

Bring the Winter Olympics to Your Elementary School

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2015 SHAPE America National
Elementary PE Teacher of the Year



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Relationships

Never know what impact you will have

Who we will touch

Are you the only individual that shows they care about that student that day

Are you the one to spark a passion for being healthy

WINTER SPORTS



ALPINE SKIING



BIATHLON



BOBSLEIGH



CROSS COUNTRY SKIING



CURLING



FIGURE SKATING



FREESTYLE SKIING



ICE HOCKEY



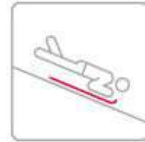
LUGE



NORDIC COMBINED



SHORT TRACK SPEED
SKATING



SKELETON



SKI JUMPING



SNOWBOARD



SPEED SKATING

1st - Get buy in from the school

Meet with teachers that will be excited and willing to help

Include those teachers in the planning and ask their thoughts and ideas (great resource)

Select the countries that will be represented

Develop a timeline

Countries

USA

Canada

South Korea

Norway

China

Switzerland

Flags



Opening Ceremonies

1. Parade of athletes
2. Welcome
3. 3rd grade performance on recorders
4. take the Olympic Oath
5. take the Olympic Creed
6. light the flame

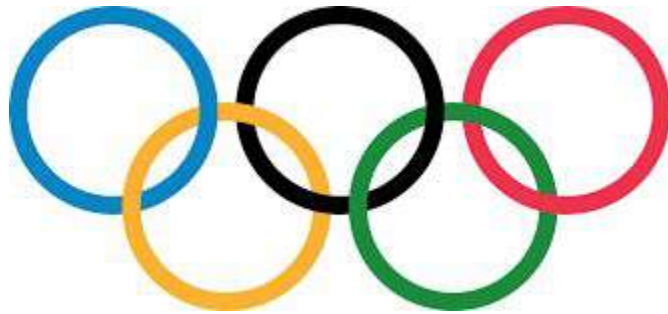
Olympic Oath

In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams.

Olympic Creed

The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.

Olympic Rings



represent the five **continents** of the world

Each setting will be different

Depending on equipment, space and time

You are the best individual to assess your situation and students and you might need to alter the activities and how you implement them

You will need to decide if you want this to be a competition or to educate and expose students to the Winter Olympics

