

# South and Vale Olympics 2020

As our GB athletes are unable to make our country proud at this year's Summer Olympics in Tokyo, we have brought the Olympics to you! With a twist!

Complete a series of activities to achieve bronze, silver and gold levels and earn a certificate. Each level has a "Your Mindful Moment" section to help aid your mental wellbeing, which you can do with your exercise partners.

Use the results table to challenge members of your family. Just tick the box once a family member has completed a set of challenges and download the certificate.

<b>South and Vale Olympics 2020 Results Table</b>			
<b>Country</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>

Top tips to make the Olympics extra fun...

1. Do the event in your home, garden or in your local neighbourhood
2. Create a winners ceremony for the challengers
3. Play John Williams "Olympic fanfare and theme song"
4. Have an opening ceremony and create flags of your chosen country
5. Include some extra activities to do within your event



# Bronze

**The first set of challenges. To earn your bronze medal, complete the exercises below. Good luck!**

Walk or run for  
5 minutes



Key points...

Do this in a safe place and at your own pace.

If you do this indoors, why not include the stairs.

10x Star Jumps



Key points...

Coordinate your arms and legs inwards and out again.

You can do this seated if you have limited mobility.

3x Press ups



Key points...

Push yourself up and down with a straight body.

You can also do this on your knees or against a wall.

5x Squats



Key points...

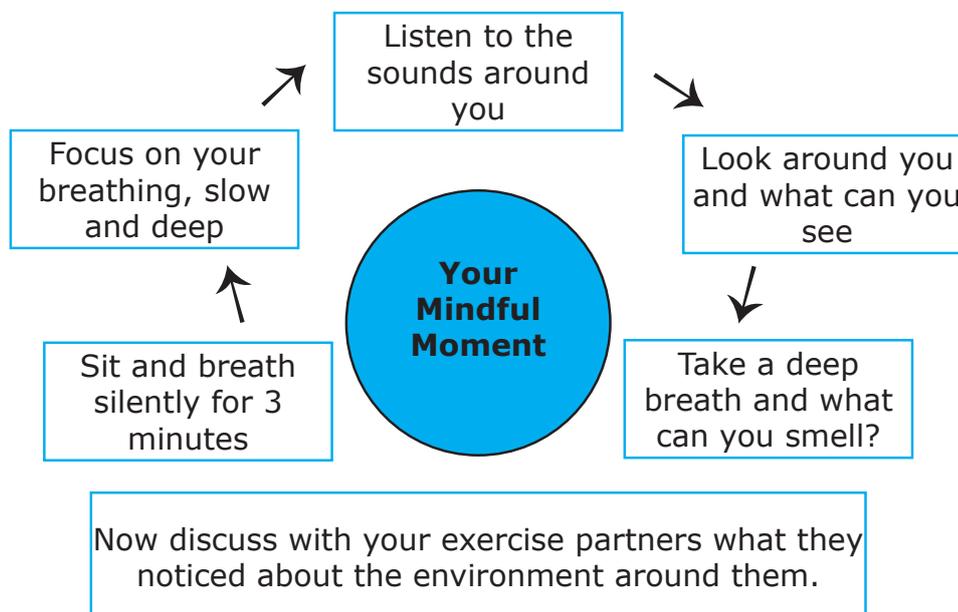
Keep your back straight and move slowly.

You can also do this by sitting on a chair and standing or against a wall.

## Your Mindfulness Moment

We all need a moment from day to day to rest and gather our thoughts. Embed "your mindful moments" within your daily exercise. Try out some of the following wellbeing techniques with your exercise partners.

Top tip: If you have little ones or those unable to focus, offer a reward as an incentive.



# Silver

**The second set of challenges. To earn your silver medal, complete the exercises below. Good luck!**

Walk or run for  
10 minutes



Key points...

Keep your self hydrated.

Perhaps try and increase the pace for a minute in intervals of walking slower.

20x Star Jumps



Key points...

Aim to increase the distance between your stride.

You can also try to jump higher and increase the speed.

8x Press ups



Key points...

Push yourself up and down with a straight body.

Aim to decrease the space between the surface and your chest.

20 Seconds high knees



Key points...

