



Activities can be adapted if you don't have equipment.

Tokyo 2020 Activity Calendar

<p>Monday Active Athletics (speed bounce)</p>	 <p>Tuesday Active Badminton (footwork)</p>	<p>Wednesday Active Basketball (bouncing)</p>	<p>Thursday Active Boxing (punching)</p>	<p>Friday Active Football (keepy uppy)</p>	 <p>Saturday Can you remember this weeks 5 facts?</p>	<p>Sunday Did you find out the answers to this weeks 5 tasks?</p>
<p>Monday Active Gymnastics (flexibility)</p>	<p>Tuesday Active Handball (shooting)</p>	<p>Wednesday Active Rugby 7's (passing)</p>	<p>Thursday Active Swimming (swim fit)</p>	<p>Friday Active Tennis (ball accuracy)</p>	<p>Saturday Can you remember this weeks 5 facts?</p>	 <p>Sunday Did you find out the answers to this weeks 5 tasks?</p>
<p>Monday Active Athletics (long jump)</p>	<p>Tuesday Active Badminton (targets)</p>	<p>Wednesday Active Basketball (ball skills)</p>	<p>Thursday Active Boxing (punch skills)</p>	<p>Friday Active Football (dribbling)</p>	 <p>Saturday Can you remember this weeks 5 facts?</p>	<p>Sunday Did you find out the answers to this weeks 5 tasks?</p>
<p>Monday Active Gymnastics (calf raises)</p>	<p>Tuesday Active Handball (passing)</p>	<p>Wednesday Active Rugby 7's (ball skills)</p>	 <p>Thursday Active Swimming (swim fit) OFFICIAL</p>	<p>Friday Active Tennis (racket skills)</p>	<p>Saturday Can you remember this weeks 5 facts?</p>	<p>Sunday Did you find out the answers to this weeks 5 tasks?</p>

Speed Bounce: Side to Side Jumping Challenge

How many times can you jump from side to side with your feet together in 20 seconds?

Count how many then see if you can beat that, or challenge your family...

Challenge:

20 seconds too easy, see if you can go for 30 seconds

Equipment:

Something soft to jump over a rolled up blanket or towel a small cushion, a cuddly toy.

Athletics Activity Card



Athletics Fact: Alan Wells was the last Scottish Athlete to win an Olympic Gold medal

Task: Who was the first Scottish Athlete to win an Olympic Gold medal?
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Challenge: Footwork. Side Steps

What to do:

Place markers on floor, see photo.

- Stand Side on and sidestep along the line changing the lead foot when you change direction.
- Sidestep backward along the line to get back to the start.
- Attempt 3 side steps on each line.

Challenge

- How many times can you travel forward and back in 30 seconds or 1 minute.
- Touch each marker with your lead hand as you sidestep forward and back for 30 second or 1 minute.

Badminton Fact: The Scottish Badminton Open is the 3rd oldest badminton tournament in the world.

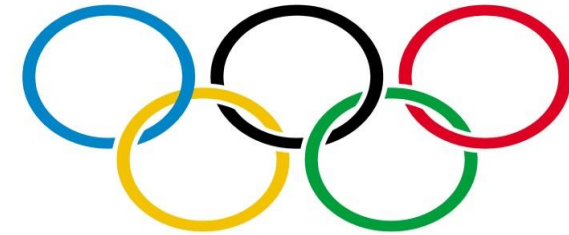
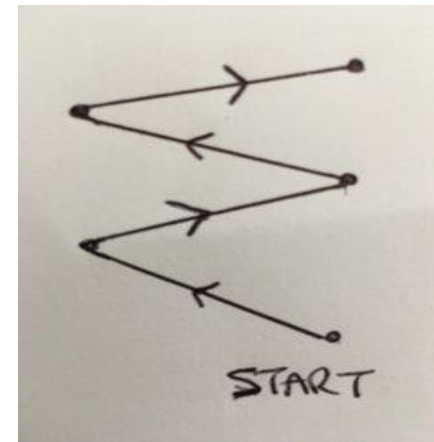
Task: When was the first Scottish Badminton Open held?

Badminton Activity Card



Equipment:

- 5 cones/markers.
- Space to move around.