Alpine Skiing

Paper Plates

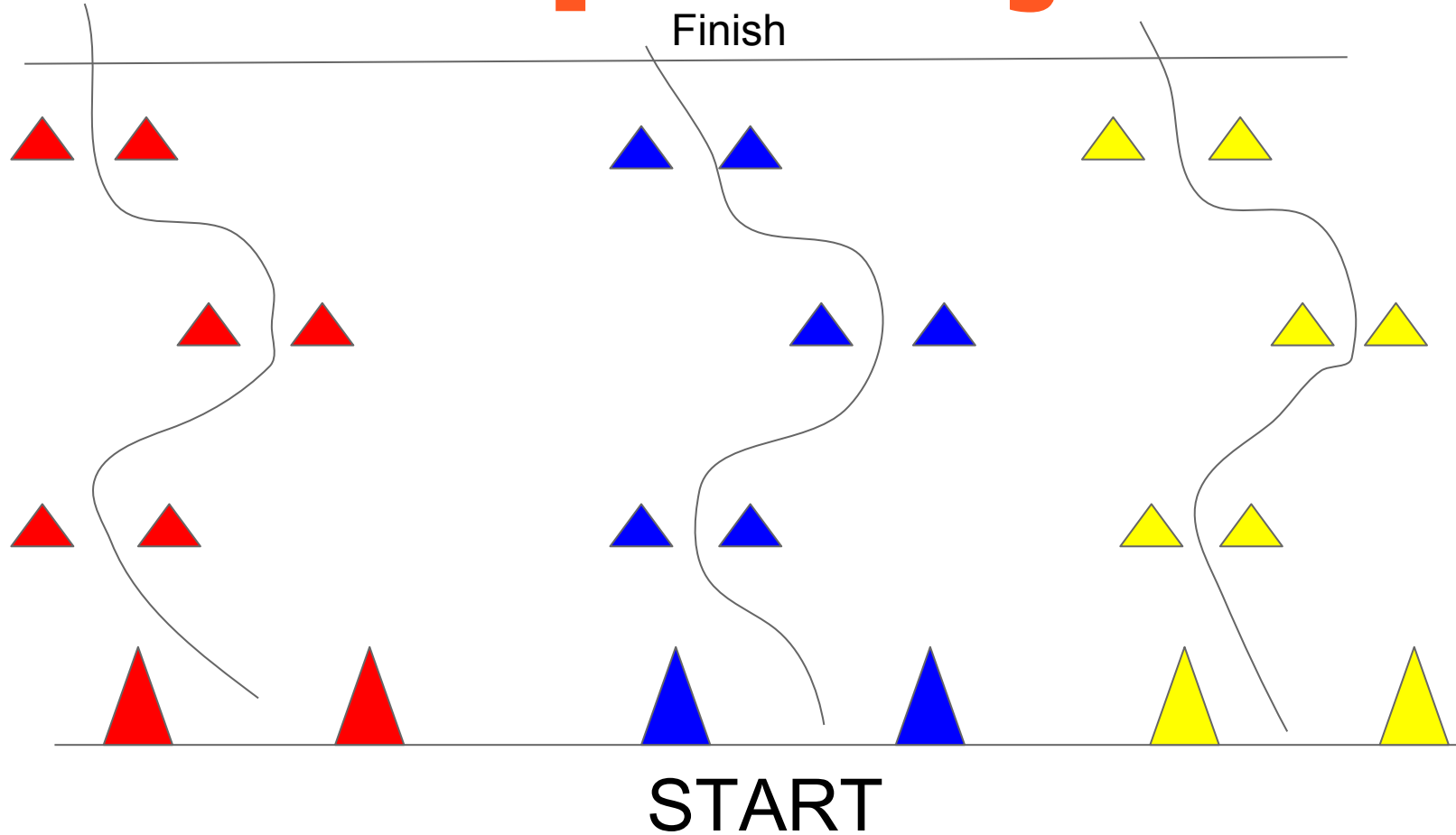
Sportime Super Softouch polo Sticks

Cones

Set Up: make a course of staggered cones with a start and finish line

Students will place each foot on a paper plate at the starting line holding the polo sticks on go they will race through the course to the finish line, if they step off a paper plate they must retrieve the plate and continue from there

