**ORKNEY SCHOOLS PEEDIE OLYMPICS 15TH-26TH JUNE** **2020**

**PE PARTICIPATION PACK**

Dear pupils and parents,

Welcome to the Orkney Schools Peedie Olympics Fortnight! We hope that you and your family have great fun taking part.

**You should…**

* Be able to find most items of **equipment** around the house or garden. If you can’t find something, can you use your **imagination** to find an alternative?
* **Adapt** the activities to make it **fair**, so all members of the family can have fun while taking part.

**You can…**

* Choose whether you do **some**, or **all**, of the activities.
* Choose **when** to do the activities.
* Watch the **instruction videos for all the activities** on <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>
* Choose whether you do them all in one day or do **some each day** during the fortnight.
* Choose whether you **record** your scores to challenge other members of your family – or even **challenge a friend** and their family!
* Choose which activities to do **inside** and which to do **outside**.
* **Adapt** any activity to suit your space or equipment.
* Take a **video** and send it to Active Schools. They **might** post it on their **Facebook** page.

**Why don’t you…**

* Choose your **favourite country** and see if you can find something to wear in that country’s colours?
* All choose **different** countries or colours?
* Be creative and choose how you organise your event, for example have an **opening ceremony**?

**BUT MOST OF ALL…HAVE FUN!**

**SUGGESTED EQUIPMENT LIST**

* At least 10 pairs of socks
* 1 Laundry Basket (or bucket)
* 6 Medium to Large Plastic Bowls/ targets
* Paper (to keep tally points) or score sheet
* Pencil or Pen
* 1 Empty Water Bottle
* Oversized T-Shirt, Shorts, and a Hat or similar
* Some Plastic Cups
* Clock or Stopwatch
* 3 Balloons or plastic bags
* 10 Clothing Items
* 1 Kitchen Spatula
* A close up of electronics

  Description automatically generated1 Plastic Container Lid
* 5 to 10 Pairs of Shoes/trainers
* 3 to 6 Sheets of Paper (for making airplanes)
* Sheet of newspaper for runway
* Seek It Oot Worksheet
* A picture containing kitchenware, crusader

  Description automatically generated1 Medium-sized Bucket
* 1 Plastic (Tupperware) Container
* 1 Spoon
* 1 Small Object that Fits in Spoon
* 1 Large Towel
* Something to make goals out of
* A pair of sneakers

  Description automatically generatedMeasuring jug
* Markers – cones, tins, bins – anything to mark course
* Straight markers like rulers or unfolded socks, string etc
* Items for the In an’ Oot an’ Roondaboot course
* Cut out floonder from newspaper
* Folded newspapers/ paper plates/ cardboard fan
* Step, chair, stairsA close up of a bowl

  Description automatically generated
* Something to skip with
* A picture containing sitting, blue, hat

  Description automatically generatedCardboard or newspaper

**No 1: Goal!**

**Get Ready:**

Something you can use as a goal; netball post, football goal, bucket, bowl, cup

target – a good guide is 1 body length from the target. That way it is fair

when competing against older or younger people in your family. Something to

use as a ball. Stop watch or timer.

**Get Set:**

Stand with your body behind the marker and have your object(s)

ready to throw or kick.

**GO!**

The object of the game is to see how many goals you can score in

1 minute? You score 1 point for each successful shot. If you wish to,

you can write your total number of points on the Score Card.

**Why don’t you……**

Try from different distances away, give more points for shooting from

different spots or see how quickly you can get to 10 points.

**Watch video 1 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 2: LAUNCH THE LACE-UP**

**Get Ready**:

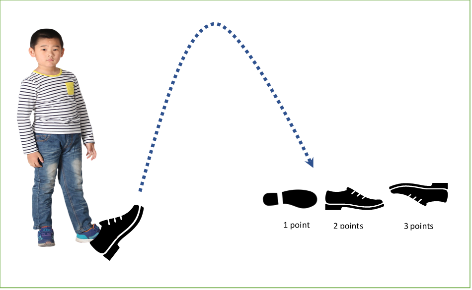
1 Slipper or trainer

**Get Set:**

Make sure you have plenty of safe space around you.

