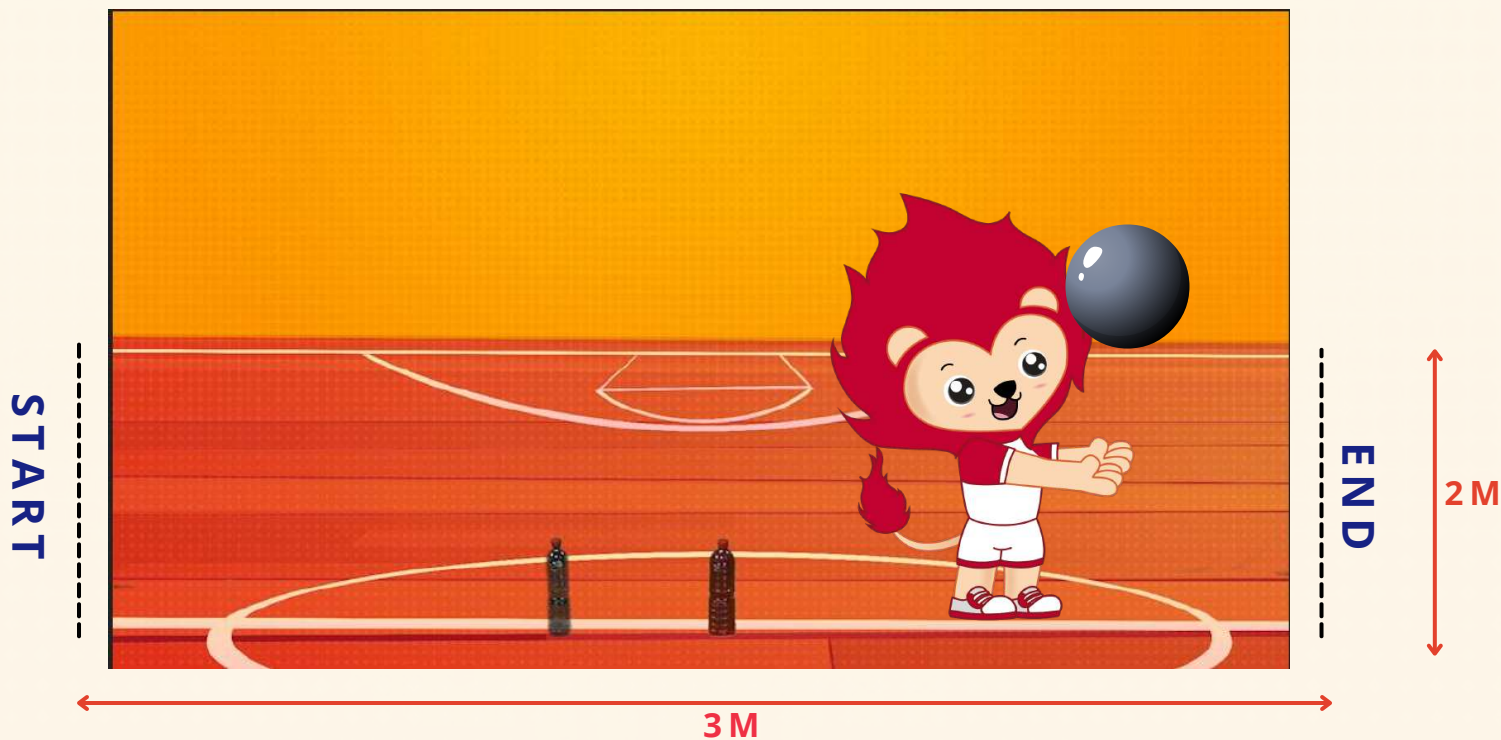


## LEVEL 3 (Resource 9) SUPER OLYMPIAN

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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)

