

NLL OLYMPICS



COVID GAMES

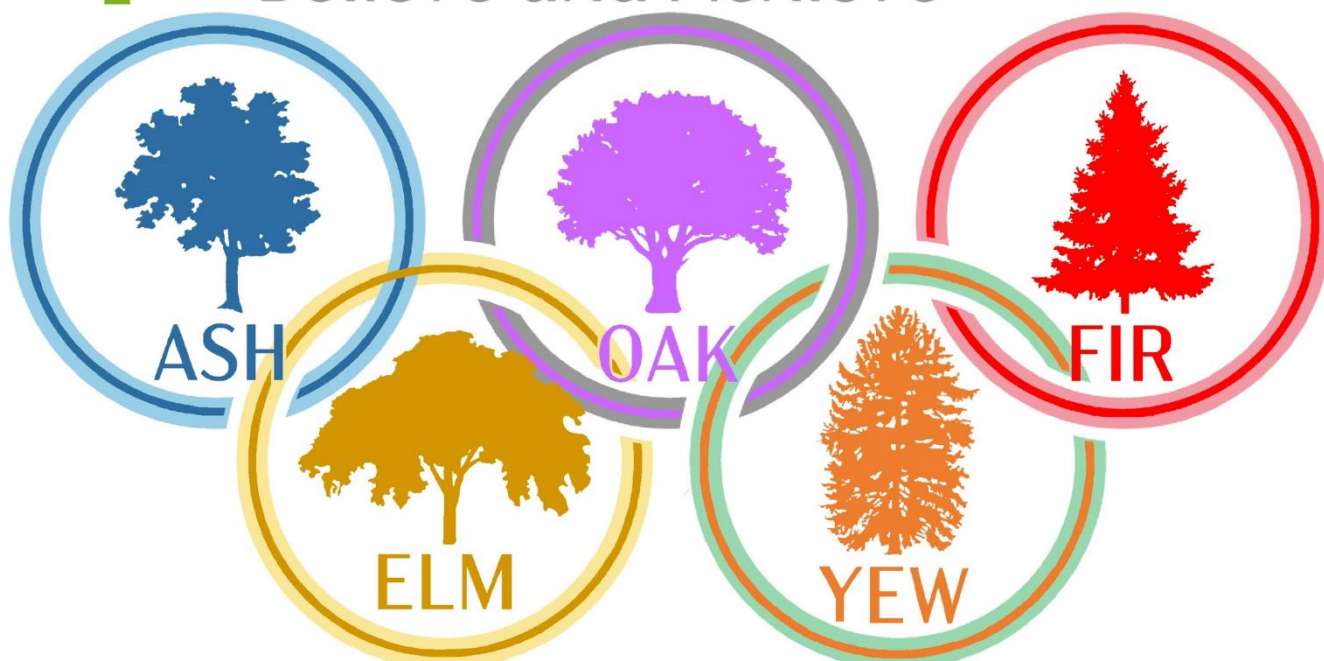


HOME DECATHLON



New Line Learning Academy

Believe and Achieve



PARTICIPATE INFORMATION

This year for sports day at NLL, you will be participating in the 'Covid Games'!

You will be taking part in the heptathlon, participating in 7 events to score points for your house.

Each event has a bronze (30 points), silver (40 points), and gold (50 points) available. There are also 10 points available for participating within the event, even if you don't reach the scores! Each event has an extra bonus challenge; if you can complete the bonus challenge, you will score 50 bonus points.

When competing, you will need to fill in the score sheet. This can either be done electronically, or you can draw your own table and take a picture. You also will need to submit video/picture evidence which clearly demonstrates the completion of each event.

Important: Please do not take part in the games if you have an injury that you could make worse. Please make sure you complete a warm up before taking part in the games. Make sure that you have an appropriate space in which to complete each event, to minimise the risk of injury or damage.

Have fun! Good luck!

"SOCIAL DISTANCE TEA BAG TOSSES"

Instructions

Task: You have 10 attempts to see how many tea bags you can throw the teabag into the mug.

Instructions: Place a mug on the floor and stand 2m away.



World Record

Mr Fatania – 7 Tea Bags

challenge

"Complete a trick shot for an additional 50 points"

Medals

-  50 points – 6 TEA BAGS
-  40 points – 4 TEA BAGS
-  30 points – 2 TEA BAGS
-  10 points – PARTICIPATION

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EXAMPLE



"STEP UP CHALLENGE"

Instructions

Task: You have 15 seconds to complete as many step ups as possible.

Instructions: You need to find somewhere or something you can step up on to. (Stairs or box). You must step on with both feet on at a time and down with both feet one at a time to complete 1 step up.



World Record

Mr Mannering – 21 Step ups

challenge

"Complete feet together, jumping up and down"

Medals

-  50 points – 20 STEP UPS
-  40 points – 14 STEP UPS
-  30 points – 7 STEP UPS
-  10 points – PARTICIPATION

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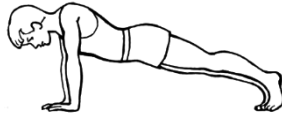


"PRESS UP CHALLENGE"

INSTRUCTIONS

Task: You have 15 seconds to complete as many press ups as possible.

