



# OLYMPIC ACTIVE!

ALL  
GRADE



## TEACHER'S GUIDE

Keeping students active is easy when it's Olympic-themed. This ten day guide includes fun games based on Olympic sports and warmups that are used by Olympic athletes. Be inspired by Olympians as they teach your students about the benefits of a healthy and active lifestyle. This resource provides 30 minutes of activity per day for two school weeks.

### THERE ARE MANY BENEFITS TO INCLUDING PHYSICAL ACTIVITY IN YOUR STUDENTS' DAILY SCHEDULE. PHYSICAL ACTIVITY:

- 1 Improves their attention and makes them better at self-regulation throughout the day;
- 2 Increases creative thinking and problem solving; and,
- 3 Reduces stress and lowers anxiety.

The Olympic-themed activities in this resource help build physical literacy skills that can make lifelong physical activity much more enjoyable. Your students will grow in their abilities to confidently perform various movements, and this will give them the confidence they need to try new sports or activities now and later in life. These activities mix challenge and fun.

Your students will be more likely to fully engage in these activities if you are excited about them. We encourage you to do the activities with your class, and to read them the descriptions, explain the connection to the day's featured sport, and spend a few minutes debriefing the activity.

Some activities will need to be adapted for students with diverse abilities. Expert advice for adapting activities is to begin with what the student can do. Build in the supports to progressively assist them in doing as much as possible. Those who have disabilities that prevent a particular movement can still be included in the class activity in other ways like timing the activity or coaching their classmates. Be creative to include as many students as safely possible.

# HAVE FUN!



## WARM UP LIKE A SWIMMER

A strong flutter kick is critical in the freestyle and back stroke events. This kick builds a strong core (abdominal muscles and hip flexors), powerful legs (quadriceps and calves), and solid gluteal muscles.

To do the **Flutter Kick Drill**, lie down on the floor and rest your head on the floor. Place both hands under the small of your back. Raise both feet 1cm off of the ground while keeping the legs straight and toes pointed. Begin alternating both feet, up and down, in a kicking motion. When one foot is up the other is down. Flutter kick quickly for 10 seconds, rest for 5 seconds, and repeat. Repeat this set four times over the span of one minute. Try doing the flutter kick with only one leg at a time. Try bending your knees slightly, shortening the length of your flutter kick.

Swimmers want to make sure that their arms are loose before a workout. To do the **Arm Circle Warmup**, ask the students to create large forward arm circles for 20 seconds of forward arm circles with their left arm. Repeat with their right arm, then backwards (left/right), and alternating.



## TODAY'S SPORT: FENCING SIMON SAYS

Fencing movement and footwork is essential to success in the sport of fencing. Moving forward and backward without your feet crossing requires balance and coordination. The lunge attack works abdominal muscles, quadriceps and gluteal muscles which improves leg strength and power.

### OBJECTIVES

Become familiar with moving forward, backward and lunging. Build coordination and confidence using fencing footwork.

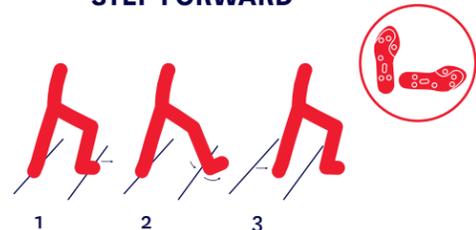
**PARTICIPANTS:** Individuals

**SPACE:** Classroom or hallway

**EQUIPMENT:** None required

### STARTING SKILLS

#### STEP FORWARD



#### STEP BACKWARD



#### LUNGE



### SETUP

Position Simon, your "leader" in front of your group, facing your participants, your "followers". If there is more than one follower, they should stand in a straight line side by side. Enough space is needed for each follower to move forward and backward in a straight line. Familiarize yourself with stepping forward, backward and lunging.

### ACTIVITY DESCRIPTION

- 1 Leader:** Call out commands by saying "Simon Says" followed by one of the commands listed below.
- 2 Followers:** Do the appropriate action that "Simon Says" to do.
- 3 Commands:**
  - On Guard – Place feet shoulder width apart, point your lead foot forward, bend your knees and bend your lead arm.
  - Step forward – Lead with front foot stepping forward, follow with your back foot.
  - Step back – Lead with your back foot stepping back, follow with your front foot.
  - Thrust – Stick your sword arm out straight.
  - Lunge – Thrust, stick your sword arm out straight, and take a big step with only your front foot.
  - Recover – Position yourself back into the On Guard position.
- 4** If any of the followers moves without the Simon Says command, they go back to the original point in the classroom in which the line of students started.