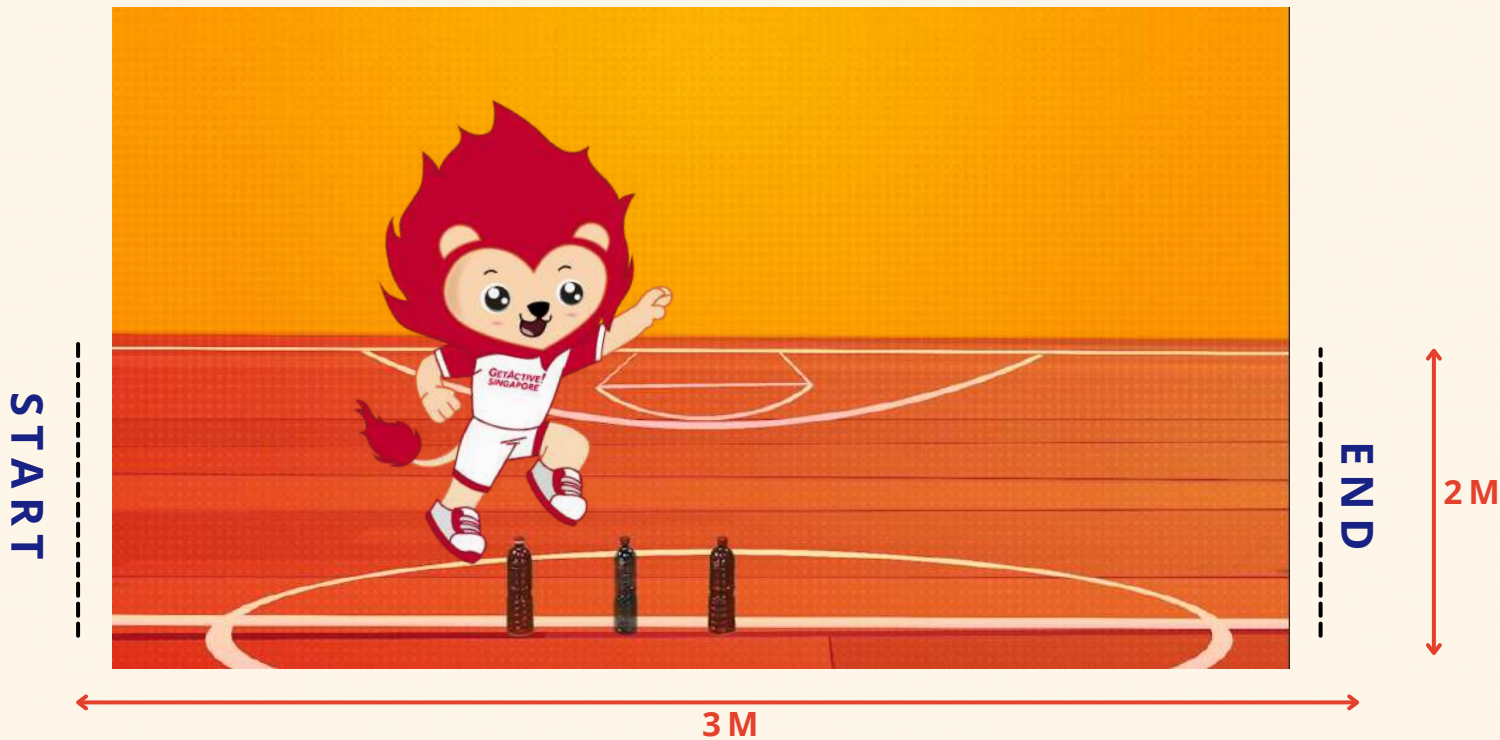




## LEVEL 3 (Resource 9) SUPER OLYMPIAN

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### Activity progression and variation:



- ADD MORE HURDLES TO INCREASE THE DISTANCE OF THE LEAP.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)



## LEVEL 3 (Resource 9) SUPER OLYMPIAN

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### Activity progression and variation:



- YOU CAN ALSO USE FLAT DOTS/MARKERS TO ENCOURAGE THE CHILDREN TO LEAP FURTHER INSTEAD OF UPWARDS.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A STEP BY STEP GUIDE! (SCAN QR CODE)





## LEVEL 3 (Resource 9) SUPER OLYMPIAN



### NETBALL

### Teaching Tips :

- ENCOURAGE THE CHILDREN BY PROMPTING THEM TO TAKE FLIGHT WITH ONE FOOT AND LAND ON THE OTHER. EXAMPLE - "NOW PUSH OFF WITH YOUR RIGHT FOOT AND LAND ON YOUR LEFT FOOT".
- ENCOURAGE CHILDREN TO KEEP HANDS OUT STRETCHED AND GET READY TO CATCH WHILE KEEP THEIR EYES ON THE BALL.
- CHALLENGE THE CHILDREN BY GETTING THEM TO THROW BEFORE THEY LEAP, AND CATCH THE BALL AS THEY LAND.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)



## LEVEL 3 (Resource 9) SUPER OLYMPIAN



### Activity 3 - Basketball

How many baskets can you score in 1 minute? Time to show your faster, higher, stronger skills!