Alpine skiing



Speed Skating Short Track

Paper Plates

Cones

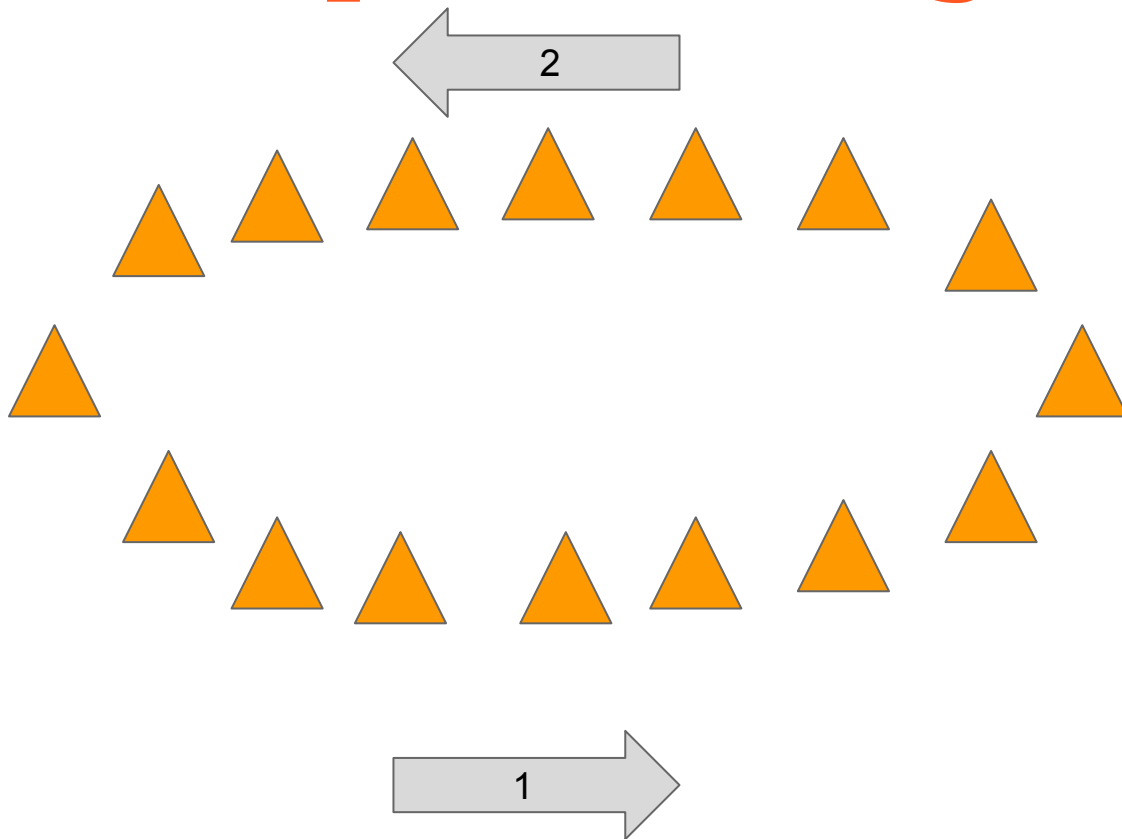
Set Up: design an oval course and determine how many laps will be made for each round

Depending on class size you can do this in heats with 4 skaters going at a time the top 2 finishers make it to the next round until there is a Gold, Silver and Bronze winner

Skaters must have each foot on a paper plate as they make their way around the oval

Speed Skating

S
T
A
R
T



Luge

Review scooter safety and how to be a good, positive partner.

