

## READY

### EQUIPMENT:

TAPE, CONES, TASK TENTS.

### SET-UP:

When creating stations, space cones far enough apart so students can remain 6 feet away from each other for the duration of the activity. Insert the REP sport activity sheets into the task tents (one sheet per tent, to create a total of up to eight stations). You may want to number each station to help guide participants.

**NUMBER OF PLAYERS:** 8-12

**TIME:** 15 MINUTES +

## EXPLAIN

- Gather up! Make sure players are standing 6 feet apart from one another.
- The leader says, “You have all been selected to compete in Asphalt Green’s REP Olympics! It is important that we train for all of the different sports we might be competing in.”
- All around the room there are different sport stations with a task tent. Each task tent contains a card with a description and illustration of the sport you will need to practice. For example: There is a swimming station where you will need to practice your different swim strokes.
- Players will have 60 seconds at each station, so make sure you are training for the whole time.
- Players will get one point for each completed skill.
- Everyone will transition to the next sport station after 60 seconds.
- Reminder: There is no equipment; participants must act out the action using their imagination.

### ✓ For Understanding:

- *How long do players have at each sport station?*
- *How will players know it's time to switch sport stations?*

### GAME TIP:

- Make sure there are enough activity stations so there are never more than two to three participants at a station, and ensure there is always enough room for students to be 6 feet away from one another.

### CONFLICT RESOLUTION TIP:

- If players are having a hard time at any particular station, have them practice their skills by moving slower. No athlete can ever practice their skills enough.

## PLAY → REP IT OUT!

- **EASY:** Bronze Medal – Players have unlimited time to complete each station’s training.
- **MEDIUM:** Silver Medal – Players have five minutes at each station to complete as many actions as possible.
- **HARD:** Gold Medal – Players have to complete all five actions in five minutes or less at each station to get the point.

**CATEGORY:**  
CIRCLE

**ENVIRONMENT:**  
GYMNASIUM,  
HALLWAY,  
PLAYGROUND

**GRADES:**  
K-5

**FITNESS FOCUS:**



**BACK-UP GAMES:**  
ALIEN  
RED HANDED  
RING BLING

# SWIMMING

Practice your swimming strokes. Act like you are swimming the following strokes from point A to point B and back to complete one set.

1. Butterfly (3 sets)
2. Doggy paddle (3 sets)
3. Backstroke (3 sets)
4. Breaststroke (3 sets)
5. Kick (3 sets)



## BASKETBALL

### Practice your basketball skills.

1. Dribble from point A to point B and back with right hand (3 sets)
2. Dribble from point A to point B and back with left hand (3 sets)
3. Defensive slide from point A to point B and back (3 sets)
4. Jump in place and catch 10 rebounds
5. Shoot 10 jump shots standing in place



## BASEBALL/SOFTBALL

### Practice your baseball skills.

1. Hit a single by running from point A to point B and back once.
2. Hit a double by running from point A to point B and back twice.
3. Hit a triple by running to point A and point B and back three times.
4. Hit a home run! Run from point A to point B and back four times.



# SOCCER

## Practice your soccer skills.

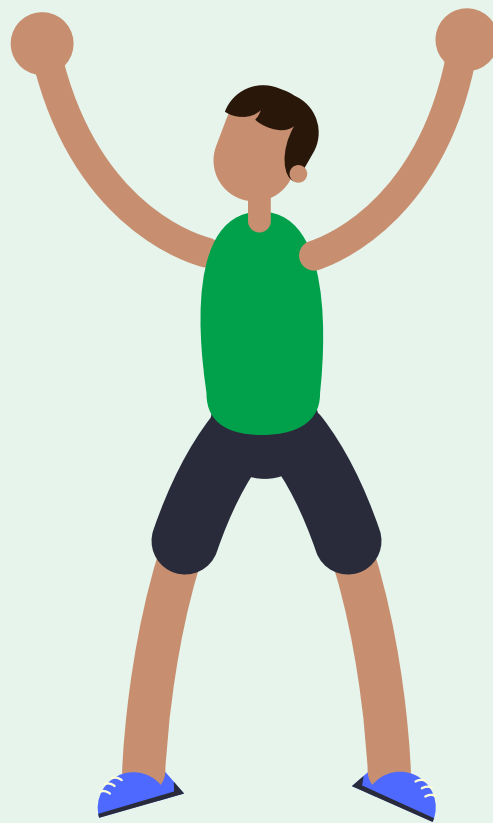
1. Dribble forward (3 sets)
2. Dribble backward (3 sets)
3. Stand in place and block 10 goals by leaving your feet
4. Sprint from point A to point B, take a shot, and then run back to point A (5 sets)
5. Do 10 standing squats holding your imaginary soccer ball over your head



## TRACK AND FIELD

### Practice your track skills.

1. Sprint from point A to point B and back (2 sets)
2. 10 javelin throws in place
3. 10 high jumps in place
4. 10 discus/frisbee throws in place



# HOCKEY

## Practice your hockey skills.

1. Skate forward from point A to point B and back (3 sets)
2. Skate backward from point A to point B and back (3 sets)
3. Stand in place and block 10 goals by leaving your feet
4. Skate from point A to point B, take a shot, and then skate back (5 sets)
5. Do 10 squats holding your imaginary hockey stick above your head



# FOOTBALL

## Practice your football skills.

1. Run a wide receiver route from point A to point B, catch a pass, and then run back (5 sets)
2. Take a snap from the quarterback and run it from point A to point B for a touchdown (5 sets)
3. Do fast feet by sprinting in place as fast as you can for 30 seconds
4. Do three burpees
5. Run to from point A to point B, intercept a pass, and run it back for a touchdown (5 sets)





# TENNIS

## Practice your tennis skills.

1. Do five jumping jacks, then hit a serve toward point B (5 sets)
2. Do five jumping jacks, then run from point A to point B and hit a backhand shot (5 sets)
3. Do 10 squats holding your imaginary racket above your head
4. Run to the other side of the net (point B), hit a forehand shot, then run back to the start (point A) (5 sets)
5. Do fast feet by sprinting in place as fast as you can for 30 seconds

