

# WEEKLY THEME: THE OLYMPICS

Developed by Dara Podjarski Marcus

## DAY ONE: LET THE GAMES BEGIN

### STARTER

**STARTER: Parent/s dress up in sports clothes in the morning and wake-up/welcome your kids to the Olympic Games!** Who knows what are the Olympic Games? It's a big sports competition. The biggest in the world. Imagine 10,000 people from 200 different countries. That's a lot of people from a lot of different places getting together to do sporty games. It's also a really big sports party: they play sports and want to win a medal but they also celebrate getting active, friendship and unity/being together. They cheer for each other! It doesn't happen every year – it takes place every 4 years (translate that into your kids' ages).

The first Olympic games was in Greece (show this on a map or globe). But now each time the Olympics take place in a different country. When the Olympics first started a long long long long long long long time ago it was just one event, a short run that was called the "stade". The race was run by a bunch of guys who run naked! Now it's grown into 17 days and 300 different races/games (and everyone wears clothes!). It's huge. That's not all: there are *summer* olympics and *winter* olympics. Because you can play different sports in different seasons. In summer, what kind of sports do you think they play? Swimming, running, gymnastics. What about winter? Skiing, ice skating, snowboarding. There are also the Paralympics: for people with disabilities, that means people who are blind can't see or have one arm or use a wheelchair. We'll talk about that more in a few days...

...because this week, we're bringing the Olympics to our home! We're going to play sport inside our home, play games, make games, draw games, it's going to be fun. Everyone in the Olympics is trying to do their best, and it brings together so many people in a good way to do fun things. First thing we're going to do is [watch this short clip](#) to really SEE what I'm talking about.

You see how much energy that takes? This week especially, we need to make sure our bodies have enough Olympics fuel and energy, that means eating well and sleeping well, so that we can play well and do our best. Let's say it together: LET THE GAMES BEGIN!

#### Olympic Team Spirit:

- Mount a Team Family Sign for the week
- Each time they do a sport, they get a medal/draw it on your team sign
- Each day, everyone in the family dresses in the same colour t-shirt according to the 5 different olympic rings >> day 1: red, day 2: green, day 3: black, day 4: yellow, day 5: blue
- You can also draw up an event timetable listing all the sports you are going to do over the week OR adding them to an empty 'medal board' as you go
- Make it social: get your friends to join you in doing 'Olympics Week'. Share how you went during the day or at the end of the week!

### ACTIVITIES

#### MAKE TEAM {FAMILY} SIGN

Generate some team spirit and make a family sign/mural to put up for the whole week. While making it, you might want to find a short chance to talk about Olympic values – maybe even add the words or images to your sign.

*What Are the Olympic Values? A value is kind of like a superpower, it helps us do our jobs, how we act with people, everything we do in life. So in the Olympics, everyone who does a sport has to follow these values:*

- *Respect: Play fair, respect yourselves, each other, your environment. (take care, be fair)*
- *Excellence: giving your very best at all times.*
- *Friendship: Understand your competitors despite any differences.*

*On top of this, there are four Paralympic Values:*

- *Courage: Face up to any challenge.*
- *Determination: Never give up.*
- *Inspiration: Set an example that others want to follow.*
- *Equality: Treating everyone as equals.*

#### OLYMPIC RINGS ACTIVITY

[Print this dot page](#) or draw your own rings (no need to pre-arrange, just do it on the go with the kids). Lay out a container of coloured pompoms, buttons or scrunched up paper. Kids need to use tongs and put the pompom on the ring that matches its colour. Alternately, use the same dot page but with stickers.