**GO!**

The object of the game is to see how many points you can score

 in 1-minute? To play you must put the end of your foot in the shoe

and when someone signals for you to start you must flip the slipper

or shoe up in the air and see how it lands on the floor. You score points

depending on how it lands.

1 point = shoe lands on its side

2 points = shoe lands right side up (sole of the shoe on the ground)

3 points = shoe lands perfectly upside down (no sides touching the ground)

0 points = if the shoe hits you on the head or knocks over a lamp.

You can write your total number of points on the Score Card if you want to.

**Why don’t you……**

Try with different shoes to see what works best. Race against someone

else and see who can get to 10 points first.

**Watch video 2 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 3: FLIP THE CLOOT**

**Get Ready:**

1 large beach or bath towel (cloot). Stop watch or timer.

**Get Set:**

Lay your towel out flat on your floor and stand on it.

**GO!**

The object of the game is to flip the towel without stepping off

it within the 1 minute timer. You can take small steps from one part

of the towel to another but you can only move it when you have both

feet firmly in place on top of the towel. The towel must be flat at the

start and flat at the finish.

You can record how quickly you can flip your towel on the

A picture containing drawing, kite

Description automatically generatedscore sheet if you want to.

**Why don’t’ you…..**

You can give yourself more time to complete the challenge or use a

bigger or smaller sized towel.

**Watch video 3 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 4 BEAT THE TIDE**

**Get Ready:**

Bucket or basin of water and an empty container with a level marked on it.

A plastic cup with or without holes which is much smaller than the empty

container. Stop watch or timer.

**Get Set:**

Check you have a safe area to move in. Fill your bucket with water

and place it at the start along with your plastic cup. At the opposite

end, place your empty container with the marking on it. Distance apart

should be judged by the family to make sure it’s fair for everyone.

**GO!**

The object of this game is to see how quickly you can fill the empty

container to reach the level mark. (before the tide comes in!)

You can only fetch water in your plastic cup and have to run/walk

back and fore as many times as it takes to reach the mark on your

container. You can write your time on the score card if you want to.

**Why don’t’ you…**

Try with a cup with holes in it to make the challenge more difficult!

Race against someone else in your family and see who can do it the

fastest. Have an obstacle that you have to go over/under whilst

holding your cup of water.

**Watch video 4 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 5 SPRINT**

**Get Ready:**

Decide and mark out your running area. This could be your round your house

or garden, round cones, tins or anything you can find – even a chalk marked area.

Stop watch or timer.

**Get Set:**

Check the area you are about to work in is safe. Have someone ready

to time you!

**GO!**

The object of this game is to see how quickly you can run round your

marked area. Stand behind your starting point and on the signal run as

fast as you can. You are finished when you reach the finish line.

You can write your time on the score card if you want to.

**Why don’t’ you…**

Increase the number of times you have to run around.

Try racing against somebody else in your family to see who is

fastest.

See how many laps you can complete in a set time.

**Watch video 5 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 6 KEEPIE UPPIE**

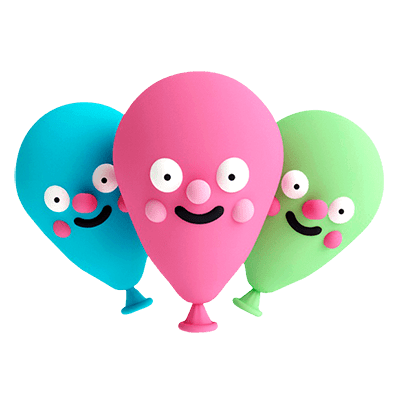
**Get Ready**:

Have up to 3 balloons per person ready to play with. If you don’t

have any balloons you can use plastic bags that have been tied at the

handles to keep the air in.   
**Get Set:**

Make sure you are in an open space with lots of room to move

around in. Choose whether you want to start with 1, 2 or 3 balloons.   
**GO!**

The object of this game is to keep your balloon(s) off the floor!