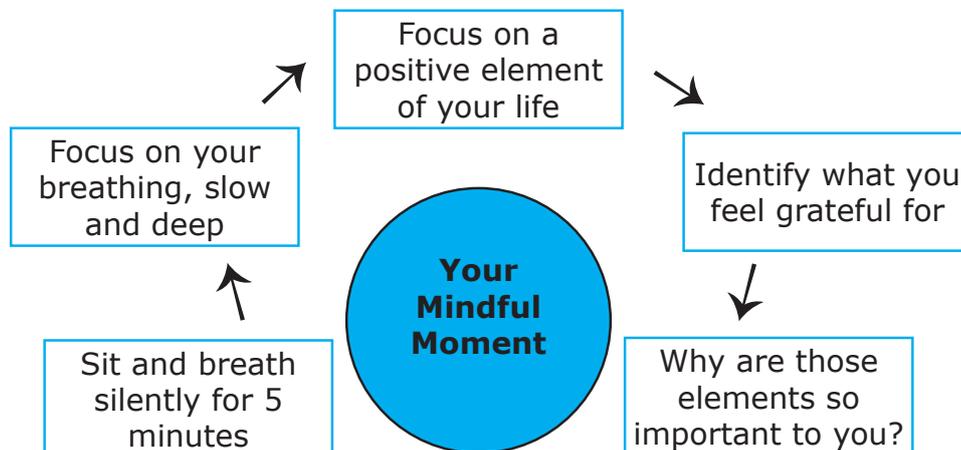
Raise your knee bent towards your chest, back straight.

You can hold your hands out straight for a guide. Do at your own pace.

## Your Mindfulness Moment

We all need a moment from day to day to rest and gather our thoughts. Embed "your mindful moments" within your daily exercise. Try out some of the following wellbeing techniques with your exercise partners.

Top tip: Go to a place where you feel safe and happy



Now discuss with your exercise partners what your positive thought was. Talking about them can help lift self esteem and confidence

# Gold

**Your final set of challenges to become a world champion! To earn your bronze medal, complete the exercises below. Good luck!**

Walk or run for 15 minutes



Key points...

Aim to maintain a steady pace for the duration.

If you have walked before, perhaps include a jog at intervals of 1 minute.

30x Star Jumps



Key points...

Aim to increase the distance between your stride.

You can also try to jump higher and increase the speed.

15x Press ups



Key points...

Aim to increase the speed and depth of the exercise.

If you were on your knees before, try doing some with your body straight.

30 seconds air punches



Key points...

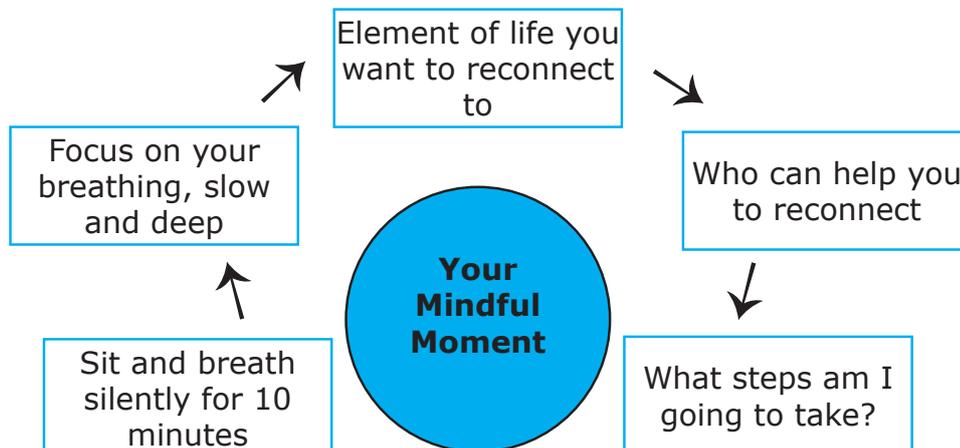
Ensure to punch the air and not an object.

Aim to do this as fast as you can and alternate arms. You can do this seated or standing.

## Your Mindfulness Moment

We all need a moment from day to day to rest and gather our thoughts. Embed "your mindful moments" within your daily exercise. Try out some of the following wellbeing techniques with your exercise partners.

Top tip: If you have little ones or those unable to focus, offer a reward as an incentive.



Now discuss with your exercise partners what they want to reconnect to and how they are going to do it. This can aid self motivation and empowerment.

# Congratulations!

**Well done for completing the exercises! We hope you enjoyed participating and continue to do them.**

## **Here are some fun facts from past Olympic events.**

1. The first Olympic Games took place in the 8th century B.C. in Olympia, Greece.
2. In ancient Greece, athletes didn't worry about sponsorship, protection, or fashion – they competed naked.
3. During the 2012 London Games, the Olympic Village required 165,000 towels for a bit more than two weeks of activity.
4. During the 1936 Berlin Games, two Japanese pole-vaulters tied for second place. Instead of competing again, they cut the silver and bronze medals in half and fused the two different halves together so that each of them had a half-silver and half-bronze medal.
5. The six colours of the Olympic ring – blue, yellow, black, green, red, and the white background – were chosen because every nation's flag in the world contains at least one of them.