*You can also talk more about the background of the rings:*

- *Count the rings (circles) together, read and identify the color words of each ring. The colours were chosen because, along with the white background of the flag, at least one of the six colours (white, blue, black, red, yellow and green) appears in all the flags of the competing nations. Have the children stand-up and have them interlock their arms and form a circle, so that they can experience in a sensory way how the rings interlock and unify them. Demonstrate how the rings also resemble a letter O the first letter in the word Olympic.*
- *What are they? The rings represent the five major land areas (continents) of the world (with North and South America counted as one). You can show this land areas on a map or globe.*
- *You can see how each circle is complete by itself, but they are also all connected together - in friendship.*

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## DAY ONE CONT'D: LET THE GAMES BEGIN

### ACTIVITIES

#### OLYMPIC TORCH

To make a torch, [see here materials you will need and instructions](#)

*The Olympic torch is something that started even at the very first Olympics, when a fire was kept burning throughout the games. These days, months before the start of each Olympic Games, the Olympic Flame is lit in Olympia (Greece) using a special mirror that reflects the Sun's rays! The Olympic Torch is then carried all around the world by various torch bearers until it reaches the host country.*

#### OPENING CEREMONY PART 1: Torch Relay and Athletes March

Explain how at the start of the Games, the athletes march in to the big stadium with the flags of their country. And the torch comes in too. You can [watch this clip](#) to see it in action. Then play a 'pass the torch' game, mimicking the Olympic torch relay. Play the Olympic/your country's anthem or [It's a Small World](#) or [The More We Get Together](#), and pass around the torch you made/a flag. Freeze when the music stops. Whoever is holding the torch/flag needs to wave it over their heads for everyone to see. At the end, you can have the music keep going and the children pretend they are in the Olympic Games opening ceremony and walk or march around the room holding up the torch and any flags you might have at home or your family sign.

#### OPENING CEREMONY PART 2: Olympic Flame Lighting Ceremony

The torch (small flame) is then used to light the cauldron (big flame) at the opening ceremony! You can [watch this short montage](#) of some different ways the flame has been lit.

Hang the torch up somewhere by having "a flame lighting ceremony": Get into some light engineering and [build a DIY pulley system](#) with the kids to hoist it up. For a simpler version, make a more simple 'zip line' with a piece of string from high up to low down and let the torch slide down. Have fun trying to get other things on the zipline eg toys etc. Keep your torch in its place for the whole week.

#### MINDFULNESS: SIBLING CHIVALRY

In the spirit of Olympic friendship, appreciate your siblings. Is there something that your brother/sister is really good at, or maybe has done something really kind for you? If an only child, choose a friend or other family member to think about. [Use this printable](#) or draw your own to make them a personal award.

#### OLYMPIC MEDALS

[Use this printable](#) to make some medal craft (with bonus maze worksheet) or create your own. You might want to make enough to use after completing each event this week. Or just to award at the end of the day or the closing ceremony at the end of the week.

### WORKSHEETS/GAMES TO USE DURING THE WEEK

#### READING OLYMPICS

#### SUMMER OLYMPICS PACK

#### WINTER OLYMPICS PACK

#### AQUATIC SPORTS COLOURING PAGES

#### MATHLETICS (free trial available for early learners)

#### ONLINE MATHS GAMES [HERE](#) AND [HERE](#)

#### MATHS READINESS WORKSHEETS

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## DAY TWO: SOLO SPORTS

### STARTER

**IT'S GREEN DAY!** Lots of sports in the Olympics have just one person at a time racing against each other (as opposed to *teams* competing against each other). Sports like running or swimming or gymnastics. Athletes spend months and years training to get ready for the Olympics. We are going to do some warm-up training to get our Olympics started. Start with this [Alphabet Workout](#) where there are different exercises for each letter of your name.

### ATHLETICS

**ATHLETICS STARTER:** The Olympics started with what is now called 'athletics': who can run fastest (100m) and furthest (marathon), who can jump furthest (long jump) or highest (high jump), or can throw furthest (shot put, javelin). Some races are about running AND jumping (hurdles). [Here is a short clip](#) to SEE what that means (Stop as you go to point out different events).

**100M DASH:** Choose your own distance indoors or outdoors. Measure it with chalk or tape. The kids must run as fast as they can. Time them, write it down. See if they can do even faster next time. At the end, see what their fastest time is. [Watch this clip of how the fastest man in the world Usain Bolt](#) went from zero to hero as the fastest recorded Olympic 100m in 9.63 seconds (9.58 seconds world record). Put that on your timer and show them how fast that is i.e. when the time goes off and where in their 100m they are.

