



OLYMPIC DAY
ACTIVITIES





OLYMPIC DAY ACTIVITIES GUIDE

Olympic Day, held annually on June 23rd, is celebrated by millions of people worldwide. Commemorating the birth of the Modern Olympic Games, June 23rd, not only highlights Olympic Day, but calls to action the need to adopt and maintain healthy active lifestyles while living the Olympic values: excellence, friendship & respect.

Here's some modified activities promoting the Olympic sport programme.



1. ARCHERY

OBJECT:

To accumulate as many points as possible by landing as many beanbags in the target.

SET-UP AND MATERIALS REQUIRED:

Using chalk (or masking tape), mark off archery rings on the ground. You will need three beanbags.

INSTRUCTIONS:

Students stand behind a line and take turns tossing a beanbag towards the target. Each student gets three tries. The goal is to land the beanbag as close to the centre of the ring as possible.

SCORING:

Assign different points per ring (i.e., one point if in or touching the outer ring, two points if in or touching the inner ring, and three points if inside the center of the target). The team's points are totaled for a final event score.



2. ATHLETICS: SHOT-PUT

OBJECT:

Obtain the furthest throw utilizing the throws of 15 students.

SET-UP AND MATERIALS REQUIRED:

Set out a long line of pylons approximately 3 metres apart. You will need two beanbags. Alternatively, use a school shot put, and set out the pylons 1 metre apart.

INSTRUCTIONS:

Have each team line up behind the start line. Have the first person in line perform a "shot put throw" with the beanbag. To do a shot put throw, the beanbag should be held in one hand against the neck, elbow at shoulder height out to the side as the student stands facing sideways, feet should be shoulder width apart and their throwing hand farthest from the front. The beanbag is then pushed with a vigorous forward action. Have the next person in line throw from where the last person's beanbag landed. Mark the total distance that the line of students achieved after 15 beanbag throws as a team. Have the line of students start again and see if they can beat their record from their last attempt.

SCORING:

Award a point for every pylon passed by each team in their longest throw.

FUN TIPS:

Mark the "world record" in the shot put area for the team that made it the furthest, given the cumulative throws of 15 students. Have teams call out the numbers 1 through 15 each time another student throws.



3. ATHLETICS: RELAY

OBJECT:

To complete a relay as quickly as possible.

SET-UP AND MATERIALS REQUIRED:

You will need four pylons. Using two pylons, mark out a start/finish line, and use the other two pylons to mark a turnaround marker for each team.

INSTRUCTIONS:

Each team lines up behind the start/finish line. The first runners race to their team's turnaround marker and back to the start line. They tag the next runner who repeats the course. The first team to complete the course with each of their runners wins. Conduct three relay races: one running forward, one running backwards, and one hopping on one leg.

SCORING:

The winning team for each relay gets 5 points. are totaled for a final event score.



4. BASKETBALL

OBJECT:

To have students move through a course as a team, as quickly as possible.

SET-UP AND MATERIALS REQUIRED:

Set up two rows of 4-6 pylons in a zigzagging pattern for students to weave through. You will need two basketballs or playground balls and either a basketball net or two classroom garbage pails.

INSTRUCTIONS:

Line up your students in two equal lines and have your students dribble around each pylon. When they reach the end of the pylons, they must shoot a basket (into the net or classroom garbage pail) before dribbling back to the start and pass the ball to the next student in line.

SCORING:

A point is awarded to the group that completes the course first.



5. BEACH VOLLEYBALL

OBJECT:

To demonstrate control of the volleyball while completing the activity as many times as possible, as a team

SET-UP AND MATERIALS REQUIRED:

You will need two volleyballs or beach balls for older students and four balloons per class for younger students.

INSTRUCTIONS:

Each team forms a large circle and is provided with a volleyball or beach ball. Younger students might find it easier to use a balloon. Teams are instructed to volley the ball/balloon to keep it in the air for the most bumps possible. One player per team starts by tossing the ball into the air slightly, clapping their hands together with thumbs side by side and pointing up and using her wrists to gently perform a volleyball bump. Each team gets 5-10 “sets” and the set with the most successful bumps counts for scoring. Wins the point.

SCORING:

Award one point for every bump.



6. CANOE/KAYAK

OBJECT:

To complete a relay as quickly as possible.

SET-UP AND MATERIALS REQUIRED:

You will need two plastic bars (Could be two plastic floor hockey sticks) or pieces of wooden doweling. Arrange two parallel sets of upside down wooden benches in a zigzag formation.

INSTRUCTIONS:

The two teams line up at the end of the first bench. The teams race in relay fashion, each student balancing across the narrow edge of the upside down bench as they carry the “paddle” (plastic bar or wooden doweling). Students are to simulate paddling a kayak as they go. At the end of the zigzag course, they disembark from the bench, and run back to the start, giving the next student in line the “paddle.” The team that has all their players complete the course the quickest, wins. Be sure that the bench is solid and will not tip.

