



## How do I take part?

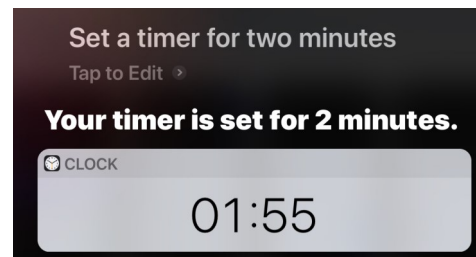
You can take part by exercising your mind and following a six week OAW Olympian programme. You will need to read most days for a couple of minutes, building up to 20 minutes at the end of the programme.

There are three levels to choose from so you can decide which one is best for you.



## What do I need?

- A weekly tracker.
- A watch, clock or timer on your phone or iPad.
- Something to read.
- Determination.



**BRONZE** (For those who don't read a lot and need some motivation.)

- Start by reading books at the lower end of your ZPD.
- Read short books/stories.
- Complete one challenge on the bingo card.

**SILVER** (For those who are getting used to reading.)

- Try reading a longer book, starting with one chapter at a time.
- Try reading something a little higher in your ZPD.
- Complete one line on the bingo card.

**GOLD** (for those who enjoy reading and read regularly).

- Read a book by an author you haven't read before.
- Read a book in a new genre.
- Complete the challenges on the bingo card.

Tick or colour the box anytime you have read something that fits one of the challenges.

You can complete one, or a line, or if you are feeling like a true OAW reading Olympian, a full house (all of the boxes).

If you already read a lot why not challenge yourself and read something different to your usual choice. You can borrow books from the library for over the summer holidays but these must be returned in September.

One box = 5 achievement points.

One line = 10 achievement points and a small prize.

Full House = 15 achievement and a surprise!

BRONZE	SILVER	GOLD
Complete one challenge	Complete one line	Complete all challenges

Each book must be within your ZPD and you must pass the quiz.

A NON FICTION BOOK	A COMEDY OR ROMANCE BOOK	A HORROR OR MYSTERY BOOK
A BOOK IN A DIFFERENT COUNTRY OR WORLD	FREE CHOICE	A BOOK BY AN AUTHOR YOU HAVEN'T READ BEFORE
A BOOK THAT IS A FILM OR SHOW	A BOOK SET IN THE PAST OR FUTURE	A FANTASY OR MAGIC BOOK

# Weekly Tracker

## WEEK 1

Day 1—Warm up by reading for 2 minutes

Stand up and shake it out!

Cool down by reading for 2 minutes

Day 2—Warm up by reading for 3 minutes

Stand up and stretch!

Cool down by reading for 3 minutes

Day 3—Warm up by reading for 4 minutes

Stand up and touch your toes!

Cool down by reading for 4 minutes

Day 4—rest

Day 5—Read for 5 minutes

Stand up and stretch!

Day 6—Warm up by reading for 5 minutes

Stand up and shake it out!

Cool down by reading for 5 minutes

Day 7—rest

## WEEK 2

Day 1—Warm up by reading for 4 minutes

Stand up and shake it out!

Cool down by reading for 4 minutes

Day 2—Read for 8 minutes

Stand up and stretch!

Day 3—Warm up by reading for 5 minutes

Stand up and do 5 star jumps!

Cool down by reading for 5 minutes

Day 4—rest

Day 5—Read for 8 minutes

Stand up and stretch!

Day 6—Warm up by reading for 5 minutes

Stand up and shake it out!

Cool down by reading for 5 minutes

Day 7—rest

## WEEK 3

Day 1—Warm up by reading for 5 minutes

Stand up and shake it out!

Cool down by reading for 5 minutes

Day 2—Read for 10 minutes

Stand up and stretch!

Day 3—Warm up by reading for 6 minutes

Stand up and do 10 squats!

Cool down by reading for 6 minutes

Day 4—rest

Day 5—Read for 10 minutes

Stand up and stretch!

Day 6—Warm up and read for 6 minutes

Stand up and shake it out!

Cool down and read for 6 minutes

Day 7—rest

## READFIT Tracker

### WEEK 4

Day 1—Warm up by reading for 8 minutes

Stand up and shake it out!

Cool down by reading for 8 minutes

Day 2—Warm up by reading for 8 minutes

Stand up and stretch!

Cool down by reading for 8 minutes

Day 3—Read for 16 minutes

Stand up and jog on the spot for 3 minutes!

Day 4—rest

Day 5—Warm up by reading for 8 minutes

Stand up and stretch!

Cool down by reading for 8 minutes

Day 6- Read for 16 minutes

Stand up and shake it out!

Day 7—rest

### WEEK 5

Day 1—Warm up by reading for 8 minutes

Stand up and shake it out!

Cool down by reading for 8 minutes

Day 2—Warm up by reading for 9 minutes

Stand up and stretch!

Cool down by reading for 9 minutes

Day 3—Read for 18 minutes

Stand up and dance to your favourite song!

Day 4—rest

Day 5—Warm up by reading for 8 minutes

Stand up and stretch!

Cool down by reading for 8 minutes

Day 6-Read for 18 minutes

Stand up and shake it out!

Day 7—rest

### WEEK 6

Day 1—Warm up by reading for 9 minutes

Stand up and shake it out!

Cool down by reading for 9 minutes

Day 2—Warm up by reading for 9 minutes

Stand up and stretch!

Cool down by reading for 9 minutes

Day 3—Read for 20 minutes

Stand up and run up and down the stairs three times (carefully)!

Day 4—rest

Day 5—Warm up by reading for 10 minutes

Stand up and stretch!

Cool down by reading for 10 minutes

Day 6-Read for 20 minutes

Stand up and shake it out!

Day 7—rest

# Weekly Log

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
1	Page:	Page:	Page:	Page:	Page:	Page:
2	Page:	Page:	Page:	Page:	Page:	Page:
3	Page:	Page:	Page:	Page:	Page:	Page:
5	Page:	Page:	Page:	Page:	Page:	Page:
6	Page:	Page:	Page:	Page:	Page:	Page:

New Vocabulary

Which books did you read?

Which book is your favourite?

Who is your favourite character?