### ACTIVITY EXTENSIONS

- 1** Vary the speeds at which the commands are being provided.
- 2** Challenge the group by providing multiple commands at one time (e.g., Simon Says: 1 step forward, 2 steps back, lunge, recover).



### SPORT PROFILE: FENCING

There are three different events in fencing, the foil, the épée, and the sabre. Fencers must try to hit their opponent's target area. Their uniform and the blade of the weapon have wires that connect to a scoring machine, which keeps track of the touches. Fencers need to be very physically fit and to learn the offensive and defensive moves and the overall strategy of the sport. **Marie-Florence Candassamy** (France) is the 2023 World Champion for the women's épée. At seven years of age, Marie-Florence followed her father's footsteps into the sport of fencing. She competed at the Rio 2016 Olympic Games, and is determined to win gold when the Games come to her hometown in 2024. She teaches sport when she is not training.



## WARM UP

### LIKE A BASKETBALL PLAYER

Set up 5 cones in a straight line 2m apart about 20m from the start line for the **Side Shuffle Drill**. On “go”, side shuffle in the basketball ready position. Bend your knees slightly and keep the butt slightly back. Shuffle to the cone and back facing the same direction.

Sports like basketball or volleyball require strong arms, back, and core. Warm up with the **Spiderman Crawl** for a full body workout. Start in a pushup position with your feet wide apart. Bring the right knee up to the right elbow. Move your left arm forward. Next, bring the left knee forward to the left elbow. Crawl forward like this for 15 seconds. Rest, and repeat this three times.



# TODAY'S SPORT: BASKETBALL

## 20 PASSES

Passing is a key skill for basketball players trying to retain control of the ball and move it up the court for a basket. The players use chest passes, bounce passes, overhead passes or wrap-around passes to get the ball to an open teammate.

### OBJECTIVES

In this game, students will practice their passes and try to retain control of the ball for their team.

**PARTICIPANTS:** The whole class is divided into two teams or can be played cross court with smaller teams

**SPACE:** Gymnasium or safe open space

**EQUIPMENT:** Basketball and pinnies

### SETUP

- Divide the class into two teams and distribute pinnies.
- If playing in a safe open space, mark out the boundaries.

### ACTIVITY DESCRIPTION

- 1 Toss a coin to see which team starts with the ball.
- 2 The starting team must pass the ball between their teammates 20 times without dribbling, taking steps with the ball (traveling), or dropping the ball.
- 3 Players without the ball can move to get open.
- 4 If the team in possession of the ball dribbles, travels or fumbles the ball, the other team grabs the ball and starts to pass.
- 5 The first team that gets 20 consecutive passes wins.

### ACTIVITY EXTENSIONS

- 1 Break the teams into groups of five players per team.
- 2 Allow the players who have possession of the ball to take three steps.





## WARM UP

### LIKE A FIELD HOCKEY PLAYER

Field hockey players need strong legs and often warm up with **Skater Bounds**. Set up two cones beside each other 1m apart. On “go”, participants jump on one foot from side-to-side between the cones landing on the opposite foot (skater bounds) for 20 seconds. Alternate skater bounds with other exercises like squats, planks or push-ups.



# TODAY'S SPORT: CYCLING

## MATCH SPRINT

The Match Sprint or Sprint is one of the most exciting cycling events. It is a head-to-head sprint between two cyclists. Usually, the first couple of laps are very slow and tactical as the two racers focus on positioning themselves for the big sprint. Sometimes they can hold steady, trying to force the other rider up high on the curve to get them to start to sprint first. It is an event that requires quick thinking, balance, and explosive speed. This activity works sprint speed and reaction times. You can watch it at <https://www.youtube.com/watch?v=tD5pqFxymNQ>.

## OBJECTIVES

In this activity, participants will work on their sprinting skills.

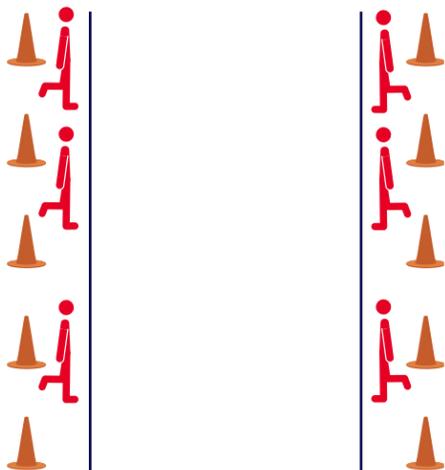
 **PARTICIPANTS:** Pairs

 **SPACE:** Gym or playground

 **EQUIPMENT:** Pylons

## SETUP

Set up a row of pylons across the width of the gym. Set up another row 10m away. This creates two lines 10m apart.