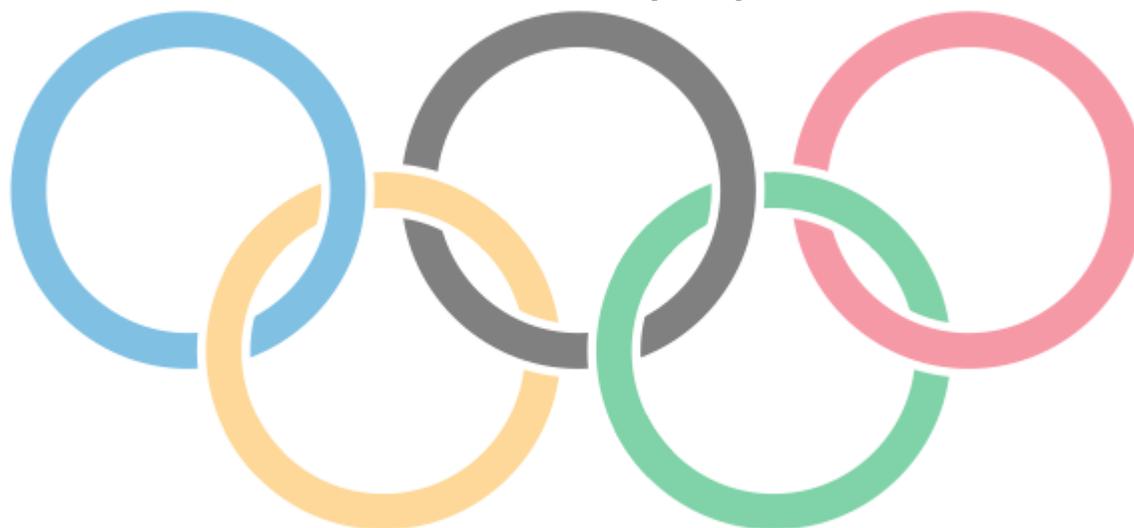




# Congratulations!



You have achieved your bronze award at the  
South and Vale Olympics 2020!

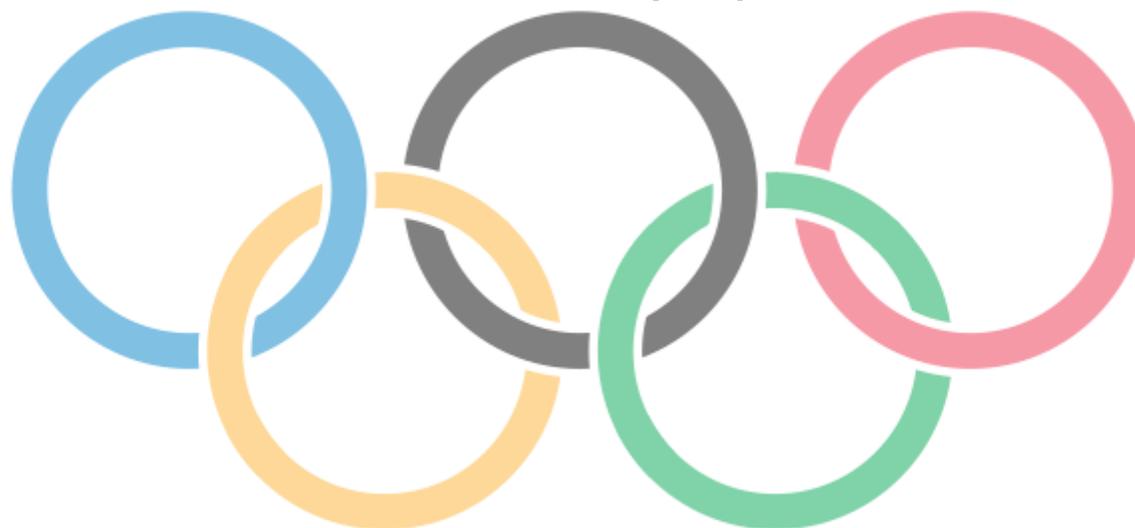




# Congratulations!



You have achieved your silver award at the  
South and Vale Olympics 2020!





# Congratulations!



You have achieved your gold award at the  
South and Vale Olympics 2020!

