

COMPETE

Challenge each other to compete in these Penguin Olympic sports!
You can compete one on one or split up in to teams.

PENGUIN OLYMPICS



WADDLE CHASE

You will need:

- 🐾 An open stretch of floor (you can add obstacles if you want!)
- 🐾 Something to mark the start and finish marks

Penguins are well known for their waddle. We can't see their knees, but their legs are always bent.

- ✓ Bend your legs slightly, stick your arms out straight to get your flippers and start waddling!
- ✓ Fastest to the finish point is the winner of the gold medal.

1ST _____
2ND _____
3RD _____

EGG AND FEET RELAY

You will need:

- 🐾 An object about the size of an egg – nothing fragile!
- 🐾 Something to mark the start and finish marks

To keep their eggs safe, some types of penguins will carry them in on top of their feet.

- ✓ Balance your "egg" on top of your feet and waddle to the finish line.
- ✓ The fastest to transfer their egg at the finish line and return to the starting point is the winner of the gold medal.

1ST _____
2ND _____
3RD _____



Watch this video to help with the next two events!

<http://bit.ly/penguincourtship>

BOW-HISS GYMNASTICS

You will need:

- 🐾 An open space to move about in
- 🐾 Music you can play and pause

1ST _____

2ND _____

3RD _____

When trying to impress each other, Gentoo penguins will bow to their partner and then stand up and hiss. Watch the video to see an example!

- ✓ With music playing, make up some bow-hiss dance moves and when it is paused stay very still.
- ✓ If you move when the music is paused, you're out!
- ✓ Keep playing and pausing the music until the last person standing wins the gold medal.



NESTLING

You will need:

- 🐾 Chopsticks or two pencils you can use as chopsticks
- 🐾 A clear space on a table or the floor to be your nesting site.

1ST _____

2ND _____

3RD _____

Gentoo penguins will build a nest with pebbles to protect their eggs.

They collect pebbles using their beak and carefully choose ones that are just right.

- ✓ Use your chopsticks to pick up and bring to your nest as many items around your house as you can
- ✓ Make sure you don't try to pick up anything fragile!
- ✓ The person with the most items in their nest after two minutes wins the gold medal!

PENGUIN OLYMPIC MEDALS

Print off and award medals to the winners of each Olympic event.

Cut out the medal and the small hole at the top.

Tie in some string to wear them proudly around your neck!



Share your results with us [@RZSSLearning](https://twitter.com/RZSSLearning)