Using only your hands, how many times can you hit the balloons to keep

them up in 1 minute. If you are using more than 1 balloon to play, you are

not allowed to hit the same balloon twice in a row! Each time you hit a

balloon up with your hand it will count as 1 point, try to keep count

yourself or you could have an adult help you count. If a balloon falls to

the floor, just pick it up and keep going! At the end of the 1 minute,

write down your total number of points on the score sheet if you wish.   
**Why don’t you…**

Try with one balloon to start with.  
Try to make it harder by starting from 0 if a balloon touches the floor.  
**Watch video 6 to see how it’s done:  
Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 7 SEEK IT OOT!**

**Get Ready:**

You will need a copy of the Seek it Oot worksheet or write a list

of all the items on the sheet on a separate piece of paper.

**Get Set:**

Have your worksheet or list with you. Everything you are looking for

should be somewhere in your house or in your garden.

**GO!**

The object of this game is to find as many of the items on the worksheet

as possible in 5 minutes. You must look around your house and/or garden to

****try and find these items. Each item you find will be worth 1 point. Every time

you find an item make sure you tick/score it off on your worksheet or list

so you can see what you still need to find. At the end of the 5 minutes you

can record your score if you wish.

**Why don’t you…**

Try to race against a family member – who can find the most

in 5 minutes?  
Try to find all of the items on the worksheet and see how long it

takes – keep going after the 5 minutes are up and record your time

instead of your score.

**Watch video 7 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 8 BA’ SMUGGLE**

**Get Ready:**

You will need a pair of socks, a tennis ball or even a potato for

the Ba’ and 2 (plastic) cups.

**Get Set:**

Lie down on the ground and place 1 cup at your head and 1 cup at your

feet. This will be the distance you need to travel between during the

challenge. Make sure that 1 cup starts upside down and the other sitting

the right way up.

A close up of a balloon

Description automatically generated**GO!**

The object of this game is to carry the Ba’ between your legs while walking

between the 2 cups. Each time you arrive at a cup, you must turn it over while

keeping your Ba’ between your legs. Each time you turn over a cup, you will

score 1 point. Try to score as many points as you can in 1 minute without

dropping you’re the Ba’! If you do drop the Ba’, you must do 5 star jumps before

you are allowed to carry on with the challenge. Write down your total number

of points on the score sheet if you wish.

**Why don’t you…**

Set a target number of points you want to score.  
Challenge a family member – who turns over the most cups in 1 minute or first

person to turn over 6 cups is the winner. Make the cups further away from each other for older people

**Watch video 8 to see how it’s done:**

**Link**: <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 9 TATTIE TRUNDLE**

**Get Ready:**

You will need a spoon (this may be a wooden spoon or even a spatula or bat)

that is big enough to hold a tattie (this can be an egg, a tattie, a ball or

a pair of socks). You will also need something to mark out 2 points that you

must run between – cones, jumpers, shoes – anything will do!

**Get Set:**

Decide on how far about you want your markers to be making sure you make the

distance bigger or smaller depending whose shot it is.

Once you have your markers set out, choose which one you

A picture containing indoor, table, sitting, food

Description automatically generatedwant to start at and make sure you have your tattie and spoon with you!

**GO!**

The object of this game is to do as many laps as you can in 1 minute. 1 lap is when from

your starting marker, to the opposite marker and back to the start. If you would rather

run laps around the outside of your markers, 1 lap should be counted every time you pass

the start marker. If you drop your tattie, you must stop, pick it up and place it back on

your spoon then carry on again. Write down your total number of points on the score sheet

if you wish.   
**Why don’t you…**

Try to move your markers further away to make it harder.  
Try to make it harder by only counting the laps when you didn’t drop your tattie.  
**Watch video 9 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>



**No 10 RAT TRAP**

**Get Ready:**

You will need a water bottle (Rat), a basket or bucket, a ball or something you

can roll and a marker for your start line.

**Get Set:**

Set your water bottle on the ground then balance one edge of your basket or

bucket on top of your bottle to create a trap. Decide how far away from

the start line you want to be – the easiest way to measure this is to lie down

with your feet in front of your trap then place your marker at your head.