Equipment: Basketball , bouncy ball , marked line or stick.

Task: Stand in the middle of a line or stick and bounce the basketball on one side of the line and then cross over to the other side doing one bounce on each side. Try to not hit the line or stick. See how many successful sets of 10 bounces you can get.

Progress: Change over to bouncing the ball with weaker hand and even alternating hands after every set of 10 bounces.

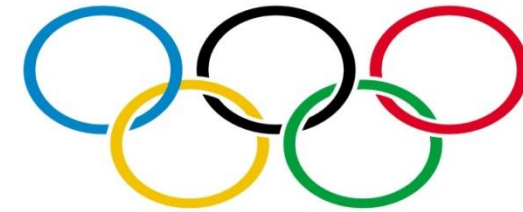
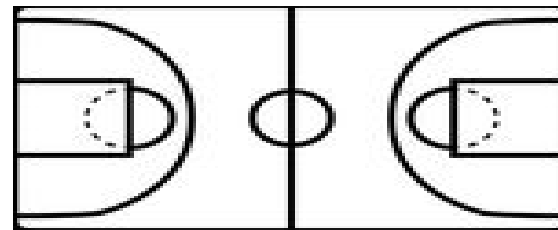
Basketball Fact: In 2012 Liz Cambage became the first woman in Olympic history to slam dunk a basket during a game between Australia and Russia.

Task: How many gold medals has Teresa Edwards won between 1984 - 2000?

Basketball Activity Card



Basketball



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Equipment: Crumple sheet of news paper into the shape of a ball. Stand square on and throw ball of paper into the air above head height with left hand. As the ball of paper falls to shoulder height punch ball of paper with right hand.
Repeat with opposite hand.
Add target to aim for to provide challenge.

Progress: standing side on, throw ball of paper in air with lead hand and punch with rear hand. Swap sides.

Boxing Fact: Only 3 men have won 3 Olympic Boxing Gold Medals; Laslo Papp Hungarian, Teofilo Stevenson and Felix Savon both Cuban

Task: What is the time duration an Olympic Boxing Contest has to be competed over?

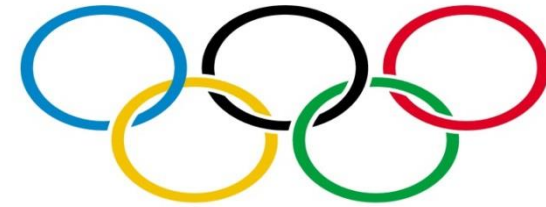
Boxing Activity Card



Square on stance



Side on stance



Equipment:

Football

Football Keepy Uppy Challenge:

Count how many times you can touch the football while its in the air, by using your feet, thigh or chest.

Try to beat your best score !

Beginner:

Start by allowing one bounce between each touch.

Progression:

No bounce between touches.

Expert:

Use both right and left sides of the body.

Football Activity Card



Football Fact: Football was first introduced to the 1900 Olympic games in Paris and was for men only. Great Britain won Gold

Task: In what Olympic games did Football first feature for women and who won the gold medal?



Equipment & exercise: a mat or flat surface
Go through each stretch on both legs for the time shown to improve flexibility and working towards the splits being flat down.

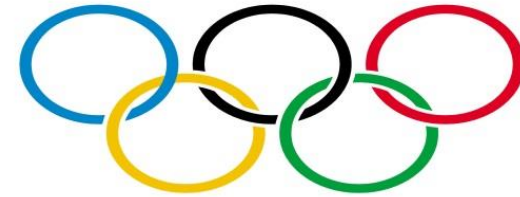
Progress: try doing each leg split every day for 2 weeks and see how far you can get down.

Gymnastics Fact: Simone Biles started gymnastics when she was 6 years old.

Task: How many Olympic medals has Simone Biles won?

Gymnastics Activity Card

1. Low Lunge A Right (pg. 54)	2. Half Split Right (pg. 51)
	
2 min	2 min
3. Low Lunge B Right (pg. 55)	4. Half Split Right (pg. 51)
	
2 min	2 min
5. Low Lunge C Right (pg. 56)	6. Split Right (pg. 77)
	
2 min	3 min



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Equipment: -

Ball – should be able to pick up with one hand.