## ACTIVITY DESCRIPTION

- 1 Divide the students into pairs and line one student from each pair on one line and the other student on the opposite line. They should be facing each other.
- 2 The students in each pair are racing each other to see who can reach the opposite line the fastest.
- 3 Students start by standing on one foot. The first person to touch their other foot on the ground starts the race. Both runners then must race past each other to get to their finish line the first.

## ACTIVITY EXTENSIONS

- 1 Try this as a round robin with the whole class.
- 2 Instead of sprinting, students race by hopping on one foot, jumping, or running backwards.

*“Physical activity among young people is important because it gives them a way to use their energy and benefit both physically and mentally. A young person who is active will be more motivated, clearer-headed and more confident in his or her abilities.”*

— Lauriane Genest

Tokyo 2000, Olympic Bronze Medalist, Keirin Event, Cycling

## SPORT PROFILE: CYCLING



There are about one billion bicycles in the world today, and it is estimated that half of the world’s population knows how to ride a bike. Bicycle racing grew in popularity in the 1880s and 1890s and cycling has been an Olympic sport since the first modern Olympics in 1896. It is a popular sport in both Canada and France. There are four disciplines in Olympic cycling: road, track, mountain biking, and BMX. Although the technical demands vary between the disciplines, competitive cyclists require enormous endurance and leg strength. In most events, the athletes must sustain high speeds and still have enough energy for a fierce sprint over the last few hundred meters. To train for these demands, they can cover well over 30 hours of cycling each week during many months of the year.



## WARM UP LIKE A SOCCER PLAYER

To set for the **Zig-Zag Drill**, lay out five cones over 20m in a zig-zag pattern. Jog between the cones in the zig-zag pattern. Walk back to start and repeat with shuffling, skipping, running, and sprinting.

Set up two lines of five cones, placing the cones two meters apart for the **Diagonal Shuffle Drill**. The lines should also be two meters apart. Start at one end of the cones, and touch the first cone on the left with your left hand. Shuffle across to the first cone on the right and bend down to touch it with your right hand. Shuffle diagonally to the second cone on the left and touch it with your left hand. Shuffle diagonally to the second right cone and touch it with your right hand. Repeat this movement to the end of the line of cones. Do this 5 times.



## TODAY'S SPORT: RUGBY CIRCLE PASSING

The game of rugby is a fast flowing game and is known for the way the play flows. Multiple passes are made to get the ball to players standing in open space so they that can run up the field to score points. A lateral pass is the preferred pass in rugby. It is the most direct and efficient pass. Players in rugby need to be good at passing to their left and right at any time!

### OBJECTIVES

Teach and practice lateral passes.

**PARTICIPANTS:** Groups of 6-8

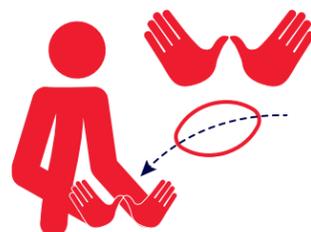
**SPACE:** Classroom or gym

**EQUIPMENT:** 1 rugby ball or other small ball per group

### STARTING SKILLS

#### HERE'S HOW TO PROPERLY CATCH A RUGBY BALL:

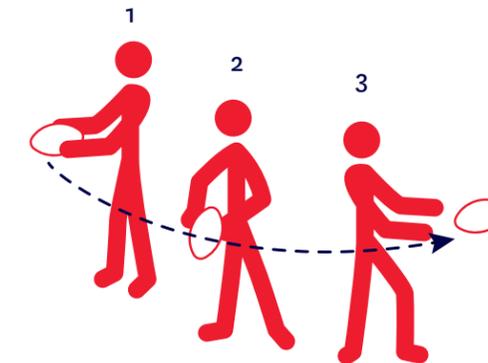
- 1 Form a "W" with both of your hands by placing your thumbs together and fingers wide.
- 2 Keep your eyes on the ball, all the way from the throwers hands to your hands as the receiver.



### STARTING SKILLS

#### HERE'S HOW TO PROPERLY THROW A RUGBY BALL:

- 1 Hold the ball with both of your hands. Point your fingers down along the length of the ball.
- 2 Look at the receiver and pass the ball across your body.
- 3 Follow through by pointing your hands at the receiver and release the ball.