Scooters

Cones

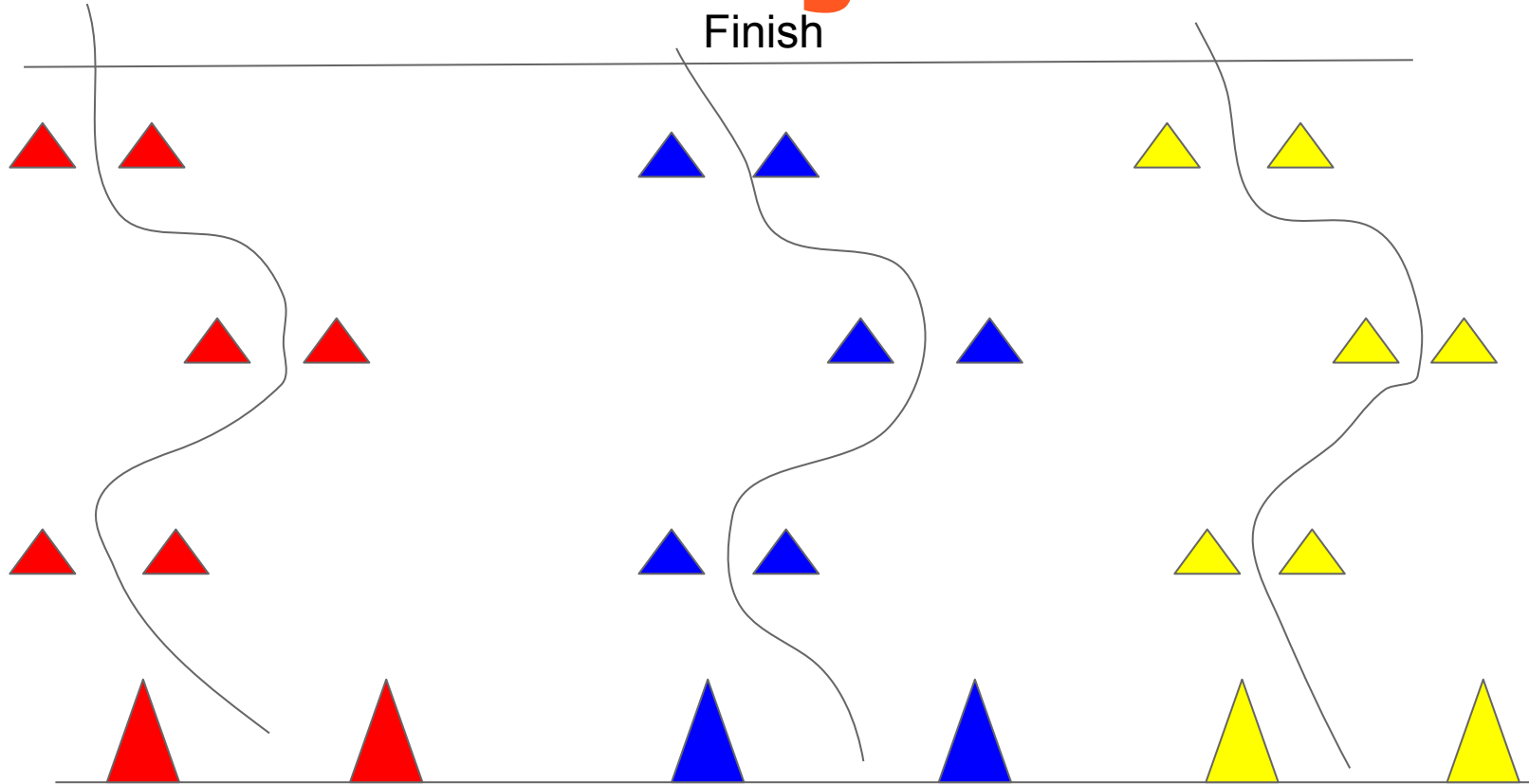
Set Up: design a course with cones

have one student sit on the scooter and a partner that will push them by the shoulders through the course

If there is snow can use a sled down a hill to see who can go the farthest

Luge

Finish



START

Cross Country Skiing

Paper plates

Sportime Super Softouch polo Sticks

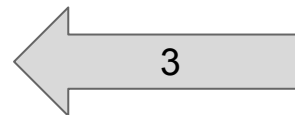
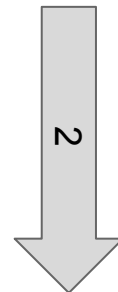
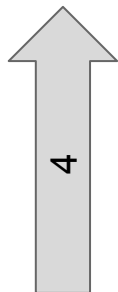
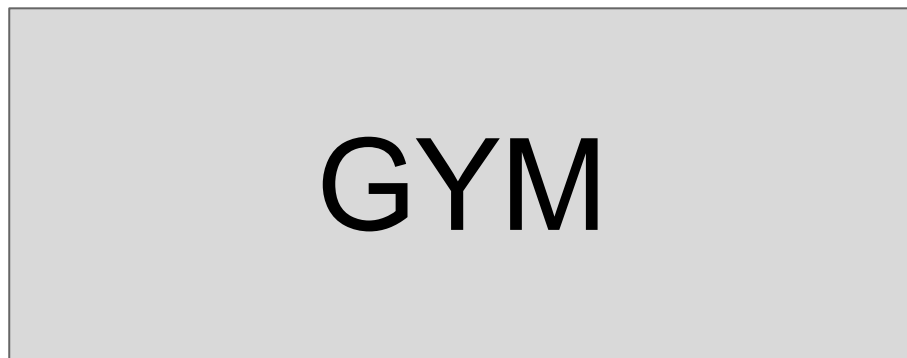
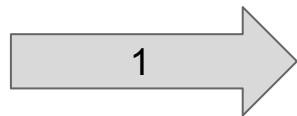
Cones