Maybe measure twice that distance. Stand at the start line with your ball ready to roll.

**GO!**

The object of this game is to roll your ball from behind the start line and try to

hit the water bottle (Rat) to make the trap fall. You must hit the water bottle to

score points in this game – it won’t count if you hit the basket/bucket with your

ball and it then falls down.   
1 point = Basket falls and traps only the ball  
2points = Basket falls and traps only the bottle (Rat)  
3 points = Basket falls and traps both the ball and the bottle (Rat)  
Try to score as many points as you can in 1 minute! Be sure to set the trap back up before you take your next shot! Write down your total number of points on the score sheet if you wish.   
**Why don’t you…**

Try to get a family member to fix the trap for you after each shot.  
Try to make it harder by starting from further away or by using a smaller or lighter ball.

**Watch video 10 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 11 FOLD YER KLAISE**

**Get Ready:**

10 Clean Clothing Items from a Laundry Basket for each Player

**Get Set:**

Place the 10 items from your Laundry Basket in a pile next to you.

**GO!**

The object of this game is to score points by folding each item (shirt,

trousers, shorts, etc.). You have 1 minute to fold as many as possible.

On the start signal, begin folding each piece of laundry. Score 1 point

for each piece of laundry folded in one minute. Max 10 points. Write

**A picture containing table, piece, topped, laptop

Description automatically generated**your score down on your score sheet if you wish.

**Why don’t you…**

Have different numbers of items or different scores for younger or

older family members

Have easier or more difficult items to fold to make sure everyone

enjoys the challenge.

**Watch video 11 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 12 LEAP OWER THE BURN**

**Get Ready:**

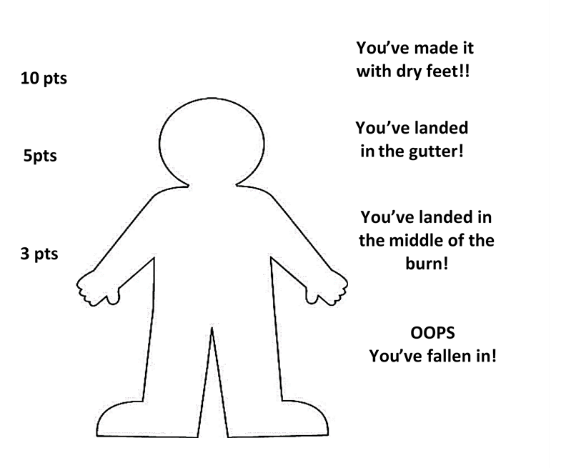
Get 4 markers ready (rulers, spoons or something similar)

Lie down on the floor/grass and get someone to mark where your

feet, waist, neck and head are, as in the diagram.

**Get Set**

Stand with your feet behind the first (feet) marker.

****Bend your knees and swing your arms behind you

Lean forward until you are about to fall.

**Go!**

Swing your arms forward and push off your feet to jump as far

as you can.

Keep your head up and your arms in front of you to help you

keep your balance.

Ask someone to measure how far you have jumped. (Measure to

the part of you closest to the start line – hopefully your heel!)

**Why don’t you:**

Add an extra score for getting beyond your head

**Watch video 12 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 13 IN AN OOT AN ROONDABOOT**

**Get Ready:**

You need to use your imagination to design and create an obstacle course

either inside or outside your house. Check with an adult that the items

you find and the space you intend to use are safe. Think about using items that you

can mark out pathways to travel in, e.g. forwards/backwards/sideways and things

you can go in/out off and over/under/through. Decide where to start and finish

and mark them clearly. This diagram might give you some ideas.

A screenshot of a cell phone

Description automatically generatedAsk someone to time you using a stopwatch or phone.

**Get Set:**

Have a practice first or go through the course in your mind

so you know where to go and what to do.

Stand with your feet behind the start line.

**Go:**

Zoom through the obstacle course as fast as you can,

remembering to do all the activities in the right order

and to cross over the finish line before stopping.

Record your time if you wish

**Why don’t you**:

Have different numbers of activities or laps for younger or older family members to make sure everyone enjoys the challenge.

