

## KS1 Teddy Lympics Home & School

Boogie Bear  
25 Fluffy Road  
Bear Town  
BEAR 123

Dear Children,

My name is Boogie Bear, and I am writing to you as your school would like you to take part in my Teddy Lympics event. Here is what you need to do:

First, print off your 'teddy face' and have fun colouring the teddy in. Alternatively, you could paint, use stickers, whatever you want!

Next, go and find your favourite teddy (you may have more than one favourite!) Choose a space to do your Teddy Lympics activities and make sure your teddy is sitting nicely and can watch you take part.

Next, get a grown up to read the 'instruction sheet' about how to set up for your 4 activities, see below. Click on the link here to see the activities: <https://www.youtube.com/watch?v=Nz2Fi7qP9s8>

The equipment you need is: A timer, something to make a line on the floor for you to jump over e.g., a rolled-up towel, a ball or something to catch. If you do not have a ball you could use rolled-up socks. or even a teddy. A measuring tape or a grown up to measure with steps, (1 large step = 1m)

Have fun taking part in all the activities, maybe some other family members can take part with you? Using the results table below, take a picture of the results and email back to us at [cssp@gbhs.co.uk](mailto:cssp@gbhs.co.uk) using the subject header **TEDDY LYMPICS**. I would love to see a picture of you and your Teddy if you have permission. Once you have sent in the results, you will receive a letter and a certificate from me.

Lastly, get your teddy face that you coloured in at the start. Cut out the Teddy face and write some words on the back of his face about how you feel after taking part in the Teddy Lympics. "I feel proud, fun, fit, happy, tired". Can you think of any other words? Or even write a sentence? Now stick the face onto a straw or ruler to make a mask and put on a happy song, perhaps even "Bear Necessities", and celebrate finishing your activities, with a Boogie Bear dance.

I hope you have lots of fun.

Love Boogie Bear



Please send in your results by 12<sup>th</sup> March

School:	
Year Group:	
Name:	
Activity	Score
Balancer	seconds
Bouncer	jumps
Catcher	catches
Thrower	metres

*Please Print clearly on the Score Sheet:*

**Instructions:**

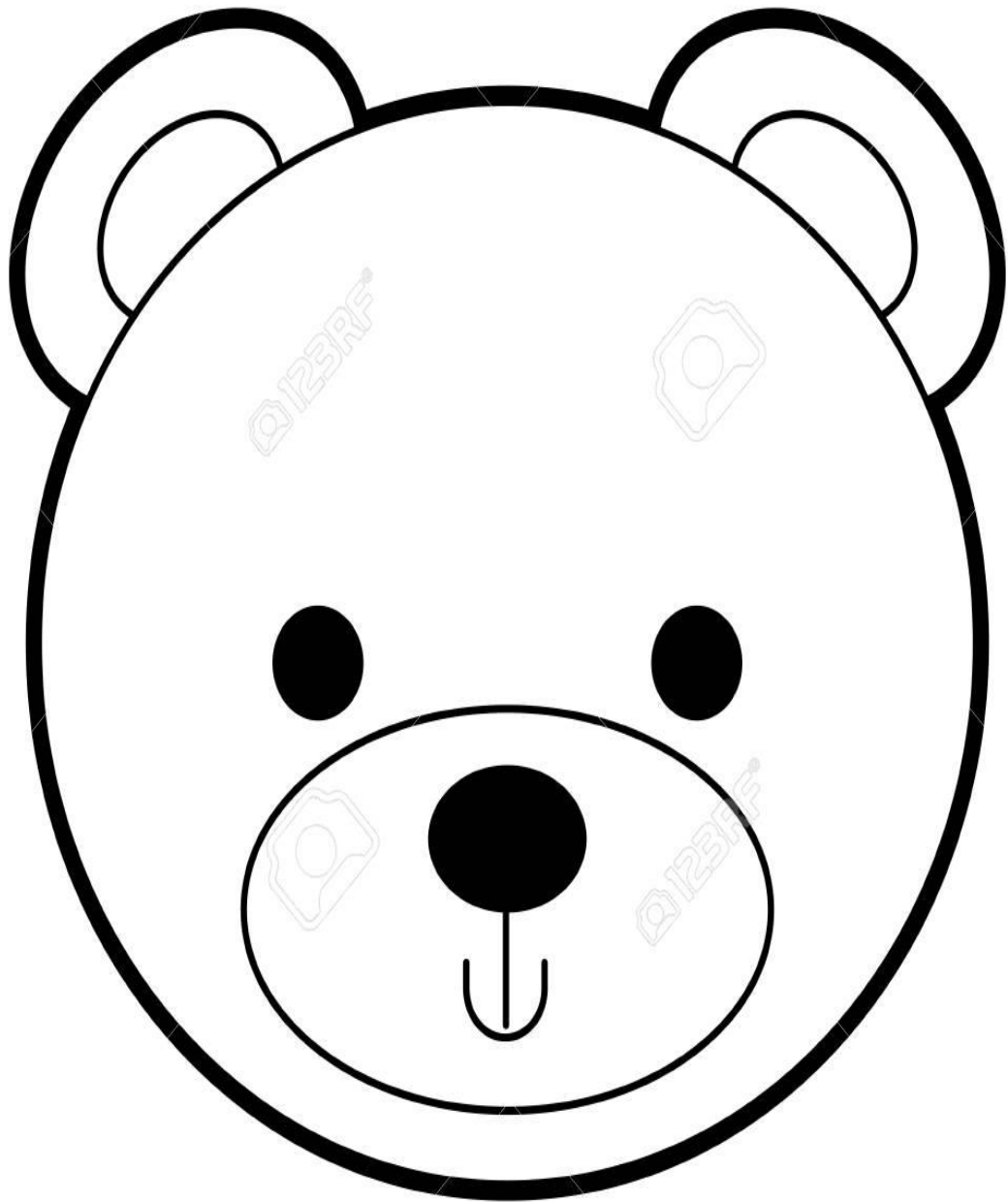
**Balancer** – Stand on one leg – how many seconds can you do, before you put it down. Repeat on the other leg. Aim for EYFS max 10 secs, Yr1 Max 15 secs, Yr2 Max 20 secs. Record the number of seconds in total.

**Bouncer** – stand sideways and do two footed jumps over the towel for 20 seconds. Write down how many you do. If it is too tricky to jump sideways you can jump over the towel forwards.

**Catcher** –Using a ball or socks, you will make 4 throws 1<sup>st</sup> Throw up and catch. 2<sup>nd</sup> Throw up, clap once and catch, 3<sup>rd</sup> Throw up and clap twice and catch, 4<sup>th</sup> Throw up and clap three times and catch. For every one of the 4 throws that you complete, you will get 1 point.

**Thrower** – Hold a large ball and using a chest throw action, throw the ball and measure where it lands. Have three attempts. Record your furthest throw to the nearest metre.

## Teddy Mask



Cut out , put on a stick and write your sentences or words on the back.