### Activity Objective:

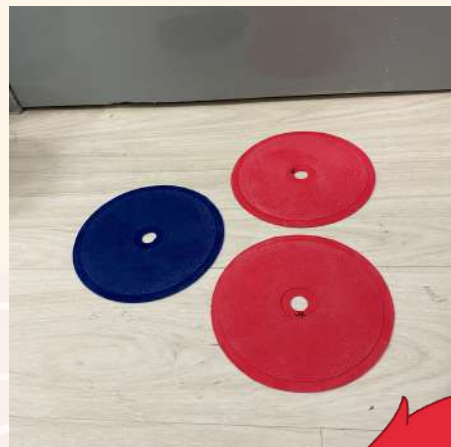
Sliding - To be able to keep one foot in front of the other as they move sideways.

Ball bouncing and dribbling - To be able to coordinate pushing down and bouncing the ball continuously with control, while moving with the ball

Overhead throw - To be able to aim and throw with two hands towards a target of height (slightly higher than child)

### What you need:

- FLAT DOT/MARKER
- BASKETBALL BALLS
- BASKETBALL HOOP



OR

- DIY BASKETBALL HOOP (HULA HOOP & POLE)

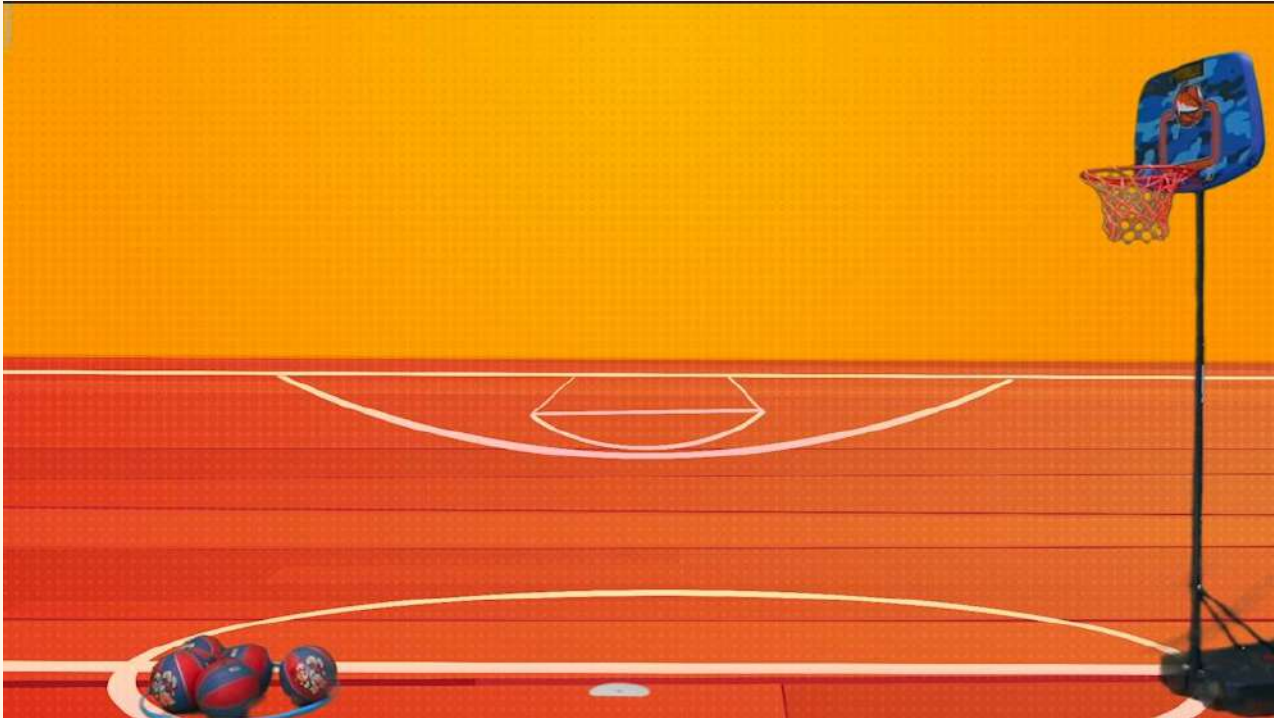




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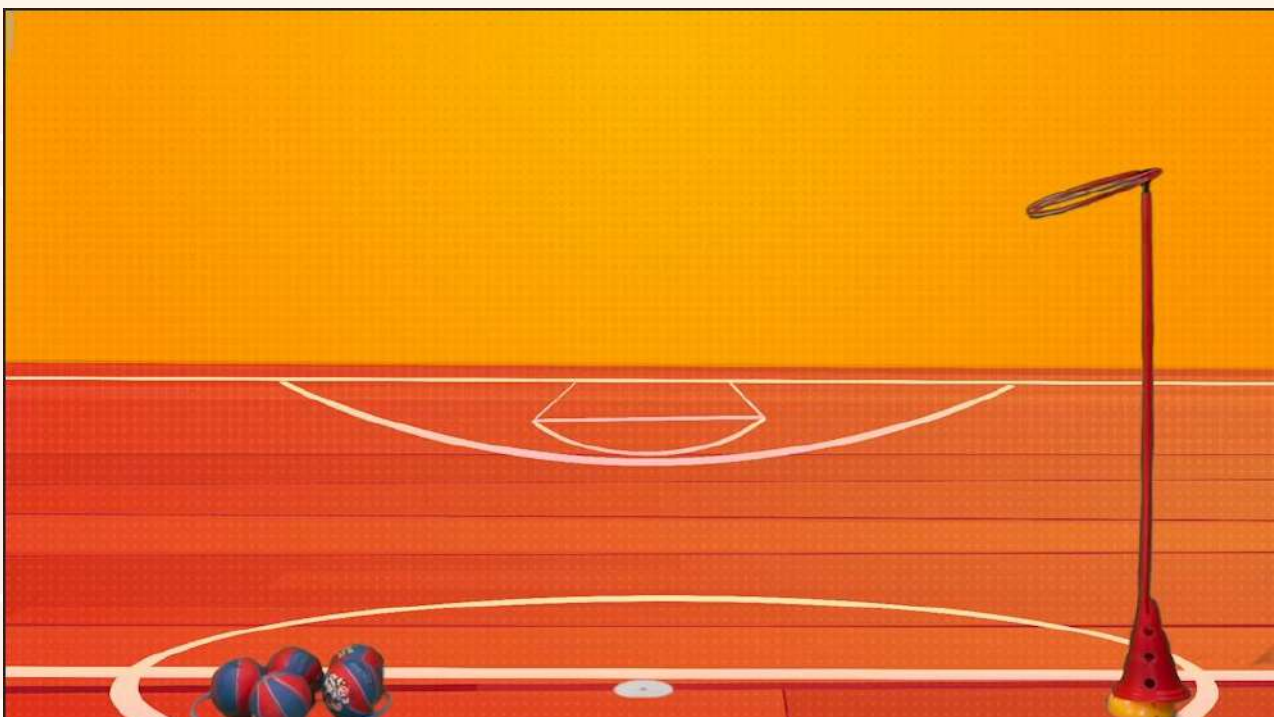
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**Set up with sports equipment per lane:**



**YOU CAN SET THE BASKETBALL HOOP AT THE END OF THE 3M X 2M PLAY AREA. PLACE THE BASKETBALL BALLS AT THE START AND THE FLAT DOT/MARKER AT THE MIDPOINT OF THE PLAY AREA.**