**DECATHLON:** With your kids, build a 10-station obstacle course in your home/yard. Kids AND adults should do it. While one person is doing it, the others cheer their name. You can also [print out the #COVIDHOMERUN race kit](#) and post a few pics and videos when you're done. Get some inspiration from [sensory chalk walks](#) (use tape indoors), follow the 10 stations below or create your own:

1. Circle of pillows to jump over \* 2. 10 star jumps (or on trampoline). Put a star sticker or star-shape tape on the floor \* 3. Balloon between knees \* 4. Crab walk sideways \* 5. Jump and try touch the roof 5 times \* 6. Soldier/snake crawl \* 7. Hopscotch (use tape – add as many numbers as you want) \* 8. Zigzag lines on floor \* 9. Chairs over and under \* 10. Pillow sack jumps

**RELAY RACE:** Set up a full basket of toys on one side of the room and an empty basket of toys on the other side. Kids stand by the empty basket, first kid runs to the basket, collects one toy and runs back to place it in the empty basket. Hi-fives the next kid who then has a turn to transfer a toy from the full to empty basket. Keep taking turns until the empty basket is full. If no siblings, child can do it solo or with a parent. Time how fast they can do it. Do it again, trying for a quicker finish.

**'DISCUS' PAPER PLATE RING TOSS:** Make rings with paper plates. Then try get them over a tube or bottle. [Like here.](#)

**SHOT PUT SCIENCE:** Make shot puts with [rice and balloons](#). Then gather a few more shotput balls of varying weights from around the house, for eg, a pair of socks rolled into a ball, a ball of foil. Throw each object, shotput style, and measure the distances. Have your child observe and compare the weight of the items (use a scale for more 'fun') and the distance of each of them.

### GYMNASTICS

**GYMNASTICS STARTER:** Gymnastics is a popular sport at the Olympics: what do you know about it? Gymnastics involves doing exercises which need strength, flexibility, balance and control. This may include running, jumping, tumbling, somersaulting, flipping and balancing and even trampolining. We are going to learn some cool gymnastics moves, make some gymnastics equipment and then do a gymnastics show! Watch these clips to see more:

[Artistic Women's](#) \* [Artistic Men's](#) \* [Rhythmic](#)

**LET'S GET TRAINING!** Set up some safe spaces, pull out pillows and mattresses. Kids can free-style doing rolls and jumps, make their own routine. You can get inspiration for this [gymnastics video](#) for a general warm up + some gymnast moves or help your kids learn these specific moves:

[Forward rolls](#) \* [Backward rolls](#) \* [Straddle rolls](#) \* [Headstand and handstand on wall](#) \*

[Cartwheels here](#) and [here](#) \* [Beam/balancing](#): mark out a line with tape, need to walk the line; heel-to-toe; tip-toes; jump; sideways \* [Unstable surfaces](#): set up a row of pillows and must balance walking the line.

**DIY CHALK:** Chalk is really important for gymnasts to make sure their hands don't slip – it takes away any sweat especially on rings, bars, vault etc. [Let's make our own chalk!](#)

**RIBBON WANDS:** Make your own rhythmic gymnastics ribbon to swish to music: [ribbon wands OR ribbon streamers OR ribbon wands 2](#)

### SWIMMING

**BODY PAINTING:** Kids strip down to their birthday suit and then need to paint a swimming costume on themselves. You can do this inside a blowup pool or a big box or in the bath.

**BATH OR POOL TIME:** In a blow up pool or extra long bath time, put on goggles, swimmers and try some of the four swimming strokes. Play sink or float with their bath toys. Get the paintbrushes and they can paint with water in the bath, paint themselves with soap, paint the walls with water and soap.

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## DAY THREE: TEAM SPORTS

### STARTER

**IT'S BLACK DAY!** Lots of sports in the Olympics also need teams to work together. Being part of a team means everyone has a really important job that helps the team do its best. Communication - talking to each other, listening to each other and using your words - is really important to making sure a team works well. It's the same as us as a family - we are a team that needs to talk and listen to each other in order to make sure we are doing our best.

