

# OLYMPIC & PARALYMPIC BUCKET LIST 東京 2020



## GUIDANCE

### HOW TO IMPLEMENT:

Choose the best option to suit your school setting

- Ask pupils to undertake as individuals or families at home
- Take part as a class exercise with pupils undertaking different challenges
- Take part as a class with each pupil undertaking every challenge or as many as they can
- Undertake as a whole school challenge
- Use as a House/Inter class/year competition
- Set as a half term or weekend family activity challenge

### WHEN TO IMPLEMENT:

The choice is yours! You can run it

- as a whole school challenge
- as a class challenge
- as an individual pupil challenge
- as a lunchtime challenge
- as an after school Club challenge
- during National School Sport Week
- during sports day week
- for use during transition days

..... **or any other way you can think of!**

Translation  
TOKYO



### THE RESOURCES

- Challenge Card - click on the sport icons to access associated resources. We hope the research questions will promote some interesting discussion.
- Class check list
- Individual checklist
- Certificate

### ADAPTATIONS

- To enable **ALL** pupils to access the challenges feel free to adapt any challenge.

### LIVE THE OLYMPIC & PARALYMPIC VALUES

Register now to access a range of exciting **free** opportunities and resources for schools and community groups from the British Olympic Association and the British Paralympic Association.

### TRAVEL TO TOKYO

Discover the Travel to Tokyo challenge and join half a million children and their families getting active together.

### DISCOVER GET SET RESOURCES

Use the power of sport to inspire, with free curriculum-linked classroom and home resources for a wide range of subjects, interests and age groups.



CLICK HERE



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Translation TOKYO



Write a list of all the equestrian events at the Tokyo Olympic & Paralympic Games



Draw an archery target & include the score for each colour



Score a football penalty shot blindfolded



Run 100m as fast as you can



Name the 5 new sports of the Tokyo Olympic Games



Go for a cycle ride



Hit a ball with a bat. How far does it go?



Hold a balance with just 1 point of contact with the ground for 20 seconds



Play a tennis rally with your partner. How many can you do?



What are 3 events in Fencing and how do they differ?



Score a handball shot



Score a putt. How far away can you make the shot?



Ellie Simmonds won Paralympic gold medals at which Paralympic Games?



Why was Goalball created?



Find out which male & female GB rowers have won the most Olympic gold medals



Dribble a ball to the basket/netball goal and then score a basket



Dribble a ball 3m then shoot a goal



Pass a rugby ball backwards to a partner 10 times



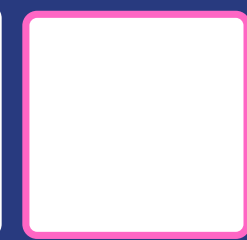
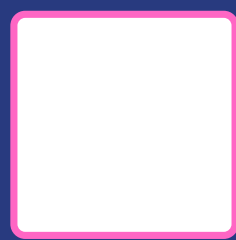
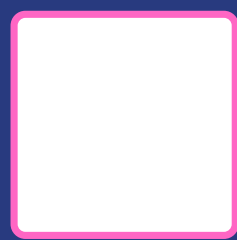
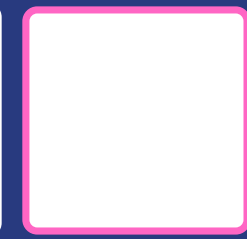
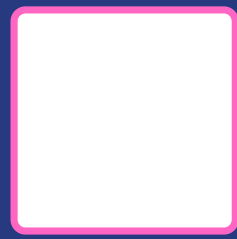
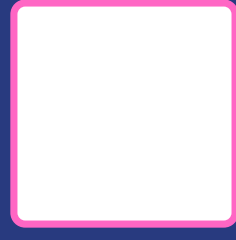
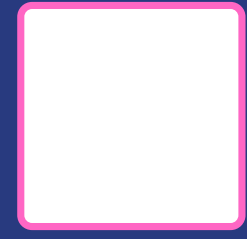
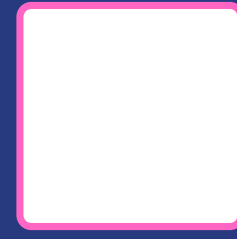
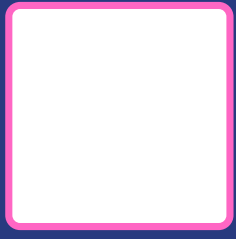
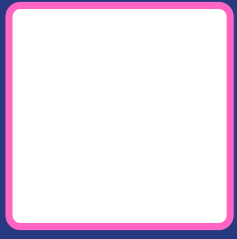
Where were the London 2012 Olympic Sailing events held?



Name the GB triathletes who put family before winning

DRAW A PICTURE OF THE TOKYO OLYMPIC MASCOT MIRAITOWA

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WHAT ARE THE 7 OLYMPIC & PARALYMPIC VALUES?

DRAW A PICTURE OF THE TOKYO OLYMPIC MASCOT MIRAITOMA

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WHAT ARE THE 7 OLYMPIC & PARALYMPIC VALUES?

# Congratulations!

YOU COMPLETED THE

**OLYMPIC & PARALYMPIC  
BUCKET LIST CHALLENGE**

