

DPA Pages!

Olympic and Paralympic-Themed Physical Activities

DESCRIPTION:

Bring the Games into your classroom by integrating them into your daily physical activities. Try these activities with winter or summer sports.

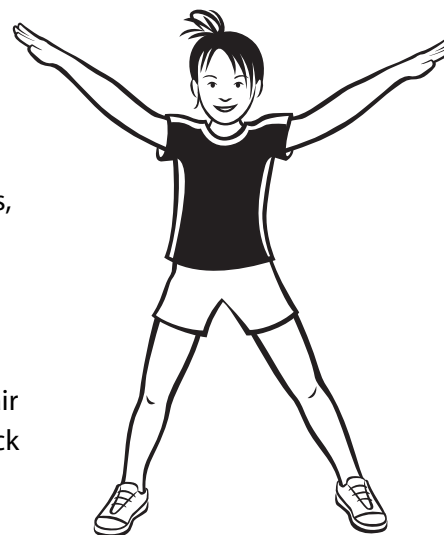
DPA Endurance, Strength, Flexibility

EQUIPMENT:

CDs and CD Player for chair aerobics, classroom workouts and dance activities
Bean Bags or Scarves for throwing, catching and coordination activities

IMPLEMENTATION IDEAS:

- **Chair Aerobics** – Teacher or students can create sequences of Olympic and Paralympic themed moves that can be done in a sequence on, off, or around a chair. Try this winter routine then create your own!
 - ARMS: sledge hockey (hold the stick in each hand – pass, shoot then cheer!)
 - LEGS: skiing or snowboarding (hold the seat of the chair and make skiing or snowboarding motions with your feet). Try cross-country, Nordic slalom, moguls, etc.
 - WITH CHAIR: luge (while seated, hold the seat of the chair and with feet off the ground and body straight, lean back and sway left to right as you slide down the track)
 - ON THE SPOT: (wheelchair) curling (push the rock, glide position and sweep)
- **Classroom Workouts and Dance** – Have student groups come up with sequences of moves to create fun and easy workouts to music or incorporate the moves into a dance routine. Try (sledge) hockey, speed skating, bobsleigh, skiing (see skier jump from Bounce-at-the-Bell or create your own), figure skating, etc. Record the sequences and teach them to other groups or buddy classes for student leadership.
- **Tag** – Play frozen tag and when caught, “freeze” in Olympic or Paralympic sporting positions.



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- **Circuits** – Incorporate moves from the chair aerobics or classroom workouts above into an indoor or outdoor physical activity circuit. See *Classroom Action Resource* and *DPA Pages!* – *Outdoor Circuit Ideas* for other ideas.
- **Throwing, Catching and Coordination** (adapted from “Number One Touch your Tongue” from Active Playgrounds). Students throw a bean bag or scarf in the air, perform a movement interpreting the sport in number one, then catch it. Continue to number nine. At number ten, throw, turn around in a circle and catch.

Number one, skeleton

Number two, snowboard crew

Number three, cross-country ski

Number four, slalom more

Number five, the bobsleigh drive

Number six, hockey sticks

Number seven, speed skate heaven

Number eight, curling mate

Number nine, Nordic combined

Number ten, let’s play again!

Now try it with a partner!

OLYMPIC (O) AND PARALYMPIC (P) SPORTS:

WINTER:

Biathlon – O/P

Bobsleigh – O

Curling – O

Ice Hockey – O

Luge – O

Skating – O

Skiing – O/P

Sledge Hockey – P

Wheelchair Curling – P

Basketball – O

Boccia – P

Boxing – O

Canoe/Kayak – O

Cycling – O/P

Equestrian – O/P

Fencing – O

Field Hockey – O

Goalball – P

Gymnastics – O

Handball – O

Judo – O/P

Modern Pentathlon – O

Powerlifting – P

Rowing – O/P

Sailing – O/P

Shooting – O/P

Soccer – O/P

Table Tennis – O/P

Taekwondo – O

Tennis – O

Triathlon – O

Volleyball – O

Volleyball (sitting) – P

Weightlifting – O

Wheelchair Basketball – P

Wheelchair Fencing – P

Wheelchair Rugby – P

Wheelchair Tennis – P

Wrestling – O

SUMMER:

Aquatics – O/P

Archery – O/P

Athletics – O/P

Badminton – O

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca for these or other resources)

1. Action Schools! BC *Classroom Action Resource* (F) – contains further information and expansion ideas on activities listed above (in all Action Bins) or contact info@actionschoolsbc.ca
2. Canadian Olympic School Program
3. Petro-Canada Paralympic Schools Program
4. SportFit™
5. You’re It! Tag, Tag ... and More Tag (F) (in 4 to 7 and Middle School Action Bins)
6. DPA Pages! – Outdoor Circuit Ideas at www.actionschoolsbc.ca