See how many laps you can do in 1 minute.

Carry a cup of water to see how much is left at the end.

**Watch video 13 to see how it could be done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 14 DRESS UP AND DAB!**

**Get Ready:**

Find 3 items of clothing which are oversized. These could be a tshirt, hat,

shorts, skirt, dress etc

Mark out a Start/Finish and a check point at either end of the safe space

you are using. You can decide how far apart they should be

Find a Clock, Stopwatch or Phone for timing

A picture containing text, map

Description automatically generated**Get Set:**

Put the 3 items of clothing at the check point opposite the start point,

Stand with your feet behind the starting line

**GO:**

On the Go signal, run as fast as you can up to the pile of clothes and put

on one of the items. Sprint back and touch the start line before zooming

back to the pile of clothes. Grab another item and put it on before running

A picture containing drawing

Description automatically generatedback to the start line. Touch the line before racing back for the 3rd item of

clothing. Put it on and race back over the line. As soon as you are over the line

**Dab** to show you are finished! Note or record your time if you wish

**Why don’t you:**

Find 3 items of clothing for each person taking part and then race against each other

at the same time.

Vary the distance to the check point for younger or older members of the family

Find easier or harder items of clothing to put on to make sure the challenge is fun

**Watch video 14 to see how it could be done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 15 FLIP THE FLOONDER**

**Get Ready:**

Cut out a **Fish/floonder** from a piece of scrap paper or newspaper.

Make a fan out of another newspaper, piece of cardboard or paper plate.

Decide how far the race is going to be and mark the start and the finish.

This race is probably best done inside so the wind doesn’t blow the fish away!

**Get Set:**

Everyone places their **Fish/floonder** just in front of the start line

and they stand behind it.

**GO!**

On the word GO, start flapping your newspaper/paper plate up and

down to create a breeze to move your fish/floonder along towards the

finish. The first person to get their fish over the line is the winner.

**Why don’t you…**

Allow younger members of the family to start closer to the finish

The older members could start further back or try doing it with one

hand behind their back

If there isn’t much space, you could go one at a time and see who can

do it fastest.

**Watch video 15 to see how it could be done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 16: THE OLD MAN OF HOY**

**Get Ready:**

5-10 shoes per player,

1 spot marker per player to create a home base for each player such

as a paper plate.

**Get Set:**

Place all the shoes in a pile in the centre of the room.

A blue and white shoes

Description automatically generatedPlace the home base spots equal distance apart from the other

players.

**GO!**

The aim of this event is to build the Old Man of Hoy with the shoes

collected from the pile. On the signal, players will run and take

one shoe from the pile, return it to their home base and place

it on their stack. Repeat till all the shoes are gone. If your

Old Man falls, that’s ok, you may rebuild it and then continue.

On the stop signal, count and score 1 point for each shoe in the stack

**Why don’t you**…

Try from different distances away from the pile of shoes.

Try different ways of building up the shoes to increase the height of your stack.

**Watch video 16 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 17: BUTTER SIDE DOWN**

**Get Ready:**

1 tupperware/plastic lid, kitchen spatula

**Get Set:**

The aim of this game is to flip your lid upside down to earn points.

**A picture containing table, food, small, decorated

Description automatically generatedGo !**

Place the lid facing up on the table of floor, then slide the spatula

under and flip the lid in the air. Let the lid land flat on the table or

floor. Score a point every time you manage to flip the lid upside down

(0 points if it lands the right-side up). Quickly reset the lid after each

**0 POINTS**

attempt. You have 1 minute to score as many points as possible.

**A picture containing table, pink, tray, small

Description automatically generatedWhy don’t you…**

Try flipping the lid with your other hand (the hand you don’t write with).

**Watch video 17 to see how it’s done:**

**Link** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**1 POINT**

**No 18: RICOCHET**

**Get Ready:**

 5 large sock balls, laundry basket or bucket, a wall.

**Get Set:**

 Roll up the socks to make sock balls. Place the basket or bucket against

the wall. Mark a distance from the basket (you could use your body

length as a measurement).

