



Chapter Five:

'You miss 100% of the shots you don't take'

Hello and welcome to chapter 5 of our 6 Olympic chapters. In today's events we are going to be focusing on running and problem solving in our first activity 'Noughts and Crosses' (Socks and Pants) and looking at the control and accuracy of our throwing technique in activity two 'Fill the Targets'.

Let the games begin 🙌

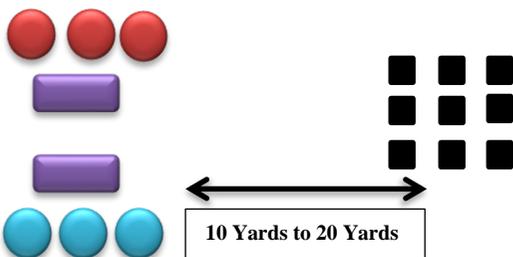
Equipment / Scoring:

- Bibs, Socks, Underwear etc.
- Craft Materials
- Tennis Balls, Bean Bags, Pairs of socks
- Hoops, Tubs

Activity One (Noughts and Crosses; Socks and Pants 1vs 1; 2 vs 2): All you are going to need to take part in our first activity is a small space preferably outside; three pairs of socks, three pairs of underpants and nine different objects to create a three by three grid (for example nine pieces of paper or kitchen roll).

The aim of the game is to get three of your symbols (socks or pants) in a line; horizontally, vertically or diagonally before your opponent. Players run back and forth taking and placing one symbol at a time on the grid where they desire. The first player to get three symbols in a row is the winner. (Think tactically about where you place your symbols on the grid)

Set up: 🙌



Key:

Player 1 & 2:

Grid:

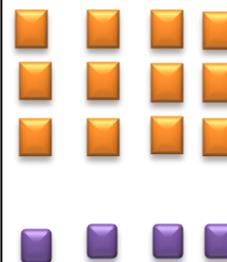
Socks / Pants:

Let the games begin 🙌

Activity Two (Fill the Targets): All you are going to need to take part in our second activity is a small space preferably outside; 4 bean bags per player (tennis balls or socks) and 4 hoops (tubs or pieces of paper.)

Each Olympian stands at the start point with four targets in front of them at increasing distances (you can set as many targets as you desire) with four bean bags each (depending on the number of targets set out.) The aim of the game is to throw your bean bags and get them to land and stay within the target area. The first player to fill every target is the winner (collect and repeat until the challenge is complete). Try a variety of different throwing techniques such as; under arm or over arm and think about the weight (power) of your throw as you try to hit the targets accurately.

Set up: 🙌



Key:

Player 1/2/3/4:

Bean Bags / Tennis Balls / Socks x4:

Targets:

Let the games begin 🙌