



The OTA iPlay “Home Game”

Theme: Olympic Week

Iron-Kid Warm Up

1. 1 Minute Jog
2. 10 Jumping Jacks
3. 15 Rocket Launchers
4. 20 Second Plank
5. 25 Second Body Twist

Completed: _____

Track and Field Challenges

- Sprint – 40 Yard Dash
- Long Distance – 10 Minute Run
- Hurdles – 12 Obstacle Jumps
- Standing Long Jump
- Running Long Jump
- Vertical Jump
- Shot Put
- Discuss Throw

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Sports Challenges

- 30 Second “High Score”
- 1 Minute “High Score”

Completed: _____

Completed: _____

Speed and Agility Challenges

- Figure Run
- Speed Bounce
- The Old Presidential Fitness Challenge

Completed: _____

Completed: _____

Completed: _____

Optional Events

- Cycling (Bike Riding) Challenge
- Skate Boarding Challenge
- Scooter Challenge
- Ping Pong Match

Completed: _____

Completed: _____

Completed: _____

Completed: _____



Game Plan: Directions and Instructions for “Olympic Week”

*Note – we have tried to develop a program with as much flexibility as possible understanding that age groups, available sports equipment, space constraints, level of parental/guardian involvement all varies. The number of “repetitions” your “team” decides to do is up to you. If you’re having fun, keep doing it. If one is enough – move on! Feel free to substitute, modify, alter, improvise wherever needed.

Track and Field Challenges

- **Sprint – 40 Yard Dash**
 - point to point – timer

- **Long Distance – 10 Minute Run**
 - map out a loop, go

- **Hurdles – 12 Obstacle Jumps**
 - create hurdles anyway you can, space about five paces a part
 - point to point or loop

- **Standing Long Jump**
 - starting marker, two footed jump forward
 - marker to measure distance

- **Running Long Jump**
 - create runway
 - place marker for launch spot
 - start 15 ft. back from the jumping line
 - start running as fast as you can towards the line
 - plant your foot right before the line and explode up and out

- **Vertical Jump**
 - position jumper near wall
 - leap two footed, arm stretched over head to tap wall as high as you can
 - mark highest point with piece of tape



- **Shot Put (use any ball that works)**
 - hold the shot put in your hand at the base of your fingers
 - thumb should be at the side for control
 - hold ball close to shoulder – elbow should be bent
 - put left foot out in front and right leg should be slightly bent behind it
 - twist body back then push the shot put and body forwards to release the ball
 - power should come from your entire body, not just arm
 - mark landing distance
- **Discus Throw (use any frisbee or saucer that works)**
 - put left foot out in front and right foot under shoulder
 - most weight should be on right foot
 - hold hand up with fingers outstretched (like you're giving a high five)
 - hold the discus by gripping fingers over the front lip
 - keep right arm extended and twist body back to right side
 - bend knees slightly
 - swing right arm towards the front of your body and release the discus straight up into the air should spin on its own
 - mark landing distance

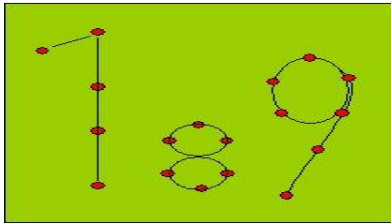
Sports Challenges (create goals and baskets any way you can)

- create "starting point" to use after scoring and retrieving ball after each shot
- **30 Second "High Score"**
 - shoot and score as many times as you can in 30 Seconds
 - choose any sport (or all sports) – basketball, floor hockey, soccer, lacrosse
- **1 Minute "High Score"**
 - shoot and score as many times as you can in 30 Seconds
 - choose any sport (or all sports) – basketball, floor hockey, soccer, lacrosse



Speed and Agility Challenges

- **Figure Run (use any cone or marker you want)**
 - set out a course (letters, numbers, shapes, etc.)
 - cones/markers are used to mark out a series of figures in varying sizes
 - run around the figure
 - Sample:



- **Speed Bounce**
 - speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously
 - set up barrier or "wedge" for player to leap
 - the player should cross the "wedge" as many times as possible in 20 second (or 30 seconds)
 - Sample:





The Old Presidential Fitness Challenge

- **Curl Ups**
 - number of sit ups in 1 minute
- **Shuttle Run**
 - mark two parallel lines 30 feet apart and place two similar objects behind one of the lines
 - start behind opposite line
 - on the signal "Ready? Go!" runs to the objects, picks one up, runs back to the starting line, places the object behind the line, runs back and picks up the second block and runs back across the starting line.
- **Endurance Run/Walk**
 - timed 1 mile
- **Pull Ups or Arm Hang**
 - number of pull ups, OR if they can't do pull ups, do a timed arm hang
 - ***If there is no pull up bar, do pushups:** number of push-ups in 1 minute
- **V-Sit**
 - Legs must remain straight, soles of feet against box/line and fingertips of both hands should reach evenly along measuring line
 - encourage players to reach slowly
 - record the number they hit

Optional Events

- **Cycling (Bike Riding) Challenge**
 - Sprint course
 - Distance course
 - Slalom Course
- **Skate Boarding Challenge**
 - Sprint course
 - Distance course
 - Slalom Course
- **Scooter Challenge**
 - Sprint course
 - Distance course
 - Slalom Course
- **Ping Pong Match – where applicable**