### ACTIVITY DESCRIPTION

- 1 Stand in a circle no more than a metre apart from your group members. Your back should be facing the centre of the circle.
- 2 Start by passing the ball around the entire circle without dropping the ball. At this point the ball is not in the air at all. It is being passed directly from one your hands to the person next to you. Practice making the "W" with your hands.
- 3 Call out the number of passes you have made together.
- 4 If a ball is dropped the passing and number counting starts again until the ball makes it all the way around the group.
- 5 Once the ball makes it around the circle three times, call "change", changing the direction the ball is being passed.
- 6 Try to move faster, speeding up the amount of time it takes for the ball to travel around the circle each time.

### ACTIVITY EXTENSIONS

- 1 Add some pressure! Time how long it takes for the ball to be passed around the circle a set number of times.
- 2 Have two groups race against each other for time.
- 3 Start catching! With your back to the inside of the circle, take a small step forward, creating a bigger space between you and your peers. Challenge yourselves to start tossing and catching the ball with one another around the circle.





## WARM UP LIKE A GYMNAST

Line up participants side-by-side and arm's length apart. Group them into 3s. On "go", the first participant does 20 seconds of **Tuck Jumps**, bringing knees to chest during the jump and landing on toes. Once done, the second person in the group goes, followed by the third.

**Motorcycle Landings** help absorb the shock of gymnastics landing and prevent ankle strains and sprains. Students should land with their feet shoulder width apart, knees bent, heels on the ground, and arms to the side. Teach the skill to your students. Practice jumping off a small rise, jumping off a rise backwards, and sideways off a rise. Do five forward, backwards, and sideways landings.



# TODAY'S SPORT: SKATEBOARDING

## BALANCE LIKE A PRO

Many skateboard tricks are done while balancing on the balls of the feet or balancing on one leg while moving the other leg rapidly sideways or forward away from the center of gravity. Balance is critical. These activities help students develop their sense of balance. Balance is critical for skateboarding and many other sports.

### OBJECTIVES

Develop balance skills



**PARTICIPANTS:** Individuals



**SPACE:** Clear space where there is adequate space to avoid injury if the student loses their balance



**EQUIPMENT:** None



### PHYSICAL LITERACY TIP: BALANCE

Balance is the ability to keep your body upright and steady. It is the foundation to most movement skills. Try practicing your balance by standing on one foot, try to raise your other foot higher in front of your body. Now switch sides and balance on your opposite foot. Don't forget to keep your eyes focused and forward, using your arms to stabilize where needed. Now try it with your eyes closed. Can you do it twice for 20 seconds? Practice these exercises daily to continue to improve your balance. When you feel confident balancing, you will feel motivated to try physical activities and sports such as gymnastics, sport climbing, skating, boarding and surfing.



### ACTIVITY DESCRIPTION

Spend a few minutes developing balance by using these exercises.

#### 1 STAND ON YOUR "TIPPY TOES"



This is a very simple activity that exercises both balance and endurance needed for tricks such as doing a manual, various slides and grinds that are performed while balancing on the balls of the feet.

- Begin by having students balance on their tippy toes on both feet.
- Progress to balancing on their tippy toes for one foot at a time.
- Ask if they find the left or right side easier?

#### 2 SWING YOUR LEG SIDeways



This exercise will improve both the balance and strength needed for many skateboard trick, such as ollies and kickflips because this motion requires the leg to move sideways rapidly.

- Tell students to stand on their left foot and raise your right leg sideways up to a comfortable position, then bring it down to the ground.
- Repeat this movement five to ten times.
- Do the exercise while standing on your right foot.
- Challenge them to see how many times they can do the exercise in a row without touching the ground.
- Challenge them to try the exercise while on their tippy toes.

#### 3 RAISE YOUR LEG FORWARD



This exercise also strengthens stabilizing muscles and improves balance that are needed for all skateboarding skills.

- Tell students to stand on one foot and raise their leg forward, keeping it straight for one second.
- Then have them lower their foot to the ground and raise it backwards, keeping it straight for one second.
- Challenge them to see many times can you do it without touching the ground? Are they better on one leg than the other?



### ACTIVITY EXTENSIONS

#### 1 All of these activities can be extended to be competitive. Make competitions like:

- Who can stand on their "tippy toes" the longest?
- Who can stand on a single leg with their eyes closed the longest?



**WARM UP  
LIKE A BOXER**

Spread out participants around the space with lots of space between. Give all participants a skipping rope. Do three rounds of 30 seconds for this Boxer Circuit:

- Skipping rope- participants will jump rope with two feet;
- High knees on the spot while punching the air in front of them at the same time; and,
- Jumping jacks.


**TODAY'S SPORT: TRIATHLON  
SHOES ON, SHOES OFF**

When you do a triathlon you have to move through transition areas, changing your equipment twice. When you transition from the swim to the bike, you take your swim cap and goggles off and put your shoes and helmet on. Between the bike and the run, you put your bike back, and take your helmet off. Athletes have different bike shoes and running shoes, which is why you have to be fast putting them on and taking them off! You have to become very fast at changing your footwear as a race could come down to a matter of seconds. This is a fun running game with a triathlon theme.


**OBJECTIVES**

Participants are active and having fun.


**PARTICIPANTS:** 4 or more

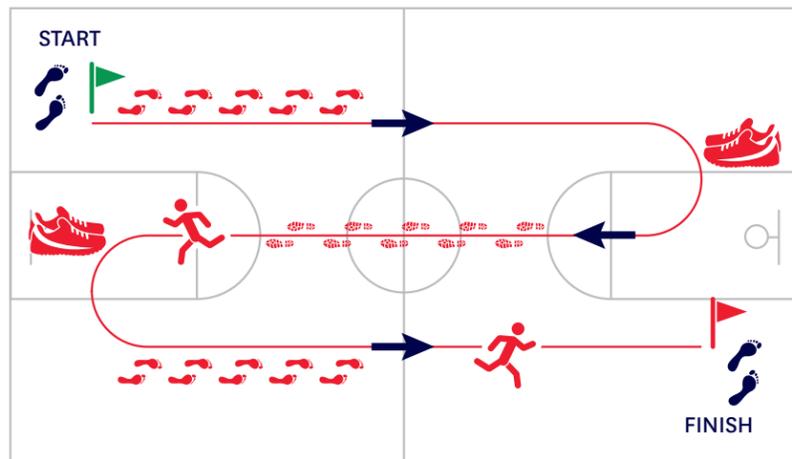

**SPACE:** Large, open space


**EQUIPMENT:** Shoes and 4 pylons


**SETUP**

In your large, open space set up the following:

- Identify a “start line” at one end of the room
- Identify a “finish line” at the other end of the room
- Have all participants place their shoes in a pile at the opposite end of the room.

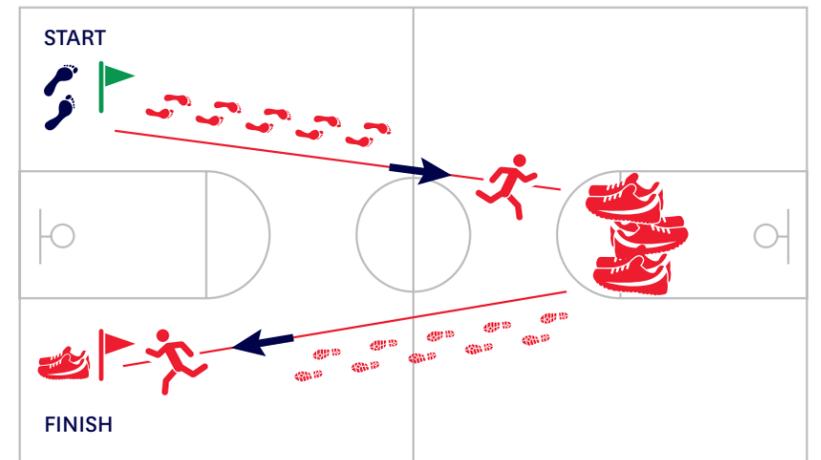


**ACTIVITY DESCRIPTION**

- 1 In your bare feet, line up one behind the other, on the start line.
- 2 On “GO!”, the first person in line runs to the shoe pile.
- 3 Put on your shoes as fast as you can. Make sure you tie your laces! If you don't have laces, put on your shoes and do 5 jumping jacks before you proceed.
- 4 Run back across room to the second pylon.
- 5 Take off your shoes as fast as you can. You must untie your laces! If you don't have laces, put on your shoes and do 5 jumping jacks before you proceed.
- 6 Run to the finish line barefoot.
- 7 When you arrive at the finish line, the next person in line can start.
- 8 The timer will stop when all of your team members cross the finish line.


**ACTIVITY EXTENSIONS**

- 1 Sometimes shoes get messed up in transitions and they are hard to find! Pile everyone's shoes at the end of the room. Participants have to find their shoes, put them on, and run back to finish point.
- 2 Time each participant and see who can find complete the task the fastest.


