

ASD-N VIRTUAL OLYMPICS DAY 1

EVENT #1

FOOTY GOLF - SET UP A GOAL BY PLACE FOUR STAKES, FLAGS, STICKS ETC. IN THE GROUND. YOU COULD ALSO USE OTHER OBJECTS PLACED ON THE GROUND TO CREATE THE GOAL AREA. EACH GOALPOST WILL BE PLACED IN A LINE A HALF METER APART FROM EACH OTHER CREATING 3 SCORING ZONES. YOU WILL TAKE YOUR BALL TO THE STARTING LINE AND KICK THE BALL TRYING TO GET IT THROUGH THE GOALS. QUICKLY RUN AND RETRIEVE THE BALL AND RETURN TO THE START LINE AND KICK AGAIN. CONTINUE FOR 1 MINUTE IN TOTAL. GIVE YOURSELF 3 POINTS FOR ANY BALLS THAT PASS THROUGH THE MIDDLE GOAL AND 1 POINT FOR ANY THAT PASS BETWEEN THE TWO OUTSIDE GOAL AREAS.

LEVEL 1 - 5 FEET LEVEL 2 - 10 FEET LEVEL 3 - 15 FEET

EVENT #2

SOCCER SHOTS - SET A LAUNDRY BASKET ON ITS SIDE TO USE AS THE GOAL. USING A SOCK BALL ATTEMPT TO KICK IT INTO THE CLOTHES HAMPER. QUICKLY RETRIEVE YOUR BALL AND RETURN TO THE START LINE TO KICK AGAIN. CONTINUE FOR 1 MINUTE GIVING YOURSELF 1 POINT FOR EVERY TIME THE BALL GOES INTO THE GOAL (HAS TO STAY IN THE BASKET). REMEMBER TO RECORD YOUR SCORE.

LEVEL 1 - 5 FEET

LEVEL 2 - 10 FEET

LEVEL 3 - 15 FEET

EVENT #3

RECYCLABLE RELAY CHALLENGE - PLACE 10 RECYCLABLE ITEMS 20 FEET FROM THE START LINE. RUN FROM THE START LINE AND RETRIEVE ONE ITEM AND RETURN TO THE START LINE. CONTINUE TO RUN AND GET ONE ITEM AT A TIME UNTIL ALL 10 HAVE BEEN COLLECTED. RECORD THE AMOUNT OF TIME IT TAKES YOU TO COLLECT ALL 10 RECYCLABLES.