Set Up: design a course

Students must have each of their feet on a paper plate and using the polo sticks navigate around the course

I do this in the hallways around the lower school

Cross Country Skiing



Curling

Indoor Curling set (optional)

Tape or string

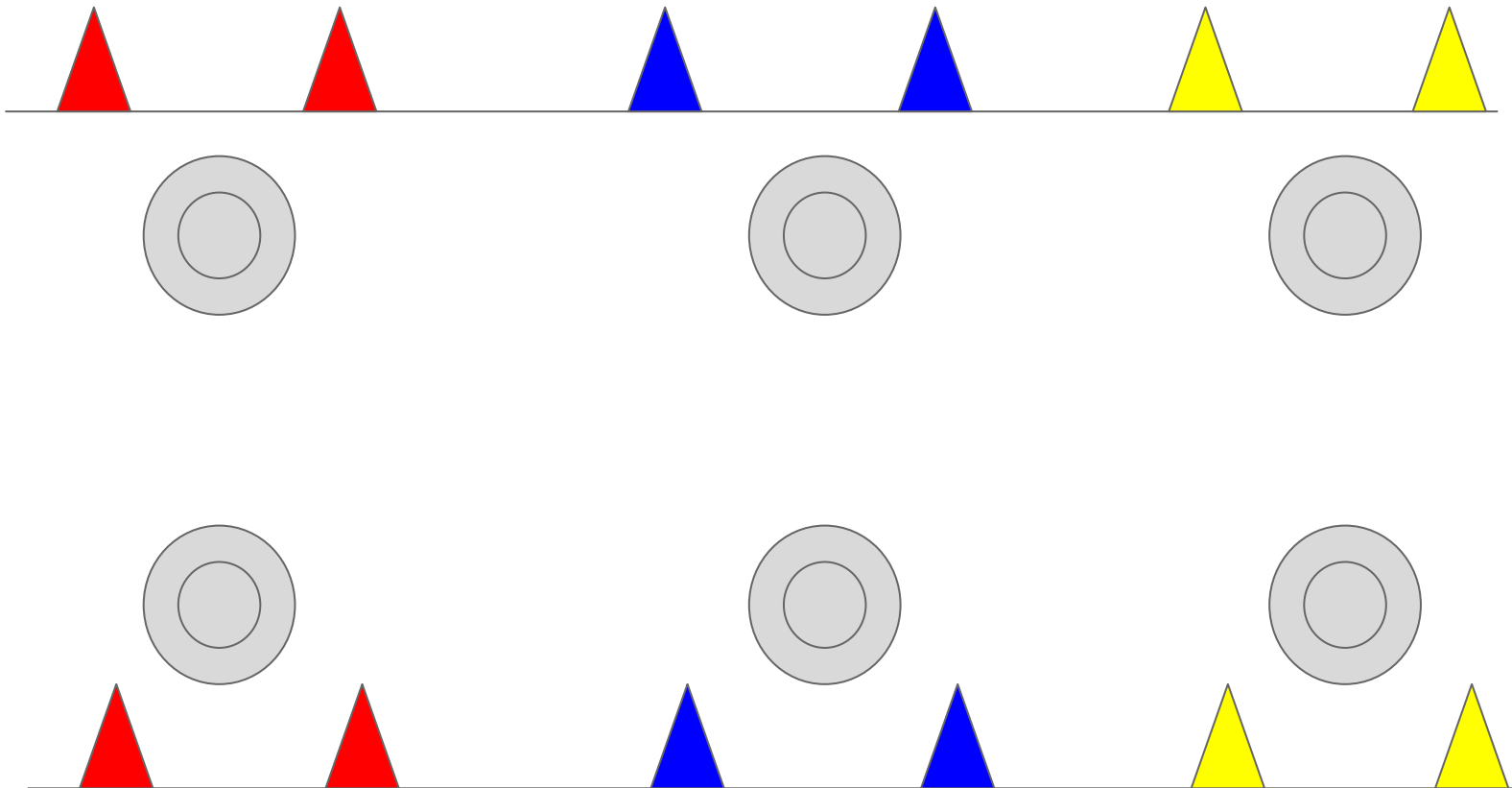
Ball or object that can be rolled

Mini brooms

Set Up: Tape out the landing areas for the stones (balls)

