



OAA – Activity 1

Time allowed	Name of Activity	Core Task	Resources & Equipment	Ages
10 minutes	There's a hole in my bucket!	<ul style="list-style-type: none"> • Split the group into teams of around 6 • Set two buckets a distance apart (you can choose the distance) • Give the pupil's one container that contains holes in it. • The children must attempt to transport as much water as they can from the bucket containing water to the empty bucket. • Each team will have a set time e.g. 5 minutes to discuss their plan and 5 minutes to do the activity • In the bucket at the other end use a ruler to measure the amount of water they successfully transferred • Winning group are the ones who collected the most water <p>The children will hopefully use their fingers to try and plug the holes so make sure the holes are spread far and wide in order to make it more difficult.</p> <p>Use a smaller container for KS1 and a larger container for KS2</p>	<ul style="list-style-type: none"> • 1 adult to supervise • 2 x buckets one filled with water • 1 ruler • Selection of plastic containers with holes drilled into them 	KS1 KS2 KS3
<p>Links to Sky Sports Living For Sport Six Keys to Success Hunger to achieve The desire to improve, to follow your dreams and to learn from mistakes.</p>				
<p>Spirit of the Games: Determination  Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!</p>				



OAA – Activity 2

Time allowed	Name of Activity	Core Task	Resources & Equipment	Ages
10 minutes	Crossing the Swamp!	<ul style="list-style-type: none"> Split the children up into groups anywhere between 5-10 pupils the more pupils in a group the harder it is to balance The whole group must get across the 'swap' without getting their feet 'wet' You can either time the event to see which team got the furthest or you can time how long it takes each team to get over to the other side. Give each group 4 'stepping stones' these are the only thing they can stand on to get across to the other side If anyone steps off a tile the whole group must start again from the beginning. <p>The children will hopefully use the stepping stones to fit a few children on at a time using balancing and teamwork to achieve the task, they should place a confident person at the back who is able to pass a stepping stone with ease.</p>	<ul style="list-style-type: none"> 1 adult to supervise Carpet tiles or car tyres or milk crates – something small that can fit a couple of children on <p>You can also attempt this activity balancing planks of wood between two milk crates.</p>	KS1 KS2 KS3
<p>Links to Sky Sports Living For Sport Six Keys to Success People skills Emotional understanding, respect for yourself and others. Teamwork and Leadership.</p>				
<p>Spirit of the Games: Passion  Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity</p>				