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

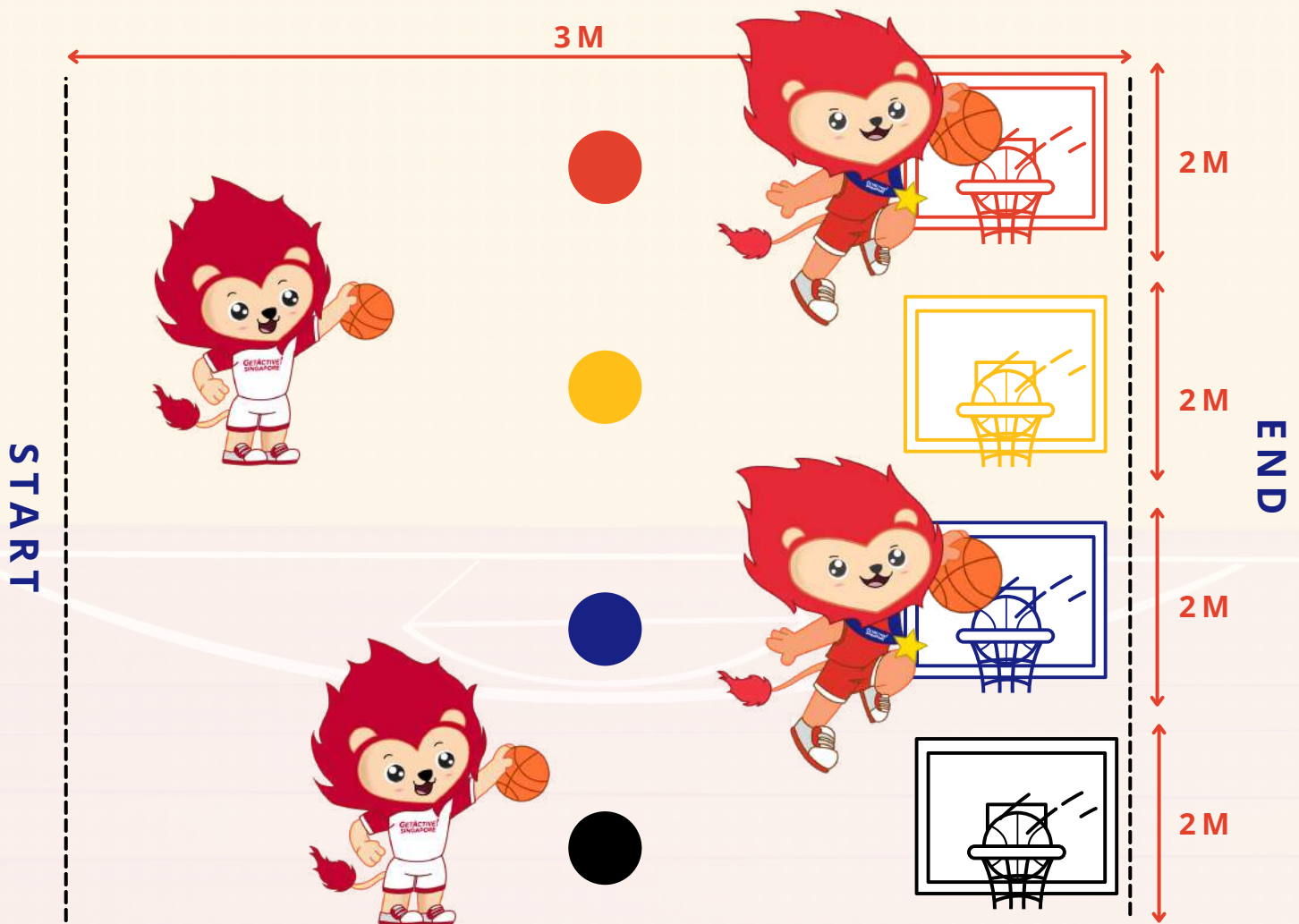


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## Set up in school:

- INDICATE A CLEAR "START" AND "END" POINT.
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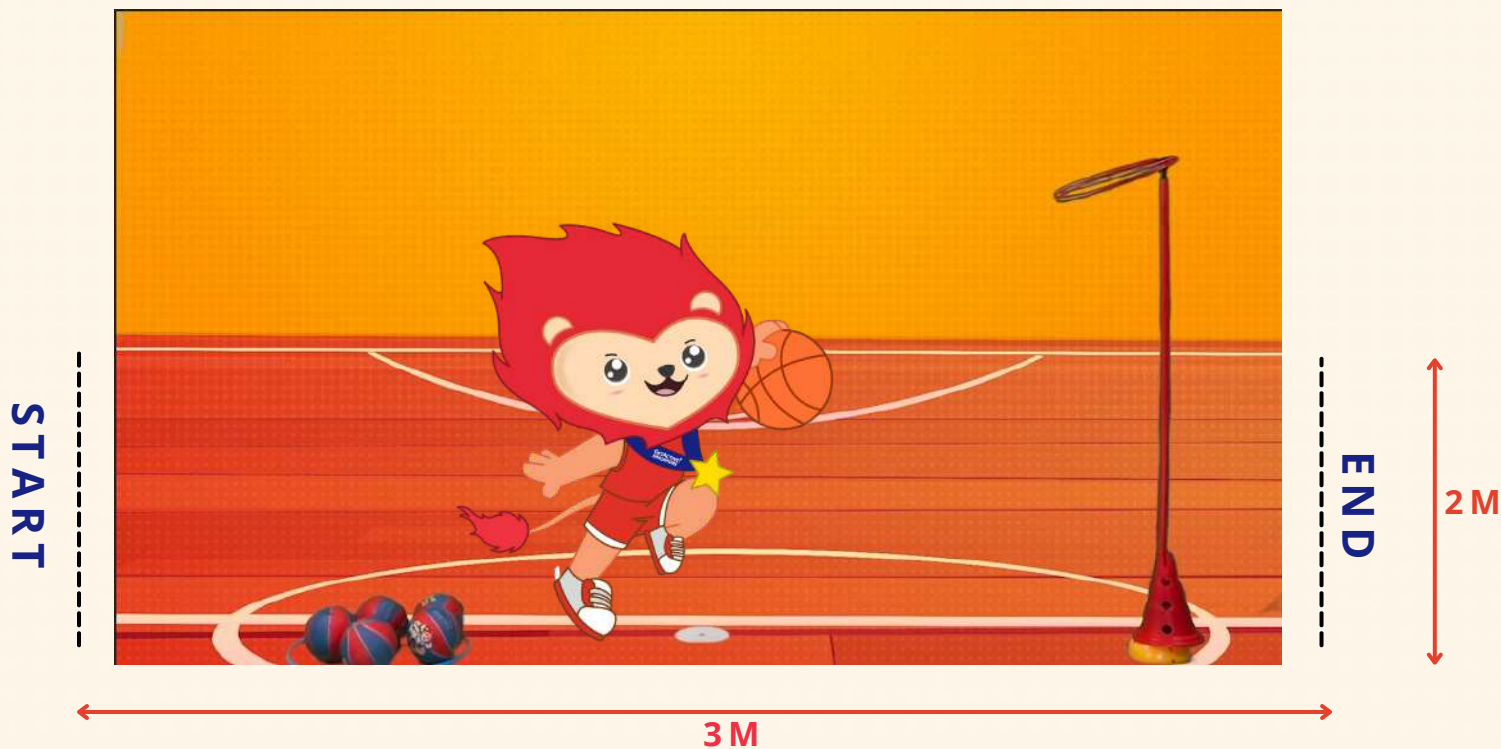


## LEVEL 3 (Resource 9) SUPER OLYMPIAN

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### Set up at home:

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### Set Up Tips:

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### BASKETBALL Teaching Tips :

- REMIND THE CHILDREN TO LOOK IN FRONT (TO BE AWARE OF WHERE THEY ARE GOING), CROUCH LOW AND MAINTAIN A STABLE POSTURE BY BENDING THEIR KNEES.
- PROMPT THE CHILDREN TO "KEEP YOUR EYES ON THE BALL AND BOUNCE WITH YOUR FINGERTIPS!".
- CHALLENGE THE CHILDREN BY ENCOURAGING THEM TO BOUNCE THE BALL WITH ONLY 1 HAND OR ALTERNATE HANDS.
- REFER TO OUR RESOURCE VIDEO ON THE WEBSITE FOR A VISUAL REPRESENTATION OF THE TEACHING TIPS AND VERBAL CUES! (SCAN THE QR CODE)





# LEVEL 3 (Resource 9) SUPER OLYMPIAN

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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!



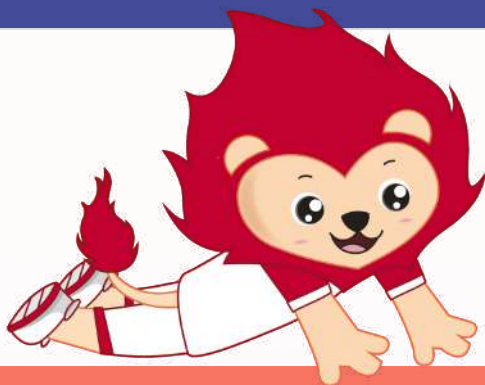
## FLAMINGO

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!

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# CONGRATULATIONS!

YOU HAVE COMPLETED LEVEL 3 OF KIDDOLYMPICS  
TRAINING AND EARNED THE THIRD BADGE.  
COLLECT YOUR BADGE ON THE NEXT PAGE...



# Kiddolympics

2021



NAME: