

AVSSP WINTER OLYMPICS ACTIVITY PACK



Torch Relay



Set Up

Place group into teams of 4 and get them ready for a relay race. Each team needs a witches hat cone (tall cone) and one dodgeball. Get the first person to hold the cone upside down and place the dodgeball in the top so now it looks like a torch. Set up a distance for the teams to run too. First person goes trying not to drop the torch then returns and passes the torch on. The team is finished when everyone has completed one run.

Scoring

Winning team wins gold medal, second silver and third bronze.



Equipment:

- Tall cones
- Dodgeballs
- Cones for start line and to mark where to run to.

Curling

Set Up

Split group into teams of 3s or 4s. Have two teams play against each other. Place down a spot or stick a piece of paper to the floor as a target. You will need one target for each game. Children then take it in turns in their teams to slide the bean bags towards the target from a set distance away.



Scoring

The team with the closest bean bag or bags to the centre of the target will score the same amount of points as the amount of bean bags that is closer than their opposition. Play first to 5 points.

Equipment:

- Bean Bags
- Spots/Paper

Air Hockey



Set Up

Get groups in to pairs with one cone each and a bean bag. They will need 4 spots or other cones to set up two goals facing each other about 2 metres apart. Children have to use their cone to try and slide the beanbag into their partners goal. Their partner can try to save the goal by blocking the beanbag with their cone. Then they will try to score in their partners goal. Like the air hockey games you see in the arcade.



Scoring

Each goal is worth 1. Play first to 5 then change partners.

Equipment:

- Bean Bags
- Cones
- Spots

Ski Slalom

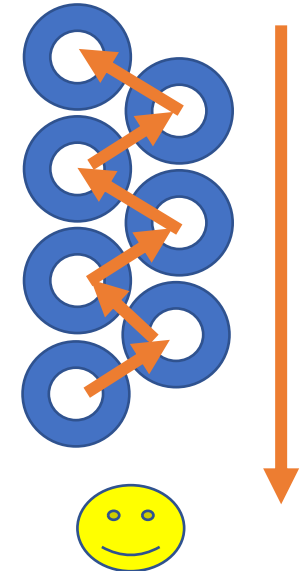


Set Up

Relay race, Put group into teams of 4 and line them up behind a marker. In front of each team place a series of hoops or spots that zig zag in front of them. Use as many as you see fit. Teams take it in turns to jump from hoop to hoop/spot to spot, down the line keeping both feet together like a ski slalom. When they reach the end they turn and sprint back to their team so the next person can go. If you have enough relay batons each team can have two and the person racing can hold them like ski poles and then pass them on to the next person.

Scoring

Winning team wins gold medal, second silver and third bronze.



Equipment:

- Spots or Hoops
- Line markers or cones to stand behind.

Ski Jump



Set Up

Children line up behind a marker in 3s. They take it in turns to run up to a spot then jump, take off on two feet and land on two feet, remember to flex knees on landing.



Scoring

Measure from take off spot up to where they land. Or place markers (cones or spots) down the side of the jump and award points for each one they jump past.

Equipment:

- Spots for take off point.
- Line markers or cones for start line
- Spots/cones for point scoring

Two Man Bobsleigh



Set Up

Children get in groups of 4 and line up like the start of a race. Each group needs a hula hoop (bobsleigh) the first person gets inside the hoop and holds it with both hands at waist height, the next person (driver) stands outside the hoop behind the person inside and holds on to the back of the hoop. They then have to work as a team and slalom through cones in front of them and slalom back. They then change over with the next two people in their team. once both pairs have finished they sit down.

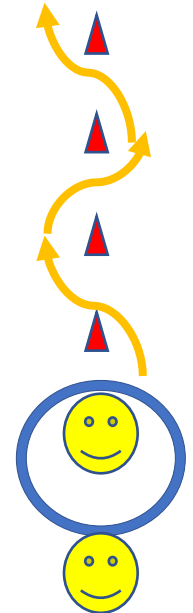


Scoring

Winning team wins gold medal, second silver and third bronze.

Equipment:

- Hula Hoops
- Cones



Speed Skating



Set Up

Create a circle of cones or spots that follow a colour order. Eg red, blue, yellow, white. Make sure there is enough for each member of your class. Get the children to stand behind the cones. When you shout out a colour the children standing behind that colour have to sprint around the circle and get back to their cone.

If you are feeling creative you can place plastic bags on the children's feet and tie them at the ankles and get them to slide along the floor in a skating style.



Scoring

First person back to their spot/cone wins gold medal, second silver and third bronze.

Equipment:

- Spots/cones