**ATHLETE PROFILE: DORIAN CONINX**

French triathletes are on a tear as they head towards a home-crowd Olympics. Finishing the 2023 season as World Champion, Dorian Coninx is leading the way. As a younger man, he won the Junior World Championships and represented France at the Rio 2016 Olympics. The experience he gained there gave him the confidence to help France win bronze in the Tokyo 2021 team race. He and his teammates could sweep the medals as the triathlon takes to the streets of Paris.

## WARM UP LIKE A SPRINTER

Sprinters warm up with drills that mimic part of the running stride. The first drill is called **High Knees**. Raise the right knee so that it is level with the waist. The left arm should swing forward at the same time. Now reverse the action by lowering the right knee and raising the left knee. The foot should land flat, and the motion should be slow and deliberate. Keep the elbows bent at a 45 degree angle. Do this 20 seconds and repeat it three times. Next, try speeding up the pace and landing on the balls of your feet.

The next drill is called **Butt Kicks**. Start standing tall with your feet spaced shoulder-width apart. Bring your right heel back until it touches your butt. Lower it and bring your left heel back to touch your butt. Swing your arms as you do this, remembering to keep your elbows bent at a 45 degree angle. Keep your shoulders back and your knees beneath your waist. Do this fast for 20 seconds and repeat it three times.



# TODAY'S SPORT: ATHLETICS FLIGHT SCHOOL

Long jump is one of four jumping events in Athletics. The others are triple jump, high jump and pole vault. In long jump, the athletes take a running start and leap as far as possible from a take-off board. They land in a sand filled pit. Since most gyms and classrooms don't have sandy pits, standing long jump is a safe way to learn the proper jumping technique. Welcome to flight school!

### OBJECTIVES

This activity teaches fundamental jumping technique needed in track and field.

### SETUP

In Use a line on the gym floor or the board of a long jump pit.

 **PARTICIPANTS:** Individual

 **SPACE:** Ideally, jumpers should land on a soft surface. This can happen outdoors or by using gym mats

 **EQUIPMENT:** 2 pylons, tape measure

### SPORT PROFILE: THE WORLD'S GREATEST ATHLETE

The decathlon is a demanding event in athletics that includes ten separate events that are scored and contested over only two days. The athlete that collects the most points over the ten events is declared the winner, and is often referred to as the "World's Greatest Athlete." The events include the 100m, long jump, shot put, high jump, 400m, 110m hurdles, discus, pole vault, javelin, and 1500m. The challenge is that these events require different skills, training, and often body types. To be able to excel at this variety of events is truly amazing. Canadian decathletes, **Pierce LePage** and **Damien Warner**, enter the Paris 2024 as the top two decathletes in the world. Damien is the reigning Olympic champion, having grabbed gold in Tokyo. Pierce was the world champion in 2023.



### ACTIVITY DESCRIPTION

#### 1 SAFE LANDINGS

- Spread out into two lines across the length of the gym.
- In one place, take a small jump and then practice a quiet landing. Absorb the force through your bent ankles, knees, and hips. The higher you jump, the more you will need to bend at the knees and absorb the force. Land in a position like you are riding a motor cycle.
- Gradually increase the height of your jump. Try different body techniques to jump higher.



#### 2 TWO-FOOT JUMPS FOR HEIGHT

**From your current position, focus on adding height to your jump. One at a time, add the following components to your jump:**

- Use a broad base stance, feet shoulder width apart.
- Add an explosive arm swing, swinging your arms fast up to the ceiling, stretching as tall as you can during lift-off, punching for the sky.
- Add a quick "squat" or knee bend before take-off.
- Only add each of these components to your jump, once you feel comfortable to do so.

#### 3 TWO-FOOT JUMPS FOR DISTANCE

**Focus on moving forward, adding distance to your jump. To increase the distance you are moving forward, add the following components to your jump:**

- Complete this task by trying different ways to jump further from a two-foot take off. Share your thoughts with the group as to how to achieve maximum distance. Try some tips from your peers!
- Project your arm movement reaching upwards in front of you leading your body movement, upwards and forwards.
- Note the distance you achieved with your jump. Aim for your personal best, each jump!

### ACTIVITY EXTENSIONS

- 1 **Take the world record challenge! Measure out the distance of the long jump world record, 8.95m (men) and 7.52m (women). Try to complete a series of jumps to achieve the world record in as few of jumps as possible!**

*Being physically active is important for your entire well-being. Doing something as simple as going for a walk at a nearby park helps reset my day and allows me to tackle the next thing.*

— **Pierce LePage**  
World Champion, Men's Decathlon Canada



## WARM UP LIKE A TAEKWONDO ATHLETE

Line up participants side-by-side and arm's length apart for the **Windmill Drill**. Start participants standing with legs slightly further than shoulder width apart and arms extended out at their sides at shoulder height (like a star). On "go", participants do 20 seconds of windmills bending at hips to bring the opposite hand to opposite toes keeping arms and legs straight.