### ACTIVITIES

#### ROWING

- [Starter Clip](#)
- Make a sponge boat as seen [here](#) or [here](#)
- Bath Time/blow up pool: Take the boats into the water and have boat races, use straws for wind

#### FIELD HOCKEY

- [Starter Clip](#)
- TARGET PRACTICE: Get a box. Cut out holes add numbers and colours [like you see here](#). If you don't have a box, try improvise with other cereal boxes or make toilet rolls into arches. *Hockey Stick*: Get a bat, stick, broomstick, paper towel roll. *Hockey Ball*: Get a small ball or make your own with paper/foil.
- GAME TIME: get two boxes and have to score a goal [like here](#)

#### VOLLEYBALL

- [Starter Clip](#)
- Aim of volleyball is to keep ball off the ground. Do this with a balloon solo and together as a fam.

#### BASKETBALL

- Starter Clip [men's](#) and [women's](#) includes interviews with players afterwards talking about what it takes to get to the Olympics and role-modeling how to act when you lose
- Make a [rubberband ball](#)
- Line up boxes/buckets/washing baskets at different distances and heights. Need to throw balls into them. Mix it up by matching colours of balls to colours on the boxes. Also letters. [Like here](#). (see game #8 in the link)

#### BASEBALL AND SOFTBALL

- This [Starter Clip](#) is actually a science experiment comparing baseball and softball (and debunks the myth that 'softball' and 'women's sport' is 'easier') Plus it's cool to see a live science experiment taking place in a lab in action.
- [Play Catch](#). (refer to game #3 in the link). Cut the bottom off of a plastic milk jug to make a simple ball catcher. If the edges are sharp, cover them in duct tape.

#### SOCCER/FOOTBALL

- [Starter Clip](#)
- Do some [indoor soccer drills](#)
- Then kick a ball around, down the hall or in your yard if you have one

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## DAY FOUR: PARALYMPICS

### STARTER

**IT'S YELLOW DAY!** What are the Paralympics (also Special Olympics)? The Paralympic Games are the Olympics for people with disabilities. In fact the name Paralympics means "alongside" the Olympics. Hold on - what is a disability? Do we know anyone with a disability? A disability means that something in a person's body doesn't quite work. Maybe their legs don't work, or their eyes don't work. Sometime you can see that a person has a disability, sometimes you can't. Some things that are harder for people with disabilities to do, so they and we find ways to support and help them. Maybe a wheelchair for someone who can't walk or listening patiently when it takes a longer time for someone to learn or say something. Sometimes you can see a disability, sometimes you can't. The 3 most important things to remember about people with disabilities are:

1. Some things are harder for them to do (eg walking or seeing), but there a lots of things they CAN do. Don't just focus on the 'disability', also focus on 'ability'.
2. We can help each other, be friends and play together. And today we are going to be extra aware and good at making sure everyone is included in our games, and can make any adjustments or adaptations to the games.
3. We are all different, but we can also find what is 'the same', what we have in common (for eg both liking sport or unicorns or cake!)

So the Paralympics are about overcoming extra challenges with our bodies and finding extra strength and different ways to do sport. It isn't just about what you can't do – it's about what you CAN do. [Here is a clip](#) about different sports and people in the Paralympics. Most of the sports we will do today are also done in the Summer Olympics (side note: it is unnecessary to say 'main' or 'regular' Olympics) - that is, people with disabilities AND people without disabilities can also play the same sports. People with disabilities play or do them with some adaptations. **AND to emphasise that, really recommend** [watching this story of 9 yr old Ezra Frech](#)

### ACTIVITIES

**MINDFULNESS:** We can learn from people with disabilities that we don't just need to look at what we 'can't do' but also what we 'can do'. [Use this printable](#) to think about our strengths and write/draw them.

#### CYCLING: PELOTON

ICYMI: set up your kid's bike indoors as a standing exercise bike. Just put the training wheels on top of shoes and let them have fun. [As seen here](#). One kid can clean wheel while other rides. You can pretend with them that they have to ride to get away from a monster or have to ride quickly towards something or someone they love. You can time them that they need to ride on-stop for 20 seconds - and they choose the timer tune on your phone. You can put a peleton scene (video) in front of them, either an example of wheelchair racing, cycling, spinning class or google 'cycling scenery'.

