



## **Month 9: Olympics and Heart Health Preschooler**

### **We're All Olympians**

Similar to Simon says; ask the preschooler's to mimic different Olympic sporting events. Any sport can be mimicked some examples are: a kayaker (on bottom, doing paddling motion), Cyclist (lie on back and peddle), Speed Skater, Cross Country Skier, Hockey Player shooting, etc.

### **The Torch Run**

Creating an obstacle course with winding turns and ups and downs and whatever you want to incorporate! Have an object (torch) with something balancing on the top (cone and ball), the object is to make it from beginning to end without dropping the ball (putting out the torch). This can be made into a relay race with 2 or 3 teams. Once the child has completed the obstacle course they pass the torch to the next child in line.

### **Cross Country Ski Race**

From one end of the gym/area to another pretend that you're a cross country skier, and make your way to the finish line. It's very comical and will be sure to make the children laugh.

### **Speed Skating**

This activity works best in a carpeted area. Give each child two pieces of 8 ½ x 11 inch paper. Have the children place the paper under each foot, then demonstrate how they can slide their feet along the floor keeping the paper (their skates) underneath them. You can all practice to skate along the same oval track or you can have skating races between children.

### **Figure Skating**

This activity works best in a carpeted area, or on a gym floor with socks on. Give each child two pieces of 8 ½ X 11 inch paper. Have the children place the paper under each foot, then demonstrate how they can slide their feet along the floor keeping the paper (their skates) underneath them. Children can "ice-skate" to different kinds of music.

### **High Jump/Long Jump**

Have everyone spread out. Jump and reach for the sky or see how far everyone can jump forwards. Educate full body acquisition when making these jumps so the max distance/height is achieved.

### **Olympic Rings Jump**

Set up hula hoops on the floor in the pattern of the Olympic rings. Have the child jump to each ring. To make things more challenging have the children hop on one foot to each of the rings. This can also be set up as a relay.

### **Equestrian:**

Use hobby-horses and set up a little obstacle course with jumps and turns!! Make sure to gallop like a horse!!!

### **Volleyball:**

Using balloons (the more the harder) having the group try to keep the balloons in the air. If the group is able, use a large light ball (beach ball).

### **Heart Health**

#### **Take a Look Inside Yourself:**

1. Guide children in some simple physical activities, such as skipping, hopping, or running. Then pause to let them place their hands on their chests again to feel their hearts beating. Ask children whether their hearts are beating faster than they did before. Have them repeat after you, more quickly than last time, "Thump, thump, thump...".
2. Lead children in the exercise activity "What Can It Do?" Begin by having children identify different parts of the body. For example, point to your head, arm, leg, shoulder, hand and foot. Ask volunteers to name the body parts. Then point again to a body part. *What can this part do? Who can show me?* Have a volunteer demonstrate an activity that uses that body part. Invite the group to follow the volunteer. For example, you might point to an arm and the volunteer might suggest flexing and straightening that arm. Later you might want to point to both arms or both legs so that children could suggest activities such as jumping jacks or running in place.
3. Distribute or display the [Take a Look Inside of You!](#) visual. Point to the heart and lungs and explain that when we do physical activities, we breathe faster and our hearts beat faster. Our lungs work harder to pull in more air, and our hearts pump harder to get more blood to all parts of our bodies. Point to the blood vessels on the picture and trace the path that blood follows as it flows through the body.

## **Olympic Game Ideas**

1. Discuss: Have your children throw paper plates as discuss.
2. Javelin: Throw straws and see who can throw them the farthest.
3. Obstacle Course: Set up an obstacle course, having your children crawl under, through and over obstacles
4. Tennis: Have your children play with flyswatters and balloons
5. Hockey: Have your children play with flyswatters and balloons
6. Relay Races: Have your children run a set distance and hand off a rolled up piece of paper to another student

## **Freeze**

Your child runs, skips or hops around the room. When you say "freeze" he stops and stands still on the spot. As he gets better at this, suggest that he make different shapes with his body.

## **Partners**

Ask the children to choose a partner. When you start playing some music, the children dance to the beat, hopping, skipping, running and jumping. When the music stops, the partner's find each other and join hands. When the music starts again, they let go and start dancing again.

## **Shuttle Race**

Place two boxes 3m apart. Put several objects in one of the boxes. On the signal "go", your child runs and takes an object from one box and puts it in the other. Keep going until the first box is empty. You can set this up as a relay, or have a box for each child and set it up as a race.

## **Cooperative Musical Chairs**

Place "child-sized" chairs back to back. Have a chair for each child. Children run in one direction around the outside of the chairs to the rhythm of the music. When the music stops, they sit on the closest chair. This game can also be played with carpet squares, pillows, hoops and adult's laps. Remember NOT to remove any of the chairs. To make the game interesting, suggest different ways to move as they go around the outside of the chairs: big steps, little steps, fast, slow, on hands and knees, etc.

**References:**

**Best Start. (2005). Have a ball: A toolkit for physical activity and the early Years. Toronto (ON): Ontario Prevention Clearinghouse.**

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