

ASD-N VIRTUAL OLYMPICS DAY 2

EVENT #1

KEEP IT UP - FOR THIS ACTIVITY YOU WILL HIT A BALLOON UP IN THE AIR AS MANY TIMES AS POSSIBLE IN 1 MINUTE. IF THE BALLOON HITS THE GROUND RESET YOUR SCORE TO 0 AND CONTINUE ON UNTIL THE 1 MINUTE IS UP. RECORD YOUR HIGHEST SCORE IN THE 1 MINUTE TIME.

LEVEL 1 - 1 BALLOON
LEVEL 2 - 2 BALLOONS
LEVEL 3 - 3 BALLOONS

EVENT #2

SPOON AND SOCK RELAY - DISTANCE 15 FEET APART, THERE AND BACK EQUALS 1 TRIP. PLACING THE SOCK ON THE SPOON MAKE AS MANY TRIPS AS POSSIBLE IN 1 MINUTE WITHOUT DROPPING THE SOCK. IF YOU DROP THE SOCK, START OVER AT 0. RECORD YOUR HIGHEST SCORE IN THE 1 MINUTE TIME LIMIT.

EVENT #3

HOUSE RUN - RUN AROUND YOUR HOUSE AS QUICKLY AS POSSIBLE FOR TIME. RECORD YOUR TIME.

LEVEL 1 - 1 LAP
LEVEL 2 - 3 LAPS
LEVEL 3 - 5 LAPS