#### BOCCIA

- Starter Clip: [What is Boccia?](#) And how do people play it when they have very limited use of their arms or legs?
- Blind 'ten pin' bowling: set up 4-10 plastic bottles/paper towel rolls/anything that can stand well and knock down easily. You can first decorate them as a craft activity, then line them up. First bowl as you are. Then you have to bowl them blindfolded, as though you were blind and can't see. Kids can try re-set the bottles blindfolded.

#### TABLE TENNIS

- [Starter Clip](#): This is a great video to see how disability can look different in different people
- Set up a homemade table tennis court:
  - > Clear a table
  - > String up a net in the middle: this can be a few sheets of paper or cardboard or a stocking.
  - > Get a pingpong ball or make your own foil ball)
  - > Use a bat: can use a plate, or make one out of cardboard, or use a dustpan: use this as a chance for kid to go around the house and identify something – get creative. If you can't find a bat, just play without

GAME TIME: Play as you are, with one arm, with another arm, sitting, bat in your mouth to simulate different types of abilities needed when you have different types of disabilities.

#### ARCHERY

- Starter Clips: [See how paralympic archers compete](#) and then [hear directly from them](#) about how sport impacts their lives.
- Nerf-phonics: ABC/colour archery with nerf guns, [like here](#) for younger kids or [here](#) for older kids. Start as you are, then try with one arm behind your back, switch to have one arm on your head, arm, sitting, eyes closed. If you have no nerf gun, can do the same concept but with just throwing balls to try hit the targets (wheelchair basketball and sitting volleyball are also sports at the Paralympics).

#### EQUESTRIAN

- [Starter Clip](#)
- Craft your own [stick + sock horse](#) or a simpler version with [stick + paper](#) or [use a pool noodle](#)
- Create a light obstacle course for a horse race.



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## DAY FIVE: WINTER OLYMPICS

### STARTER

**IT'S BLUE DAY!** Our last day, and we're going to the 'Winter Olympics' today. It has to be so cold that there is snow and ice for a lot of the sports. Have we seen snow before? Talk about your own (the parent's) memories of snow or maybe that you have also never seen snow. This is a super cute overview of some Winter Olympic sports ["If Cute Babies Competed in the Winter Games"](#)

### ACTIVITIES

#### CURLING

- [Starter Clip](#)
- GAME TIME! Get a broom and mop. Draw circular targets on the ground with chalk or tape. Using frisbees or plastic plates for the discs, use the broom to try get the discs into the target by skimming them across the floor. You can put the letter of the kid's name on the plate and they have to collect their letters. [As seen here.](#)
- CHORE TIME! And while the brooms and mops are out...do a more authentic re-enactment of the athletes scrubbing fast down the line by having the kids scrub as hard and fast as they can or just general sweeping and mopping up time! And if you can, add in the laundry Olympics: how fast can you fold??

#### LUGE

- [Starter Clip](#)
- Create a Marble Run with paper towel/toilet roll tube: [lots of ideas here.](#)
- Get a blanket or sheet, kids sit or lie down, and you pull them down the hallway. They can try pull you too. If siblings, they can try pull each other.

#### FIGURE SKATING

- [Starter Clip](#)
- Have a figure skating competition! Choose music and ice skate on the tiled/wooden floor in socks. Do individual dances and then a partner dance. If you have roller skates, can do that. Being careful of slipping of course.

#### ICE HOCKEY

- [Starter Clip](#)
- Bring out the hockey equipment from the other day. But instead of a ball, use cubes of ice.

#### SNOWBOARDING

- [Starter Clip](#) (it's 10 mins, but you can watch less to get the idea of the visuals)
- Craft an [interactive snowboard](#)

#### SKIING

- Starter Clip: [how to safely get on a ski lift](#)
- STEM activity: super easy 5-minute set up for ages of fun [funicular train pulley system](#) (ski lift)

### CLOSING CEREMONY

What a busy week!

Start winding down by baking cookie medals using your fave recipe. [Here is one you can use.](#)

While they are baking, ceremoniously take down the Olympic flame, review and reflect on all the games they played, built, learned. Think about what was hard, what was surprising, what was new, what was fun. How did it impact your 'Family Team'.

Then everyone can choose one favourite game that they can do again one more time.

Then eat your cookie medals!!