To do the **Knee Twist Warm Up**, participants should lie on their backs with their arms spread so their hands are touching the ground level with their shoulders. Keeping their arms on the ground, twist so that their right knee touches the ground on their left side.

**Neck Warm Ups** are important for combat sports. Participants turn their neck from left to right, up and down, and side to side. Do each of these 12 times.



## TODAY'S SPORT: JUDO CAT AND MOUSE (SPINNING)

A Judoka, a participant in the sport of Judo, must move quickly to surprise an opponent or to make a counter attack. Judo is a sport where your actions and reactions happen with split second timing. This game will challenge the agility and coordination required to keep up with your opponent.

### ACTIVITY DESCRIPTION

- 1 With your partner, move to an open space with a smooth surface.
- 2 Have your partner sit on the floor and assume the role of the mouse, the follower.
- 3 Instruct the mouse to sit with their hands supporting them behind them and the soles of their feet on the floor in front of them.
- 4 Assume the role of the cat, the leader, and stand about 30cm in front of your partner, the mouse's feet.
- 5 The mouse, the follower, must move with the cat, and try to stay facing the cat. As the cat you are going to try to shuffle quickly around to touch the mouse's back, between their shoulder blades.
- 6 The cat must always stay facing the mouse, while trying to move around to touch his/her back.
- 7 The mouse, the partner seated on the floor can use their hands and lift their feet from the floor to spin around with more speed.

### ACTIVITY EXTENSIONS

- 1 Take the time trial! Play this for 1 minute with your partner. Record how many times the cat successfully is able to touch the mouse between their shoulder blades within the 1 minute time period. Alternate roles and compare results!
- 2 Play on all fours! Change the rules so that the mouse can only use their hands and feet to hold their body weight to move around.

### OBJECTIVES

React quickly to respond to your opponent's every move.

**PARTICIPANTS:** Pairs

**SPACE:** Gym or open space

**EQUIPMENT:** Gym floor or gymnastic/wrestling mats

### VISUAL

[https://www.youtube.com/watch?v=\\_jXOqoF5IsM](https://www.youtube.com/watch?v=_jXOqoF5IsM)



### SPORT PROFILE: JUDO

Judo was first invented by a Japanese man named Jigoro Kano. To Kano, a martial art was more than a sport- it was a way of life. He taught that balance and leverage were stronger than force. The aim of judo is to control movement. Each fighter tries to place the other in a pin, choke, or arm-lock. An 'ippon', a perfect full-point throw or a 20-second immobilization, ends the fight instantly. Lesser throws and shorter holds are scored, but do not end the combat. When the clock runs out, the person with the most points wins.

French judoka, **Romane Dicko**, heads to Paris 2024 ranked #1 in the World at the women's +78kg class. She won bronze at the Tokyo Olympics. Could she win gold in front of a home crowd?

## WARM UP LIKE A DIVER

To complete the **Tuck and Extend Drill**, line up participants side-by-side and arm's length apart. Start participants in a sitting position. On "go", the participants hug knees to their chest, then extend them out so their legs are fully extended almost touching the ground. Lying back, they should extend their arms behind their heads so that they almost touch the ground. Do 20 seconds of this exercise.

Divers need a strong core and **Dead Bugs** are a favorite exercise for many. Participants lie on their backs with their knees bent at 90 degrees and feet in the air. Arms are raised straight up above. Press the back into the ground and extend the right leg down and left arm backwards. The right heel and left hand should touch the ground. Slowly bring them back and extend the left leg and right arm. Do ten counting both sides, rest and repeat.



## TODAY'S SPORT: CANOE/KAYAK

# DESK AND FLOOR KAYAKING

Kayaking is an explosive sport, and much of the power comes from strong core muscles. Since the kayak is a narrow and tippy boat, the core muscles are needed to keep balance while the paddles dig into the water. While kayaking is a total body work out, athletes must pay special attention to the development of their obliques. These are the muscles used to rotate your torso. The activity mimics the kayaking action and engages the same muscles.



### OBJECTIVES

Complete the figure eights with proper form in as short a time as possible.



