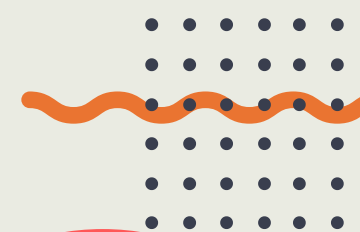


THE ROAD TO TOKYO 2020

DECATHLON HOMEWORK CHALLENGE



Javelin

Active Snowball Challenge

With your parent or sibling, scrunch up some old paper to make 10 'snowballs'. Create a divide line using a something in your house (e.g. skipping rope). Start with 5 balls each. Time 1 minute. Try and throw the balls into your opponents half. The winner is the person with the least snowballs on their half after 1 minute. Repeat the game!



Why not get your parents to tweet us photos and video updates as you complete the challenges?

@ForgeSSP
@PointsLN
@ArchesSSP
@LinksSSP

#decathlonchallenge2020



Pole Vault

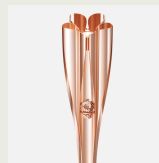
Active Challenge

Play in pairs. Place a target ball a few metres away and crumple 3 balls of paper each. Take it in turns to throw your paper at the target ball. Whoever gets the closest wins. Repeat the game!

100m

Art Task

Design or make an Olympic torch



Long Jump

Writing Task

Write a poem about the Tokyo Olympic games

1500m

Active Challenge

With your parent or sibling, get a balloon and see how many times you can keep it up between you both without it hitting the floor. To make the task harder, why not stand on one leg or come up with your own idea?

Discus

History Task

Research about the history of the Olympics and create an information booklet

3 TASKS COMPLETE = BRONZE AWARD

6 TASKS COMPLETED = SILVER AWARD

10 TASKS COMPLETED = GOLD AWARD

Shot Put

Dance & Technology Challenge

Choose a song and create a dance routine on your own or with family and friends. Share it with us and your school on social media

INSTRUCTIONS

With the Tokyo 2020 Olympics bearing down on us, we would like to set you a Decathlon homework challenge!

Simply complete a selection of the challenges before the Summer holidays. As you complete the tasks, get your parent to sign the relevant Olympic ring on the reverse to achieve the Gold, Silver or Bronze Awards and return to your class teacher.

110m Hurdles

Creative Active Challenge

Find a selection of sports equipment/toys and create your own Olympic style game

400m

Art Task

Create a poster or collage about the Olympic Games and pass it to your class teacher

High Jump

Active Challenge

Crumple a piece of paper. See how many times you can hit it in the air using the palm of your hand. Try to beat your score and play with others. Why not try and keep it up in pairs?



THE ROAD TO TOKYO 2020

DECATHLON HOMEWORK CHALLENGE

PROGRESS

As you complete the various tasks, get your parent to date and sign the below Olympic rings to monitor your progress towards the Gold, Silver and Bronze Awards

DID YOU KNOW?

At least one of the Olympic Rings' colours appears in every national flag

The first Summer Olympic Games took place in 1896 in Greece

The USA have won more medals than any other country at the Summer games

The Olympic Games are held every 4 years

Great Britain is the only country to have won a gold medal at every Summer Olympics

London is the only country to have hosted 3 Summer Olympic Games in 1908, 1948 and 2012

The prize for event winners at the ancient Olympics was an olive branch

The 5 rings of the Olympic flag represent Africa, Asia, Australia, Europe, and the Americas, they are linked together in friendship.

<p>100m</p> <p>Date:</p> <p>Signed:</p>	<p>Shot Put</p> <p>Date:</p> <p>Signed:</p>	<p>400m</p> <p>Date:</p> <p>Signed:</p>
<p>Long Jump</p> <p>Date:</p> <p>Signed:</p>	<p>High Jump</p> <p>Date:</p> <p>Signed:</p>	
<p>110m Hurdles</p> <p>Date:</p> <p>Signed:</p>	<p>Pole Vault</p> <p>Date:</p> <p>Signed:</p>	<p>1500m</p> <p>Date:</p> <p>Signed:</p>
<p>Discus</p> <p>Date:</p> <p>Signed:</p>	<p>Javelin</p> <p>Date:</p> <p>Signed:</p>	



TOKYO 2020