Water bottles or empty plastic bottles

Set 5 bottles up on the ground or sitting on a wall.

Stand 5 big steps away from them and you have 5 attempts to try and hit them over.

Progress Move further away for extra difficulty.

Try a running jump shot.

Handball Fact: Handball players

Can shoot the ball at a speed of

Over 100kmph.

Task: Who was the most valuable players (MVP) male and female During the Rio 2016 Olympics?

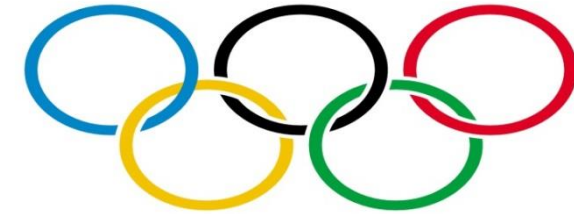
Handball Activity Card: Shooting



Take off on one or two feet.
Release ball with one hand
With maximum power



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Equipment:

Rugby balls, footballs, tennis balls, soft toys and a partner or target (a chair, a bin or a wall).

Task:

Your partner or target should be 3 – 5 metres away from you. This can be done standing or on your knees. With your left side facing your partner or target pass the balls at them.

5 attempts and then swap to your right side facing target for 5

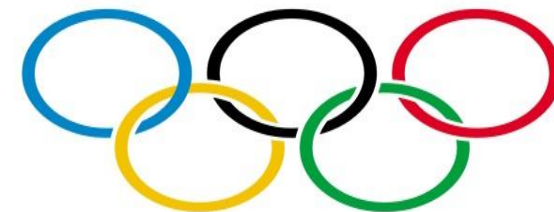
Progress: Your partner or target should move further behind so that you have to twist more before passing. Try different sizes and shapes of balls or even soft toys.

Rugby Sevens Fact:

The GB Team players will be selected from Scotland, England and Wales. A total of 24 teams will participate in the Tokyo Olympics. Comprising of 12 men's and 12 women's teams.

Task: In which year did the Rugby Sevens first debut at the Olympics?

Rugby Sevens Activity Card



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Exercise:

- 12 Balance Stretch
- 6 Upward dogs
- 6 Staggered Push Ups
- 12 Bird Dogs
- 12 Plan Rotations
- 6 Bridges
- 6 Cross reach sit ups
- 12 flutter Kicks
- 12 swimmers

Swimming Activity Card



Swimming Fact: Adam Peaty swam the fastest 100m Breaststroke time in the world this year in a time of 58.13.

Task: How many Olympic Medals does Adam Peaty have?



Ball Accuracy

Equipment: Ball – or bean bag or rolled up socks.
Hula Hoop – or 2 towels rolled to make circle

Set a throwing/rolling point for you and anyone else playing to start at. Place hula hoop one step away from starting point. Rolling ball into hoop and it must stay in hoop. If successful flip the hoop over so its further away. First to 5 flips is the winner.

Progression

Make target smaller.
Make starting point further away from hula hoop.

Tennis Fact: Tennis was played at the Olympics in 1924 then reinstated again in 1988.

Task: How many Olympic medals does Andy Murray have?

