



Month 9: Olympics and Heart Health Schoolaged

Shot Put and Discus:

Substitute water balloons and Frisbees for the real things, and see who can throw them the farthest.

Hurdles:

One person at a time, and have the jumps relatively low (lower than the kneecaps of the participant).

Pentathlon/Triathlon/Duathlon:

Relay race with several silly legs: potato-sack, cart-wheeling, crab-walking, egg-on-a-spoon, walking backwards, or whatever goofy method of locomotion you can come up with.

Equestrian:

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

Skeleton:

Using a scooter board, create a dynamic twisty course with a distinct finish and end. Make sure to keep arms inside the board!! Use only feet to guide through the course.

Volleyball:

If a net and a gymnasium is available have the children split into two teams and hit a beach ball back and forth across the net. No limit to the amount of times it takes for each team to hit it over.

High Jump:

This is a little different than the track and field version. Near a wall and with a safe open space, see how high each child can jump. Using a piece of tape folded over so the sticky side is exposed, have the child jump and slap the tape on the wall to see how high he/she can jump. Motivate him/her to beat his/her jump.

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

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 Relay

You will need:

- 3 signs (a picture of the activities will help) 1. Upright Spin, 2. Seated Spin, 3. Triple Axel
- Starting Line
- Socks or two pieces of paper for each foot to "skate"

This is a race where each "skater" has to complete 3 moves, then runs back to tag the next player one their team.

The first station is the "upright spin", where you spin around once on the floor on one foot. The second station is the "seated spin", where you spin around once on your bottom. The third station is the "triple axel". You have to jump 360 degrees three times. Try to land on one foot as well. The kids "slide-skate" out to

each station on their socks/paper and are racing to complete each move then "skate" back to the next player.

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.
- The following activities are games that will increase a child's heart rate. A good activity would be to have everyone feel their hearts (pulse) before you begin the activity, and then immediately after. This will allow them to "feel" the effect exercise/activity has on their heart.

Skipping

Skipping is a great and fun aerobic or heart healthy activity for kids to participate in.

1. **Sports Car** – can be performed individually or with a long rope and two ends.
The speed of the song is normal until the end when the speed changes to "pepper" or fast at "How many bottles?" and continues to 100 or the skipper errors.

"Sports car, sports car
A 1968
Turned around the corner,
Slammed on the brakes.
Bumped into a lady,
Bumped into a man,
Bumped into a policeman,
And man, Oh man!
Policeman caught me,
And put me in jail
And all I had to eat
Was giner ale.
How many bottles?"

Skipping with Actions

These songs can also be played as a group without skipping ropes. Simply have the group jump continuously and complete the actions.

- 1. Donald Duck** – if skipping you need 2 enders and a long rope turning at a normal speed.

"Donald Duck was a one-legged, one-legged, one-legged duck
(*jump on one foot*)

Donald Duck was a two-legged, two-legged, two-legged duck
(*jump on two feet*)

Donald Duck was a three-legged, three-legged, three-legged duck
(*jump on 2 feet and 1 hand*)

Donald Duck was a pigeon-toed, pigeon-toed, pigeon-toed duck
(*jump with toes together*)

Donald Duck was a bow-legged, bow-legged, bow-legged duck."
(*jump with toes outward*)

- 2. Teddy Bear** – if skipping you need 2 enders turning at medium speed.

"Teddy Bear, Teddy Bear, turn all around, (*turn 360 degrees*)

Teddy Bear, Teddy Bear, touch the ground (*touch the ground*)

Teddy Bear, Teddy Bear, read the news (*read the paper*)

Teddy Bear, Teddy Bear, shine your shoes (*touch your shoes*)

Teddy Bear, Teddy Bear, go upstairs (*high knee steps*)

Teddy Bear, Teddy Bear, say your prayers (*put hands together*)

Teddy Bear, Teddy Bear, turn out the lights (*hand actions to switch on/off*)

Teddy Bear, Teddy Bear, say GOODNIGHT" (*wave goodbye*)

Musical Squares

Equipment: - one foam square per player

- fast paced music

Objective: To find a square when the music stops

Instructions:

Scatter the squares around the room or outside, when music is playing run, skip, jump, etc around the squares without touching them. When the music stops players find a square.

NON-ELMINATION: No players are eliminated from the game instead players share a square with others. Part of the challenge is to see how many players can fit onto one square.

Steal the Bracelet

Equipment: 20 plastic bracelets (or any small object or toy) and 5 hula hoops

Objective: To get 5 bracelets in your teams hula hoop first

Instructions:

- Divide players into 4 equal teams and assign a corner to each
- Each team gets a hula hoop in their corner and they line up behind it
- In the middle the bracelets are placed in the hula hoop in the centre
- On the signal each team runs to get a bracelet and get back to their hoop to tag the next team mate
- Continue until bracelets in the middle are gone
- First team to be done wins.

Variations: Instead of running you can, jump, hop, skip or animal walk to pick up the bracelets and bring them back.

Up & Down

Equipment: 25-30 mini pylons or chairs

Objectives: Half the players are trying to keep all the pylons upright and the other half are trying to knock them all over.

Instructions:

Set up pylons half up and half down, split into 2 teams, one group is "UP" and the other is "DOWN". The "UP" team puts pylons upright and the "DOWN" team knocks them over. Once the time is up count how many pylons are up and how many are down. Continue to play but switch roles.

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