

SODC Summer Games @ Home Events

Tier 1 (Lower Ability Athletes)

Basketball

DRIBBLING:

How many times can you dribble a basketball in 60 seconds?



What to record and submit: Record the number of times you dribble a basketball in 60 seconds and that's your score.

LAY UPS:

How many lay up's can you make out of 20 attempts?



What to record and submit: Record the number of layups you make out of 20 attempts and that's your score.

Track & Field

20 Meter Dash

How fast can you walk, roll or run a 20-meter dash?



Set up: Measure 20 meters (or 66 feet). If you are unable to use a measuring tape, you can measure by taking 24 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run to the 10-meter mark and back to the starting line.

50 Meter Dash

How fast can you walk, roll or run 50 meters?



Set up: You can do the 50-meter dash in your yard, on a sidewalk, or any open space. Measure 50 meters (or 164 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 60 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 50 meters from start to finish.

TENNIS BALL THROW (15 meters max)



How far can you throw a tennis ball?

Set up: Throw a tennis ball and measure (in meters and centimeters) how far it goes. If you can throw farther than 15 meters, do not try this activity.

What to record and submit: Measure the distance of your throw in meters and record on your sheet.

Tier 2 (Higher Ability Athletes)

Basketball

Free Throws

How many Free Throws can you make out of 20 attempts?

Setup: The free throw line is 15 feet from the backboard.

What to record and submit: Record the number of free throws you make out of 20 attempts and that's your free throw score.



3 Pointers

How many 3 pointers can you make out of 20 attempts?

Setup: The three-point line is 20 feet from the backboard.

What to record and submit: Record the number of three pointers you make out of 20 attempts and that's your three-point score



Track & Field

100 Meter Dash

How fast can you walk, roll or run 100 meters?

Set up: You can do the 100-meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 120 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 100 meters from start to finish.



200 Meter Dash



How fast can you walk, roll or run 200 meters?

Set up: You can do the 200-meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet); when you run/walk/roll down and back it'll be a total of 200 meters. If you are unable to measure 100 meters, you can take 120 large steps and use that distance to go down and back for 200 meters.

What to record and submit: Record the time it takes you to run, walk or roll your wheelchair 200 meters from start to finish.

PUSH-UPS



How many push-ups can you do in 60 seconds?

What to record and submit: Count and record the number of push-ups you can do in one minute (60 seconds).

SIT-UPS



How many sit ups can you do in 60 seconds?

What to record and submit: Count and record the number of sit ups you can do in one minute (60 seconds).

Calling All Volunteers

To help make SODC Summer Games @ Home a memorable experience we are asking our awesome Volunteers and Unified Partners to help us support our athletes as they compete virtually in the SODC Summer Games @ Home!

We would love for everyone to be involved with this virtual event by sending us videos and photos cheering on all of our athletes. Your photos and videos will be used for our Virtual Award Recognition video at the end of the games.

Rules:

- All positive energy, Have Fun!
- Use hashtag #SODCSUMMERGAMES when posting on facebook or Instagram
- Wear SODC gear if possible, get your family involved
- Get creative, just because we are social distancing doesn't mean you can't work as a team just be safe!
- Please submit all videos and photos to rthurston@specialolympicsdc.org
- Spread the word around to friends and family, the more participation we can get from our volunteers the better impact it will have on our athletes

Examples:

Posters

Cheers

Athlete Shout outs

Motivational Quotes