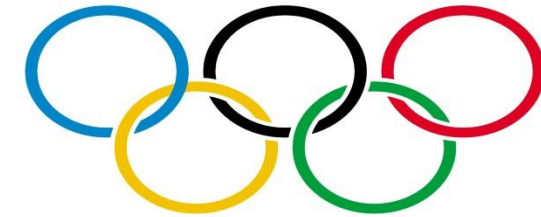
Tennis Activity Card



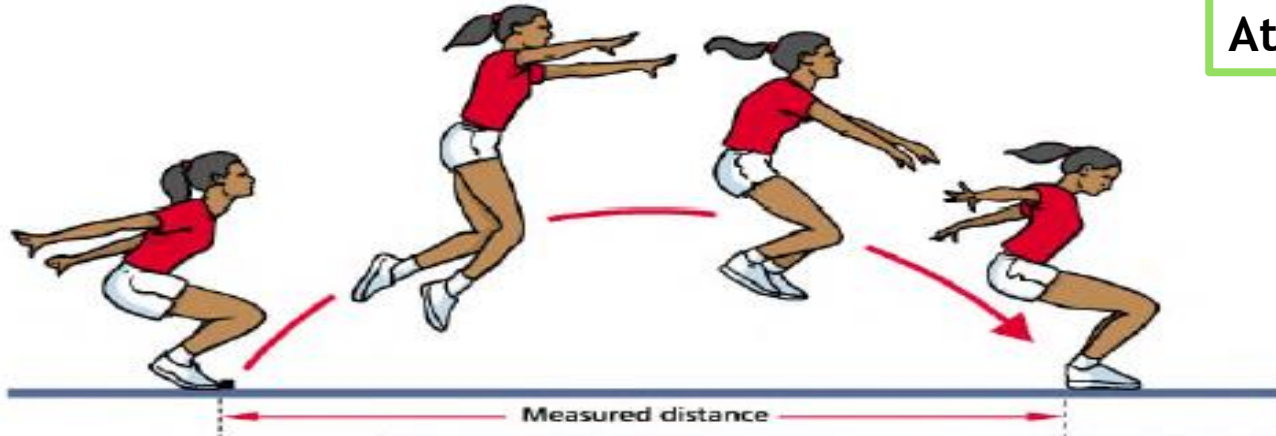
Tip: Under arm throw, palm to Sky, ball moving in rainbow Shape



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Athletics Activity Card



Standing Long Jump Challenge:

How far can you jump with both feet from a standing position?

Stand with your feet as wide as your hips

- Bend your knees

Lean forward and use your arms for momentum

Jump as far as you can, get someone to help you measure the distance with a measuring tape

Equipment:

Measuring Tape

Challenge:

- Get an adult to help you measure the distance from where you take off to where your heels first land on the ground shown in the picture above.

Athletics Fact: Eilidh Doyle was the last Scottish athlete to win an Olympic medal in the 4x400m Relay in 2016.

Task: Can you name the only Scottish athlete to win a world championship gold medal outdoors? Hint they won it in Tokyo.

Challenge: Target practice

What to do:
Set up hoops or cones different distances away.
Put a marker at your start line.
Hit the shuttle and try to land it in the hoops.

Challenge

- Can you aim for certain hoops and land the shuttle in them successfully?
- Give each hoop a different point score. Take 5 shots and see what your scores add up to.

Badminton Fact: Great Britain have won 3 Olympic medals in Badminton.

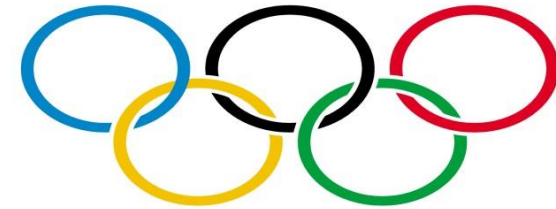
Task: Which country have won the most Olympic medals in Badminton?

Badminton Activity Card



Equipment:

Racket & Shuttlecock.
Hoops or markers.



Equipment: Basketball , bouncy ball or tennis ball, wall or a partner.

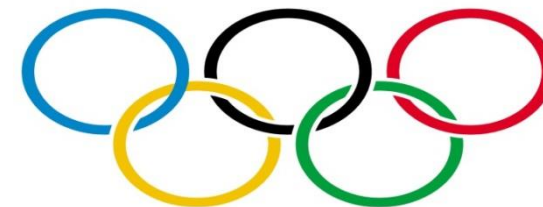
Task: Stand opposite a wall or partner. Bounce basketball with one hand and throw the tennis ball to your partner back and forth catching it whilst bouncing the basketball. See how many times you can successfully catch the tennis ball in 60seconds.

Progress: Throw and catch the tennis ball on opposite hands changing the basketball side at the same time.

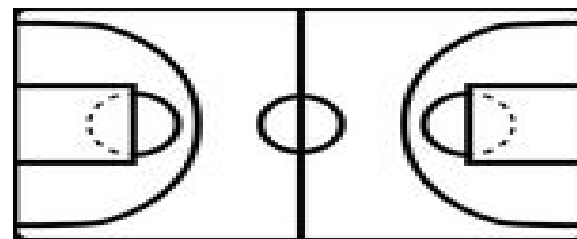
Basketball Fact: The first Olympic basketball match took place in 1936 in Berlin on an outdoor tennis court using a football.