2 students per team - 1 at each end take turns rolling the balls or objects to the other end trying to block, or knock their opponents ball out of the scoring area while trying to score points for their team

Curling



Ice Hockey

Floor hockey sticks

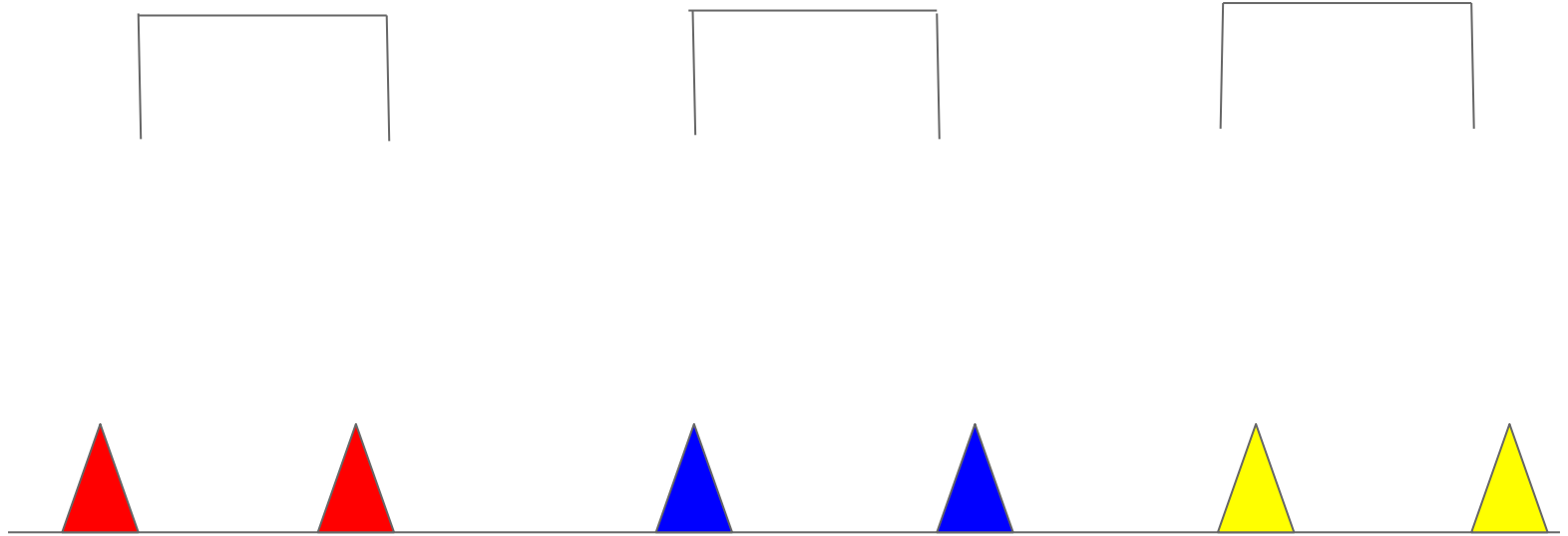
Balls or pucks

Set Up: Goals for students to shoot on, starting line

Using a floor hockey stick students shoot on the goal from the starting line and score points for their shot location.

I have young students so I do not play a traditional floor hockey game.

