

# Little Yeti Olympics

Your mini athletes will love putting their strength, speed and stamina to the test with these activities- and don't worry, everyone gets a medal! So get out your stopwatches and let the Little Yeti Olympics begin.



You'll need:

- Stopwatch or smart phone with a stopwatch (typically found in your clock)
- Skipping rope or long rope that can be used for skipping

## Little Yeti Olympic Game 1: Planks

How to -

1. Rest the forearms on the ground.
2. Keep the arms parallel to the body at a shoulder-width distance.
3. Look at a spot on the floor and keep the head in line with the back.
4. Slightly lift the legs and torso with the tip of the toes on the ground and hold this position.
5. The weight of the body will be distributed between the forearms and toes.
6. Retain this position for as long as it is comfortable.

*See who can hold the plank for the longest time!*

## Little Yeti Olympic Game 2: Push-Ups

How to -

1. Lie face-down on the floor. The weight of the body will be on the chest.
2. The hands are to be palms-down on the floor.
3. Raise the body using the arms, with weight supported by the hands and the feet.
4. Go down by lowering the torso to the ground, as the elbows make a 90° angle.
5. Keep the body straight throughout the exercise.
6. Breathe in as you move down and breathe out while rising.
7. The push strength should come from the chest and the shoulders together.
8. Repeat this lowering and lifting steadily, if you are comfortable.



*See who can do the most push-ups!*

# Little Yeti Olympics



## Little Yeti Olympic Game 3: Crunches

How to -

1. Lie flat on the floor with feet hip-width apart.
2. Keep the knees bent.
3. Interlace the hands behind the head, with the thumbs behind the ears.
4. Tilt the chin slightly up.
5. Start by gently pulling the tummy muscles inwards.
6. Curl up by lifting the neck, head, and shoulder blades off the ground.
7. Hold the posture for a moment and slowly lower the body to the ground.

*See who can do the most!*

## Little Yeti Olympic Game 4: Lunges

How to -

1. Stand with feet hip-width apart and keep the back straight.
2. Look straight ahead at a spot on the wall to help your balance.
3. Move the right leg forward and lean the body ahead – 70% of the body-weight will now be on the front foot. Make sure that the upper body and the back are still straight.
4. Lower the body until the right knee makes a 90° angle. Keep the back straight.
5. The lower leg must be parallel to the ground, and the thighs perpendicular.
6. Use the right foot to push upward and return to the 90° position.
7. Repeat this forward lunge with the other leg.

*Alternate sides and see who can do the most!*

## Little Yeti Olympic Game 5: Squats

How to -

1. Keep the feet shoulder-width apart.
2. Bend the knees and push your hips back as if you are going to sit down on a chair. Make sure you can still see your toes over your knees.
3. While doing this, gently pull in your tummy muscles and keep the back straight.
4. Inhale while lowering and exhale while rising.

*Set your timer for a minute and see how many they can do!*

# Little Yeti Olympics



## Little Yeti Olympic Game 6: Skipping

How to -

1. Choose the right rope – one that's not too long and reaches your shoulders from the ground when folded in half.
2. The ropes should have handles that are comfortable to grip – neither too light nor too heavy.
3. Stand up and hold the rope handles in both hands.
4. Extend the hands and forearms 30cm away from the body at an angle of 45°.
5. Step over the rope; the rope will hang behind.
6. Use the wrists to swing the rope over the head without moving the arms.
7. Hop over when the rope comes toward the front of the feet.
8. Try not to bend the knees to jump.



*Grab your timer and see who can skip the longest!*

## Little Yeti Olympic Game 7: Running

How to -

1. Warm-up with jumping and swinging arms. This will prepare the muscles for a good run.
2. While running, land midfoot and not on the toes, as landing on toes will make the calves tighter.
3. Keep the feet pointed straight ahead.
4. Keep the hands at the waist level while running and not too high at the chest.
5. The hands and arms should be as relaxed as possible while running.
6. Keep checking the postures – head high, back straight and level, shoulders relaxed.

*Find an area with a long enough distance (backyard, local park, safe street) and set up a track to see who can complete the most amount of laps!*