**GO!**

The aim of this game is to score as many points as you can in 1 minute,

by tossing the sock balls off the wall and into the basket. You must use

the wall as your backboard and land the socks into the basket.

Keep your score.

**Why don’t’ you…**

A close up of a basket

Description automatically generatedTry different distances and angles from the wall.

**Watch video 18 to see how it’s done:**

**Link** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 19: UP AND DOON**

**Get Ready:**

Find a step somewhere about the house. Inside or outside. If you don’t

have a step can you use a chair or some book (watch they don’t slip though)

**Get Set:**

Choose a target number of steps i.e. 100. Have someone ready to count your

steps and to time your challenge.

**GO!**

The aim is to achieve your target number of step ups in the fastest time

possible. One count is right foot up, left foot up, right foot down, left

A person posing for the camera

Description automatically generatedfoot down (or vice versa). Your whole foot must step up, not just your

toes as you may slip off the step. It doesn’t count if you jump down off

the step.

**Why don’t you…**

Try a different target number of step ups.

**Watch video 19 to see how it’s done:**

**Link** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 20: EGG IN THE NEST**

**Get Ready:**

6 bowls(nests), 1 sock ball, paper and pencil to keep score.

**Get Set:**

Set the bowls on the floor in a triangle pattern roughly

10 to 15 cm apart. Put a piece of paper with different amounts

of points written on it inside each bowl(nest). Mark a throwing line as a

3

distance to throw the sock ball from.

**GO!**

2

2

The aim of this event is to try and score the most points possible

within one minute. Start by standing behind the throwing line try

**1**

**1**

**1**

**1**

**1**

**1**

**1**

**1**

and get the sock ball to land directly into a nest. After each throw,

retrieve the sock ball and race back to the throwing line to throw

again. If a sock lands in a nest, make a note of the points scored for

the nest. If it bounces back out you score half the points for that nest.

After 1 minute, calculate your total score.

**Why don’t’ you…..**

Try different size bowls or try being further away from them.

Give the name of a bird to each nest. Big birds for the nearest ones and smaller birds for the harder ones.

**Watch video 20 to see how it’s done:**

**Link** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 21 SOCK PUTT**

**Get Ready:**

One pair of the socks for each player and a marker line

**Get Set:**

Mark out a line that you and the other players can stand behind.

Stand side on with your left foot on the line. Put the sock in your right hand,

A picture containing drawing

Description automatically generatedunder your chin and stick your left hand up in to the air. (opposite sides if

you are left handed.)

**A picture containing indoor, small, sitting, table

Description automatically generatedGO!**

The object of this game is to throw your pair of socks as far as you can.

Each player has 3 shots at throwing their sock and the furthest pair of

socks win.

**Why don’t you…**

Start younger players further up or give them a lighter pair of socks.

**Watch video 21 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 22 LAND THE ISLANDER PLANE**

**Get Ready:**

Three pieces of paper, a newspaper and a timer

**Get Set**

Create 3 paper islander planes and stand behind a marker with your

newspaper (runway) 5 big strides away.

**A large passenger jet sitting on top of a grass covered field

Description automatically generated**

**Go!**

You have 1 minute to throw your planes onto the runway (newspaper)

as many times as you can. When the 1 minute is up, you can try and

beat that score or someone else can try and beat it.

**Why don’t you:**

Change the distance from the runway depending on the age of person

playing.

**Watch video 22 to see how it’s done:**

**Link**: <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 23 SKIPATHON**

**Get Ready:**

Skipping rope, a dressing gown tie or be creative with newspaper

and tape!

**A picture containing drawing

Description automatically generatedGet Set:**

Find a space that you can skip without knocking anything over.

**GO!**

See how many skips you can do in a row without stopping!

**Why don’t you…**

You could time yourself and challenge someone else!

**Watch video 23 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 24 A ROO O’ SOCKS**

**Get Ready:**

10 pairs of socks, one marker line and a timer

**Get Set**

Unpair your 10 socks and mix them up in a space on the floor,

choose a starting point 5 giant steps away and put down your marker line.