SCORING:

Award five points to the team that has all their players complete the course the quickest.



7. CYCLING

OBJECT:

To demonstrate balance on a bike with students cycling through a course as many times as possible over the activity time.

SET-UP AND MATERIALS REQUIRED:

You will need two bicycles, two bike helmets, two beanbags, 5-10 pylons and a stop watch. If bicycles are not available, consider using a “scooter board”.

INSTRUCTIONS:

Each team lines up behind the starting line. Riding as a relay team, each student rides their team’s bike wearing a helmet around an oval. While cycling, they will balance a beanbag on the top of their helmet. If the beanbag falls, they must return to where it fell, and place it back on their head before cycling to the finish line. Teams continue to rotate through for a fixed amount of time.

SCORING:

Award one point for every time a team member completes the course during a fixed amount of time.



8. DIVING

OBJECT:

To have a member of your team be the last one balancing with raised heels.

SET-UP AND MATERIALS REQUIRED:

You will need no equipment for this activity.

INSTRUCTIONS:

Each team stands in a circle holding hands or joining elbows. On instruction, they have to raise their heels and balance on their toes. The goal is to have them work with each other to not put too much pressure on their teammates and keep standing tall. If their heels hit the ground they have to sit down, emphasize safety and encourage students to not pull too hard. The last team that has a member standing up balancing is awarded points.

SCORING:

Award 10 points to the team that has the last player balancing on their toes.



9. EQUESTRIAN

OBJECT:

To have students move through the course in pairs in as many times as possible over the activity time.

SET-UP AND MATERIALS REQUIRED:

Set up 4-6 pylons in a staggered and zigzagging pattern for students to weave through and jump over.

INSTRUCTIONS:

Each team divides into pairs. If there are odd numbers in a team, someone will have to double up to partner with the odd numbered student. Line up your students in pairs. With their hands on the backs of the partner's shoulders, students move through an obstacle course requiring them to jump over certain pylons and zigzag through the other pylons. Teams must stay connected. If they come apart, have them return to the start line, reconnect and continue. Pairs continue to rotate through for a fixed amount of time. Each team counts the number of times they complete the course.

SCORING:

Teams will work to move through this course in pairs. The team gets one point for every time a pair completes the course during a fixed amount of time.



10. FENCING

OBJECT:

To capture as many flags as a team as possible in a fixed amount of time.

SET-UP AND MATERIALS REQUIRED:

You will need flags to attach to every student. Ideally, each team is given a distinct colour of flag.

INSTRUCTIONS:

Each student receives a flag to attach to their waist or their jersey. With one hand behind their back, each student tries to capture as many flags from the other team as possible, when they approach an opponent, they must say "En Garde!" If they use their other hand, the opposing teams wins a point and they must give back the flag.

SCORING:

At the end of the activity time, each flag captured is a point. The team with the most points wins.



11. GYMNASTICS

OBJECT:

To complete the course as many times as possible as a team.

SET-UP AND MATERIALS REQUIRED:

Set up a course using soft objects to jump over, under or around like pylons, small hurdles, ropes, beanbags, etc.

INSTRUCTIONS:

Line up the teams at the start line. Explain that in Gymnastics there are many acrobatic movements, jumps and turns involved. One student at a time completes the course, including jumping over and moving under the objects that have been set up. They can somersault, spin, jump and twist as they move through the course, emphasize safety. Once completed, the student tags the next student in line and the team attempts to complete the course as many times as possible in a fixed amount of time.

SCORING:

The team is awarded one point for every time one of its members completes the course in a fixed amount of time.



12. ROWING

OBJECT:

To pull a heavy object past the finish line the quickest as a team.

SET-UP AND MATERIALS REQUIRED:

You will need two 10-15 metre long ropes, two pylons, and two heavy objects that the ropes can be tied to. The heavy object could be a weighted toboggan, wagon, or desk. Tie each rope to one of the heavy objects, and lay the rope out straight. Be sure that the rope is tight and tied safely to the object.

INSTRUCTIONS:

Each team sits crossed legged in a line one after another. Each player holds on to a part of the rope that is tied to a heavy object down the field in front of them. Explain that the sport of rowing relies on teamwork and every person working together towards a common goal. When instructed, each team pulls on the rope to move the object towards them. They are not permitted to move from their seated position and should mimic a rowing motion. The first team to pull the object to where they are seated wins.

SCORING:

Award 10 points to the team that pulls the object past the pylons the quickest.



13. SOCCER

OBJECT:

Get everybody playing a great game of soccer!

SET-UP AND MATERIALS REQUIRED:

Set up a traditional soccer game. This will require two nets, and a soccer ball.