Task: Who is the tallest basketball player ever to have played in the Olympics and how tall is he?

Basketball Activity Card



Basketball



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Equipment: pair of football socks, clothes peg and clothes line.

Roll up one sock and place it in the sole of the other sock. Hang the sock on clothes line.

Stand square on and try and punch sock with either hand.

Try to successfully complete two consecutive punches

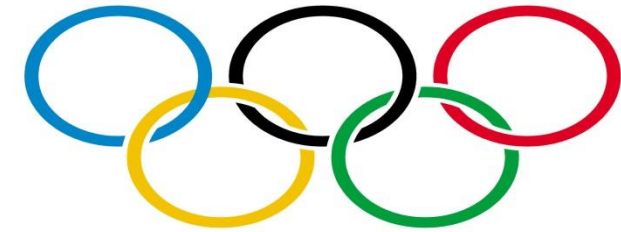
Boxing Activity Card



Square on stance



Side on stance



Progress by standing side on left foot forward. Punch with left hand then right hand. Swap sides.

Boxing Fact: Nicola Adams, GB was the first female to win an Olympic Boxing Gold Medal.

Task: Who is Scotland's only Olympic Boxing Champion and what was his final career record?

Equipment:

Football

Cones (Or if you don't have cones you could use plastic container boxes)

Football Dribble Challenge:

Dribble the football using any part of both feet and zig-zag through cones, from a starting point and back, without the ball touching the cones.

Beginner :

Start by walking as you dribble.

Progression:

Run at slow pace, increasing your speed when you will feel ready to.

Expert:

Time how long it takes you to complete the course and continue to try to beat your fastest time

Football Activity Card

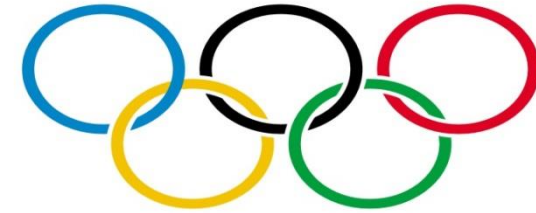


Football Fact:

The current Women's Football Olympic champions are Germany. Brazil are the men's reigning gold medallists.

Task:

Name the countries who will compete in this year's Tokyo Olympics men's and women's Football events?



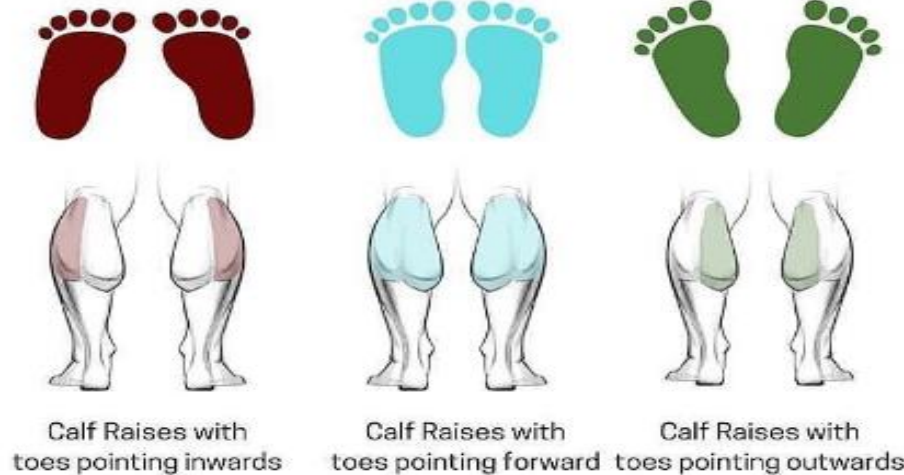
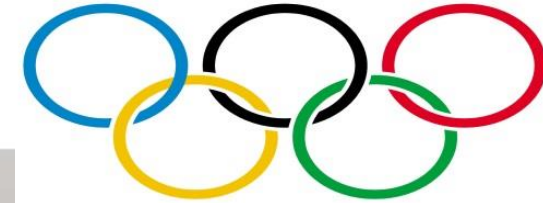
Equipment & exercise : a mat or flat surface facing a wall lightly place your hands on the wall and raise up onto your toes as high as you can and repeat for x 20 reps. Making sure you feel the weight on your big toes.

