

Name/Title: Winter Olympics in the Gym

Purpose of Event: Students will develop their physical fitness while learning about some of the Winter Olympic Games.

Suggested Grade Level: 3-5

Materials Needed: For each 4-person team you will need the following: 2 carpet squares, 1 bean bag, wall targets, 2 scooters with the handles duct-taped or tied together, 2-4 scooters, hockey stick, 1 wiffle ball (optional), 4 paper plates, cones, 2 plungers

Description of Idea

Arrange a line of starting cones on one side of the activity area with another cone across from them at the opposite end of the area. Do the same on the other side of the gym. This way kids/groups that are traveling will be criss-crossing each other so they will have to pay attention! Assign each group of 4 students to a starting cone. Explain and demonstrate each activity and the matching Olympic event. Please note safety concerns when necessary (especially with the scooters). On the signal, students travel across the gym and back performing the following "**events**" until the stop signal is given. (If a group "finishes" before the stop signal they are to continue going starting with the first event):

Biathlon - Each group has 2 carpet squares and 1 bean bag. Students use the carpet squares for skis. They travel across the gym, holding the bean bag, to the cone and throw the bean bag at the target on the wall. The student retrieves the bean bag and returns to the line.

2-Person Bobsled - The first student sits on the scooter with their legs crossed. The second student sits behind the first on another scooter and hooks his/her legs around the waist of the first. Then they travel across the gym and back using their arms to propel them.

4-Person Bobsled - Same as above with 4 students.

Hockey Dribble - Using a hockey or pillo polo stick each student dribbles a beanbag or wiffle ball around the cone on the other side of the gym and back.

Pairs Figure Skating - The first two students hold hands or hook elbows and travel side by side across the gym and back with their feet placed on paper plates for skates.

Cross Country Skiing - Each student kneels on the scooter with their seat on their feet

and uses plungers to propel their scooter across the gym, around the cone, and back.

The Luge - Using two scooters that have been tied or taped together, the first student lays on their back on the scooter. The second student gently pushes the person on the scooter around the cone and back.

Note: For a great "Olympic bulletin board", cut out pictures of the above events from the newspaper and magazines and label.

Submitted by **Sharon Welch** who teaches at Potowmack Elementary School in Sterling , VA . Thanks for contributing to PE Central! **Posted on PEC: 3/21/2001.**

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