INSTRUCTIONS:

Using the country teams, students will play a timed game of soccer on a small field. Traditional rules of soccer are used.

SCORING:

This will be a participation event to get everybody moving and active. Include all of the team.

FUN TIPS:

Make it a game where everybody plays all the time. Add a third or even a fourth net and make it so that students can try to score on any net.



14. SWIMMING

OBJECT:

To complete a relay as quickly as possible imitating the four strokes in competitive swimming: freestyle, backstroke, butterfly and fly

SET-UP AND MATERIALS REQUIRED:

You will need a set of pylons and 2 pairs of goggles (Can be purchased or made by the students) for the teams. Set up the pylons in a straight line separating the two teams. Each team receives goggles to pass to each other during the relay.

INSTRUCTIONS:

Teams line up behind the start line and on opposite sides of the pylons. Number the students between 1 and 4, representing a different swimming stroke. Depending on the number, each student will put on the goggles and simulate the stroke as they run down the line of pylons and back to their teammates. Until the goggles have been passed to the next student and put on, they cannot start their stroke. Number 1 is butterfly, number 2 is backstroke, number 3 is breaststroke and number 4 is freestyle (front crawl). If a student is not performing the right stroke or is not performing it properly they have to start back at the beginning of the line.

SCORING:

The team gets one point every time it completes the course in a fixed amount of time.



15. SYNCHRONIZED SWIMMING

OBJECT:

To perform a set of movements in sync as one group.

SET-UP AND MATERIALS REQUIRED:

No materials required.

INSTRUCTIONS:

Each team goes separately, while the other team observes. Each team positions themselves in a semi-circle. The first student is asked to perform a movement for the group for example; a vertical jump. The entire group then repeats the movement together. The next student then adds a movement to the sequence (e.g., three claps). The entire team then repeats the movements from the beginning (e.g., a vertical jump and three claps). When you get to the last student the entire team should be performing a set of movements in sync. The team then performs this sequence as many times as possible without making a mistake. They get three chances to perform the full sequence without error (three strikes and they are out). Once complete, the other team gets to complete the challenge. You may want to add music and provide practice time to the teams.

SCORING:

The team gets one point for each time it can complete the full sequence without making a mistake.



16. TABLE TENNIS

OBJECT:

To complete a relay as quickly as possible, balancing a table tennis ball (or tennis ball).

SET-UP AND MATERIALS REQUIRED:

You will need four pylons, two for start lines and two for turnaround markers, and four sets of paddles and rubber balls attached with an elastic band (available at most dollar stores).

INSTRUCTIONS:

Teams line up behind the starting line pylon. Each team member in turn runs to the turnaround marker while bouncing the rubber ball on their paddle. If they miss a bounce on their paddle, they must stop, do a 360 degree turn, and continue on bouncing the ball on the paddle. When they return to the starting line, they give the paddle to their teammate who continues the relay.

SCORING:

Teams earn one point for each person who completes the course within a fixed amount of time.



17. TENNIS

OBJECT:

To hit as many beanbags as possible into hoops placed on the ground in a fixed amount of time.

SET-UP AND MATERIALS REQUIRED:

You will need six hula hoops, 10 beanbags, two pylons and two tennis rackets. Set up the two pylons a good distance away from the hoops. Behind each pylon, place five beanbags and a tennis racket. Place three hoops in front of each pylon. It is recommended that the teams face in different directions.

INSTRUCTIONS:

Each team lines up behind their pylon. Each student tries to hit as many of the five bean bags into the hula hoops as possible. When complete, they run to get the bean bags and return them for the next person in line. Teams rotate through their line-up for a fixed amount of time.

SCORING:

Teams earn one point for each beanbag that their team gets in a hula hoop.



18. TRIATHLON

OBJECT:

To complete the triathlon course as many times as a team as possible during a fixed amount of time.

SET-UP AND MATERIALS REQUIRED:

You will need two beanbags, two bicycles, two helmets and 5-10 pylons. Using the pylons, mark a start/finish line, a “transition area,” and a turnaround marker into a triangular layout.

INSTRUCTIONS:

Each team completes the relay. Beginning from the start line, the first participant for each team will balance a beanbag on their head as they do a forward crab crawl (Walking on the heels of your feet and palms of your hands, face up) to the transition. At the transition area, they must put on a helmet and balance the beanbag on their head as they cycle to the turnaround marker and back. They then dismount the bike, take off the helmet, and run balancing the bean bag on their forehead to the turnaround marker and back to the finish line. Once they’ve completed the course they pass the beanbag off to the next student in line and the challenge continues. If the beanbag falls off at any point during the challenge, the student must stop and return to where the beanbag fell, replace the beanbag on their head, and continue.

Younger or students with exceptionalities might find this activity sufficiently challenging without including the balancing of the bean bag.

SCORING:

The team gets one point for every time one of its members completes the course.