**PARTICIPANTS:** Individual



**SPACE:** Anywhere



**EQUIPMENT:** None required, but this is easier if done with a skipping rope, jacket, or towel

*When you practice a sport, whether individual or collective, you learn things that will be very important in life: you learn to surpass yourself, to invest yourself, to be assiduous, to respect rules, to lose and to win. All these experiences are valuable lessons for life.*

— **Camille Ayglon-Saurina**  
Olympic Handball Team France



### ACTIVITY DESCRIPTION

#### DESK KAYAKING

- 1 Sit up straight at your desk with your feet held off the floor.
- 2 Extend your arms out in front of you and grasp your hands at chin level.
- 3 Keeping your arms over the top of your desk and your hands at about chin level, make big figure eights with your hands. The outsides of your eights should stretch to the edge of your desk on both sides.
- 4 Do 10 figure eights in each direction. Take 30 seconds break and repeat this 5-10 times.
- 5 Make it harder by making much bigger figure eights. Dip your hands below the edge of your desk and up over your head.

#### FLOOR KAYAKING

- 1 Sit on the ground with your legs out front, so that your body forms an "L". Keeping your back and head in position, bend your knees in front of you.
- 2 Pick up a towel, string, or rope to hold in your hands as your "paddle". Focus on keeping your "paddle" tight between your hands as you rotate from side to side, mimicking paddling a kayak.
- 3 As you make big figure eights, make sure that your hands touch the ground next to your hips.
- 4 Make it harder by making much bigger figure eights. Dip your hands below the edge of your desk and up over your head.



### ACTIVITY EXTENSIONS

- 1 Time how long it takes to do a full 20 figure eights or race a partner to 20 figure eights.
- 2 Divide the participants in groups of four and do a relay. Each team member does 20 figure eights, gets up, and tags the next person on their team who then starts.





## WARM UP LIKE A VOLLEYBALL PLAYER

Set up the **Agility Ladder**. Jog through the ladder stepping one foot in each square. Jog back to start. Try it backwards and jog back backwards. If feeling confident, turn sideways and face the right side of the ladder. Jog through on that side stepping one foot in each square. Jog back and try facing the other direction. Try it with high knees.

**Sumo Squats** help volleyball players open up their hips and get into a low volleyball position. Participants should stand with their feet spread wide apart, and their toes pointing outwards. They then lower themselves by bending their knees and pressing their hips backwards. They want to have their thighs parallel to the floor. Do ten of these, rest, and repeat.



## TODAY'S SPORT: BADMINTON SHUFFLE TAG

Badminton requires quick foot movements, balance, and coordination. Quick movement and court awareness can make the difference in knowing when to continue a rally or earn a point! This activity teaches students to 'shuffle', which helps with foot coordination.

### OBJECTIVES

Tag or avoid being tagged as you practice shuffling.

**PARTICIPANTS:** Groups of 4-5

**SPACE:** Badminton court or gym floor with lines that intersect

**EQUIPMENT:** 4 pylons for each playing area (not required on badminton court)

### SETUP

- Make sure the floor is clear, dry and clear of tripping hazards.
- Divide the class into groups of 4-5 students.
- Assign each group to a court.
- Identify one student in each group to be the tagger

### ACTIVITY DESCRIPTION

- 1 Get into groups of 4-5 and decide who will be the tagger.
- 2 You are only allowed to move along the court lines using a shuffling motion. This means that both of your feet should be on the line, and your legs should be shoulder width apart. You should be moving sideways.
- 3 You can only shuffle along lines on the floor and jumping from one line to another is against the rules. In order to be tagged, both the tagger and the person being tagged must be on the same line.
- 4 Shuffle along the court lines without being tagged. If you are tagged, you become "it". The person who tagged you can walk to another line.

### ACTIVITY EXTENSIONS

- 1 If your school does not have badminton lines, mark boundaries for the game using pylons. Consider using masking tape on the floor for lines or look for natural lines in the flooring that could be used.
- 2 Add or Remove students to a group to vary the level of difficulty.



### PHYSICAL LITERACY TIP: JUMPING

Jumping is a skill used in volleyball and many other sports and physical activities. The two main types of jumps are vertical – jumping for height, and horizontal – jumping for distance. To be a successful jumper you will want to build strength in your legs and gluteal (butt) muscles. An exercise to practice your jumping is the squat jump. Start with your feet wide and chest up, sit down and back so your butt is just a bit higher than your knees. Push off the floor as you drive your arms up. Try doing five of these, rest, and repeat and a few more times. If you do this consistently your jumping will undoubtedly improve. Once you become more confident in your skills as a jumper you will be more motivated to try physical activities and sports such as basketball, volleyball, diving, track and field, parkour, and ultimate frisbee.



**BRING THE EXCITEMENT OF THE  
OLYMPIC MOVEMENT TO THE CLASSROOM**

