



White Hall

Mini Olympics

Brief Description

In this activity you are split into groups and you are given a sheet of challenges, some only include one person and some include the whole team, you only have 45 minutes to practice the group challenges and decide who is good at each specific challenge, after the 45 minutes you will meet back up with the other groups and compete for points.

PSHE and Wider Learning Outcomes

- Team work
- Respect for others
- Responsibility
- co-operation
- Self-reliance
- Listening to others

Session Objectives

By the end of the session, students will

- Be able to work in a team/lead a team
- Co-ordinate with team members
- Be able to complete all challenges

National Curriculum Outcomes

Maths: add and subtract numbers mentally with increasingly large numbers

PE: Play Competitive Games, modified where appropriate

PE: Develop flexibility, strength, technique, control and balance

Progression / Differentiation

This activity can be adapted by taking some of the more difficult challenges out to suit less able individuals or if you have more able individuals then you can make some of the challenges harder.

Vocabulary

List any relevant words relating to the activity, especially relating to safety, equipment, environment and how they interact with each other.

Encouragement, support, team work, delegate, practice