**Go!**

When someone shouts go! You can run from your marker line and pick

up one sock at a time to bring back to your marker line. Once you have

collected back all 20 socks, try and pair them as fast as you can.

**Why don’t you:**

Challenge someone to see who can do it the quickest? Choose

different colours of socks to make it easier or similar colours to

make it harder. Can older children or parents do this with one hand?

**Watch video 24 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**No 25 WAFT THE BALLOON**

**Get Ready:**

One balloon, blown up plastic bag or ping pong ball. Two big bits of

cardboard

**Get Set:**

Place the balloon on a table and have a player either side of it.

**GO!**

The object of this game is waft the balloon off your opponent’s

side of the table as fast as you can!

**Why don’t you…**

Do it yourself and time how fast you can waft the balloon off?

Compete against more people?

Have different sized fans depending on the age.

**Watch video 25 to see how it’s done:**

**Link:** <https://www.youtube.com/playlist?list=PL1gP0ieimtMndP3VsWNX6dPxgQFCoFuGI>

**SEEK IT OOT**

**CAN YOU FIND A…**

**OR SOMETHING…**

|  |  |  |  |
| --- | --- | --- | --- |
| **BLUE** | **BEGINNING WITH ‘A’** | **THAT FLOATS** | **SMALLER THAN A PENNY** |
| **YOU CAN EAT THAT IS RED** | **ROUND** | **THAT YOU CAN BALANCE ON** | **BEGINNING WITH ‘R’** |
| **YOU CAN WEAR ON YOUR HEAD** | **ORANGE** | **SQUIDGY** | **A PAPER CLIP** |
| **WITH A NUMBER ON IT** | **FLUFFY** | **MADE OF WOOD** | **WITH A FACE ON IT** |
| **GREEN** | **THAT YOU CAN JUMP OVER** | **WITH A DATE ON IT** | **WITH FLOWERS ON IT** |
| **3 SIDES** | **WITH ANIMAL PRINT ON IT** | **BLACK** | **SQUARE** |
| **WITH A FLAG ON IT** | **YOU CAN HIDE IN** | **WITH A CROWN ON IT** | **THAT SMELLS NICE** |
| **STARTS WITH THE FIRST LETTER OF YOUR NAME** | **IS HEAVIER THAN YOUR SHOE** | **HAS A LETTER B ON IT** | **MADE OF METAL** |

SCORE CARD

**NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NO** | **EVENT** | **ATTEMPT 1** | **ATTEMPT 2** | **PERSONAL BEST** |
| **1** | **GOAL!!** |  |  |  |
| **2** | **LAUNCH THE LACE-UPS** |  |  |  |
| **3** | **FLIP THE CLOOT** |  |  |  |
| **4** | **BEAT THE TIDE** |  |  |  |
| **5** | **SPRINT** |  |  |  |
| **6** | **KEEPIE UPPIE** |  |  |  |
| **7** | **SEEK IT OOT** |  |  |  |
| **8** | **BA SMUGGLE** |  |  |  |
| **9** | **TATTIE TRUNDLE** |  |  |  |
| **10** | **RAT TRAP** |  |  |  |
| **11** | **FOLD YER KLAISE** |  |  |  |
| **12** | **LEAP OWER THE BURN** |  |  |  |
| **13** | **IN AN’ OOT AN’ ROONDABOOT** |  |  |  |
| **14** | **FLIP THE FLOONDER!** |  |  |  |
| **15** | **DRESS UP AND DAB** |  |  |  |
| **16** | **OLD MAN OF HOY** |  |  |  |
| **17** | **BUTTER SIDE UP** |  |  |  |
| **18** | **RICOCHET** |  |  |  |
| **19** | **UP AND DOON** |  |  |  |
| **20** | **EGG IN THE NEST** |  |  |  |
| **21** | **SOCK PUTT** |  |  |  |
| **22** | **LAND THE ISLANDER** |  |  |  |
| **23** | **SKIPATHON** |  |  |  |
| **24** | **A ROO O’ SOCKS** |  |  |  |
| **25** | **WAFT THE BALLOON** |  |  |  |