Instructions: To complete a full press up your hands need to be wider than your shoulders. Lower your body until your chest almost touches the floor. Push you self-back up until your arms are straight. This can be done on your legs or knees.



WORLD RECORD

Mr Fatania – 15 press ups

challenge

"Add a clap in-between each press up for a bonus 50 points"

medals

-  50 POINTS – 15 PRESS UPS
-  40 POINTS – 11 PRESS UPS
-  30 POINTS – 5 PRESS UPS
-  10 POINTS – PARTICIPATION

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"SIT UP CHALLENGE"

INSTRUCTIONS

Task: You have 15 seconds to complete as many sit ups as possible.

Instructions: To complete a full sit up lie down flat on your back, keep your knees bent and feet flat on the floor. Lift your body up until you have sit up then return you back flat against the floor.



WORLD RECORD

Mr Kemp – 16 sit ups

challenge

"Complete with 4-pint of milk in your hands"

medals

-  50 POINTS – 15 SIT UPS
-  40 POINTS – 11 SIT UPS
-  30 POINTS – 5 SIT UPS
-  10 POINTS – PARTICIPATION

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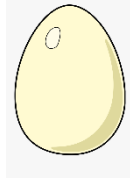


"EGG CLAP"

Instructions

Task: Throw the egg into the air and clap as many times as you can before catching the egg.

Instructions: Take an egg and go outside. Throw the egg as high as you want and try to clap while it is in the air. You must successfully catch the egg.



Medals



50 points – 10 claps



40 points – 5 claps



30 points – 3 claps



10 points – participation

World Record

Miss Simpson – 8 Claps

Challenge

"Can you throw the egg into the air and catch it on your head for 50 bonus points"

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example



"TOILET ROLL CHALLENGE"

Instructions

Task: How many Keep ups you complete with a toilet roll.

Instructions: Grab a toilet roll and find a large enough space. See how many times using your feet, legs or body (no hands) you can keep the toilet roll from touching the floor. Every time it touches a body part counts as one.



Medals



50 points – 8 keep ups



40 points – 5 keep ups



30 points – 3 keep ups



10 points – participation

World Record

Mr Kemp – 10 Keep ups

Challenge

"Complete a trick shot for an additional 50 points"

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example



"BURPEES"

Instructions

Task: You have 15 seconds to complete as many burpees as possible.

Instructions: Stand with your feet shoulder-width apart and arm at your side. Push your hips back, bend your knees, and lower your body into a squat. Place your hands on the floor directly in front of, and just inside, your feet. Jump into the press up position. Jump back in and jump up to reach the sky.



World Record

Mr Mannering – 16 Burpees

challenge

"Add a press up to every burpee"

medals



50 points – 15 burpees



40 points – 11 burpees



30 points – 5 burpees



10 points – participation

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"SPEED BOUNCE"

Instructions

Task: You have 15 seconds to complete as many two legged jumps over an object as possible.

Instructions: Get a sock and lay it on the floor. Jump over it with two feet, once you have jumped there and back that counts as one jump.



World Record

Mr Kemp – 30 Jumps

challenge

"Use a higher object to jump over"

medals



50 points – 25 jumps



40 points – 20 jumps



30 points – 12 jumps



10 points – participation

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"Squats"

Instructions

Task: You have 15 seconds to complete as many squats as possible.

Instructions: Stand with your feet shoulder width apart. Drive your hips back bending your knees until you are at a 90 degree angle. Then stand up.



World Record

Miss Simpson – 17 Squats

Challenge

"Add a jump with every squat"

Medals



50 points – 15 squats



40 points – 10 squats



30 points – 5 squats



10 points – participation

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"Mountain Climbers"

Instructions

Task: You have 15 seconds to complete as many mountain climbers as possible.

Instructions: Start in the press up position with your body in a straight line. Bring one knee up towards the centre of your chest and then alternate between legs. Each time you have completed bringing both legs up counts as one.

World Record

Mr Fatania – 25 Climbers

Challenge

"Complete 2 feet in and out at the same time"

Medals



50 points – 20 climbers



40 points – 15 climbers



30 points – 10 climbers



10 points – participation

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example



COVID GAMES

BONUS CHALLENGE

"PE Change over Challenge"

Instructions

Task: With your PE kit on underneath take off your school uniform complete 5 star jumps and then put your school uniform back on.

Instructions: Put your NLL PE kit on (Green/purple top and short/trousers). Over the top put your school uniform on (Shirt, tie, blazer and skirt/trousers). Take your school uniform off, complete 5 star jumps in your PE kit and then put your school uniform back on.

Medals



50 points – 1 min



40 points – 1 min 15 secs



30 points – 1 min 30 secs



10 points – Participation

World Record

Mr Fatania – 58 seconds

Challenge

"Change only using 1 hand"