Progress: try doing the calf raises in the picture, can you complete x 20 of each?

Gymnastics Fact: Gymnasts need strong ankles for leaps, jumps and tumbling for the push off the ground and the landing. Strong ankles also prevents injury.

Task: Can you name a leap, jump and a tumbling skill in gymnastics?

Gymnastics Activity Card



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Passing Exercise

Equipment: Ball – should be able to pick up with one hand.

Markers, cones or anything to place in ground to mark.

Set the markers 5 big paces apart and with a partner pass the ball with one hand catching with two and see how many you can get without dropping it.

Progression

Use a jump pass to make the task more interesting and record score.

Move markers further away.

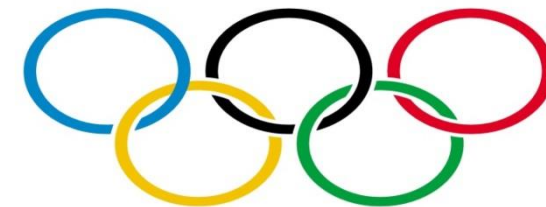
Handball Fact: Handball is said to be the combination of football, basketball and water polo.

Task: Can you find out how long a player is allowed to hold the ball for before they need to release it?

Handball Activity Card



Take off on one or two feet. Release ball with one hand with maximum power.



Equipment:

Rugby ball or if you don't have one then use a football, tennis ball or use something soft like a balloon or cuddly toy.

Activity:

Without dropping try passing the ball/cuddly toy around your head 5 times in each direction. Then try passing it around other body parts – waist/knees/ankles.

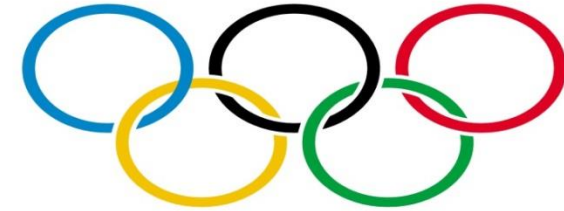
Progress:

Try different types of balls such as a tennis ball or basketball to see if this makes it harder or easier. Can you go 10 times in each direction without dropping the ball or even with your eyes closed?

Rugby Fact: Rugby made its first appearance in Paris 1900 Olympics but was the 15 a-side format.

Task: Which Olympic rugby player writes the words knife and fork on this boots?

Rugby Sevens Activity Card



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Exercise:

- 20 Jumping Jacks
- 10 Butterfly Sit ups
- 10 Sitting Twists
- 20 Jump jacks
- 10 flutter Kicks
- 10 v-wipers
- 20 jumping jacks
- 10 knee to elbow crunches
- 10 half wipers

Swimming Fact: Olympic Gold-Medalist Michael Phelps is the fastest swimmer in the world. Michael can swim 200-meter freestyle in 1.42minutes, which equates to a speed of about 4.7 mph.

Task: How many Scottish swimmers received medals in Rio 2016?

Swimming Activity Card



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Racket Skills

Equipment: Ball, bean bag or rolled up socks.

- Racket – or frying pan.
- Hula Hoop(S) or rolled up towels in a circle.
- Markers – or Sweatshirts.

Place 2 markers around 5-10 paces apart with a hula hoop on ground a couple of paces past the 2nd marker. You must place object on racket strings and walk from 1st marker to 2nd marker without it falling off. If you succeed then you must stand at the 2nd marker side on to the hula hoop. Sandwich the object between your hand and the racket, then perform a forehand or back hand swing and release to try and get object into hoop. Repeat exercise with all of your objects.

Progression – Make Hula Hoop further away. Try running in-between cones

Tennis Fact: During London 2012 Olympics, a mixed doubles event was included for the first time since 1924.

Task: Which American sisters have won 8 Olympic medals? OFFICIAL
Between them?

Tennis Activity Card



Hand on object squeezing against racket
Swing back then forward and release
forward object aiming for landing inside
Hoop.