Ice Hockey



START for shooting on goal

Biathlon

Paper plates

Sportime Super Softouch polo Sticks

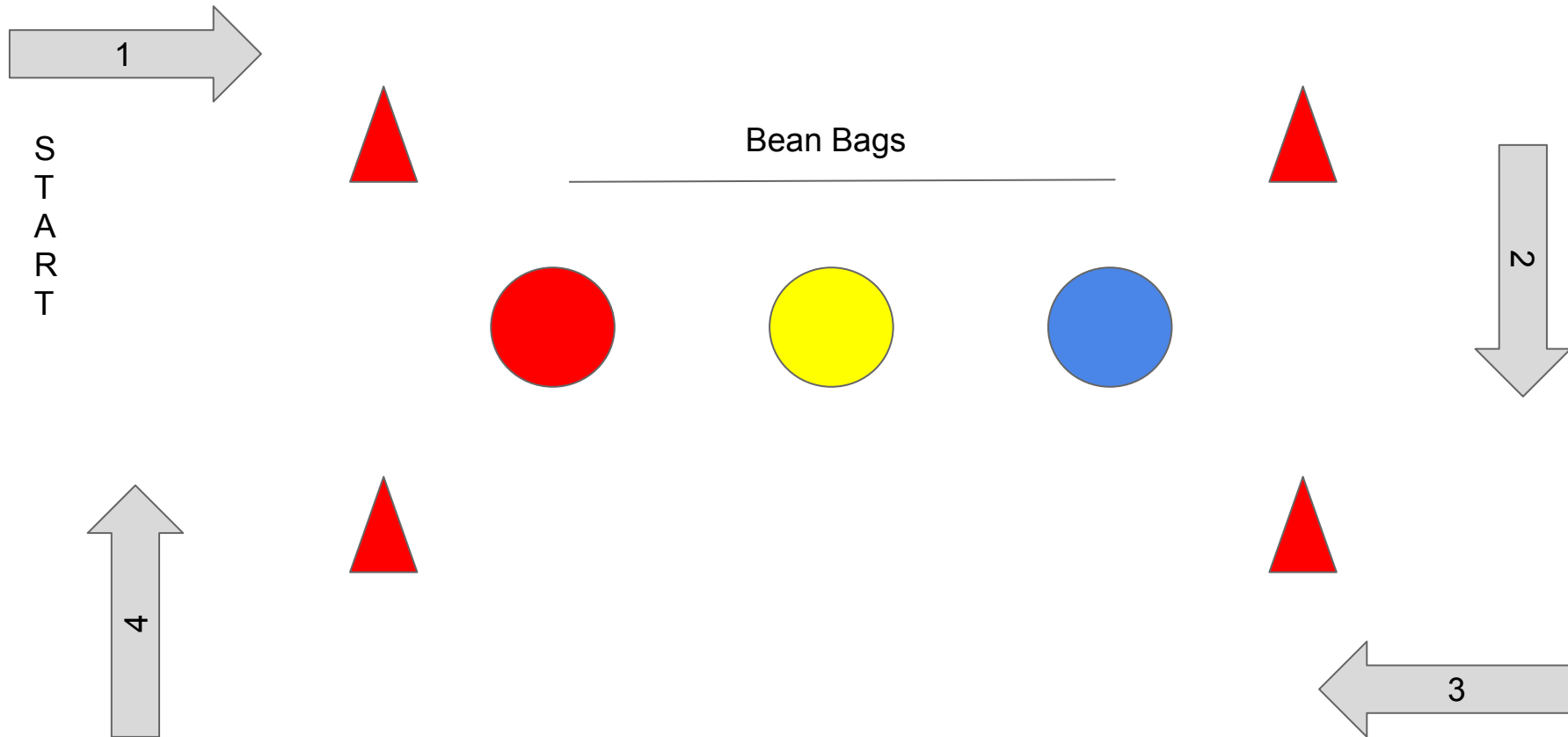
Cones

Bean bags and targets

Set Up: Design a cross country ski course and targets for students to underhand toss bean bags.

Students have each foot on a paper plate and ski the course at set points they stop and toss bean bags to the targets. They then continue skiing to the next target location.

Biathlon



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