

Elementary Multi-Sport Week

Ladder Challenge:

Fun fitness week is all about improvement! Your goal is to climb to the top of the fitness ladder! Each day you will be given a series of activities to complete. Once completed you may move on to the next step of the ladder!

How it works

- You will be assigned five different series of exercises/activities for the week.
- Each day you will complete a warmup along with the daily activities. Once you complete the activities for that day you may climb to the next rung of the fitness ladder.
- Please see the point system below for keeping track of your exercises.
- You will submit your scoresheet via email at the end of the week.
- Please see below for the exercises and an example.

Reminders and Key Ideas:

- Unless otherwise indicated in the instructions, complete each activity as a class. For individual activities add scores together and submit a final number.
- Please only record the total for each day **not** a culminating score.
- Please use the attached scoring sheet to keep track of your score, you will submit this at the end of the week via email to nataliay@specialolympicsontario.com & gabbyr@specialolympicsontario.com. Please submit with the subject line "Elementary Multi-Sport Week"
- Friday we will also host a live day! Schedule can be found below and link to join on the [Elementary Hub](#). You will not accumulate points for this day however it is guaranteed to be a lot of fun! Feel free to join for 1, 2, or all sessions.

Live Day Schedule: (12:30-2:30)

12:30- Warm Up (Kahoot)

1:00- Fitness video

1:30- Chair Exercises

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2:00- Dance Party

2:30- Mindfulness

Score Sheet and Day by Day Plan

Day 1: Monday, May 12th – Animal Movements

No equipment is needed for today's activities. Great for classroom or hallway settings.

Warm-up:

- Walk like a penguin for 30 seconds
- Arm flaps like a bird for 30 seconds
- Wiggle like a worm (on the floor or seated) for 30 seconds

Instructions:

Each movement is done for 1 minute. Count how many times you can complete each movement.

Exercise	Total
Bear Crawls	
Crab Walks	
Starfish Jumps	
Snake Slithers	
Flamingo Balance (each 10 sec = 10 pts up to 1 min)	
DAY 1 TOTAL:	

Day 2: Tuesday, May 13th – Balloon Games

A balloon (**or soft ball**) is needed. Can be done in a gym, classroom, or open hallway.

**Warm-up:**

- Shoulder rolls (30 seconds each direction)
- Reach for the sky and touch toes (30 seconds)
- March in place with arm swings (1 minute)

Instructions:

These activities encourage hand-eye coordination and light cardio.

Exercise	Total
Keep it Up (how many hits without dropping)	
Balloon Tap Race (taps in 1 min)	
Balloon Volleyball (group taps for 1 min)	
Balloon sit & tap (sitting, tap up and catch)	
DAY 2 TOTAL:	

Day 3: Wednesday, May 14th – Obstacle Course

Create a simple obstacle course using items like chairs, cones, tape, or boxes.

Warm-up:

- 30 seconds of arm circles
- 30 seconds toe touches
- 30 seconds jumping or stepping side-to-side

Instructions:

Set a timer and complete each activity for 1 minute. Use your space creatively!

Exercise	Total
Crawl under or through a chair	



Zig Zag Walk (between cones or books)	
Step up & down (use a step or safe surface)	
Walk heel-to-toe in a straight line	
DAY 3 TOTAL:	

Day 4: Thursday, May 15th – Sensory & Stretching Day

No equipment required. Designed to calm, stretch, and strengthen.

Warm-up:

- Deep breaths (in for 4, out for 4 – 5 rounds)
- Shoulder shrugs and rolls (30 seconds)
- Seated spinal twist (30 seconds each side)

Instructions:

Complete each activity and count points as listed.

Exercise	Total
Seated Toe Touch (every 10 seconds =10 pts.)	
Wall Push-Ups (how many in 1 min)	
Balloon Breathing (inhale + exhale = 1)	
Tree Pose Balance (every 5 sec = 5 pts, up to 2 mins)	
DAY 4 TOTAL:	