



# Winter Walk Olympics



<p style="text-align: center;"><u>Shuttle Run</u></p> <p>How many trees can you touch in 60 seconds... Ready, steady, go!</p>	<p style="text-align: center;"><u>Javelin Throw</u></p> <p>How far can you throw a large stick/branch using an overarm technique? (Check to make sure nobody is nearby and its safe to throw.)</p>	<p style="text-align: center;"><u>Mini marathon</u></p> <p>Record how far you have walked/ran/ cycled on your adventure. Use fitness Apps or fitbits to see the distance you have travelled.</p>
<p style="text-align: center;"><u>Hammer Throw</u></p> <p>Find a large stick or branch, can you spin 3 times and throw? Can you throw in the right correction, can you use your momentum to throw the branch further? Check to make sure nobody is nearby and its safe to throw.)</p>	<p style="text-align: center;"><u>Long Jump</u></p> <p>Set up a long jump track and jump line. Can you mark your distance using your footprints or where you landed? What items from your walk could you use to mark your jump?</p>	<p style="text-align: center;"><u>Scavenger Hunt</u></p> <p>Get your timer ready, see how long it takes you to find:</p> <ul style="list-style-type: none"> <li>- 2 different coloured leaves</li> <li>- A fallen branch/twig</li> <li>- A flower</li> <li>- Spot an animal (Look up, look around.)</li> </ul>