



**SPORTY
& HEALTHY**

THE WINTER OLYMPIC GAMES

Subject: General physical
development.



Main goals:

strengthening the muscles of all body parts, strengthening overall fitness, eye-hand coordination, learning new sport disciplines, learning Fair Play rules.

Operational goals. Each child:

- strengthens the muscles;
- improves coordination;
- improves;
- learns new sport discipline;
- learns Fair Play rules.

Form of work: individual and group.

Equipment: cones, noodles, balls, small cones (discs), rope or line, sledge or blanket.

Duration of the lesson: 30 minutes



Course of classes:

Warm-up:

1. „Olympic Rings”

The kids run, march or skip around the room/field. On the teacher's mark (for example the whistle) the kids have to form circles – Olympics Rings – by holding their hands. The circles can be small (2-3 kids) or big. Repeat the game several times. The teacher can decide how big the rings can be built (how many kids can form one circle). At the end the whole group forms one very big Olympic rings.

2. „Olympic Torch”

Divide the kids into two groups. Each group stands in a few steps apart, in front of each other. Meanwhile the teacher build the Olympic Torch: cone + small cone(disc) + ball. The first child from one group holds the torch and on the teacher's mark starts running straight to the other group. Then pass the torch to the first kid from the second group and goes at the end of the line. Finish the game when all kids run with the torch on the other side (to the other group).

Main part – The Winter Olympic Games (strengthening the muscles and the general physical development)

3. „Slalom giant” (strengthening the arm muscles and fitness)

Divide the kids into 2-3 groups. Each group has to do the slalom. The slalom is prepared from the cones. In each group the children form a 3 person team. One kid from that team rides on sledge. Two others pull the sledge. Instead of a sledge and going out you can use a blanket inside when you're inside a classroom. On the teacher's mark the teams from each group start the slalom and try to do the task as fast as possible. Repeat the game so many times that every could try to ride on sledge.

4. „Hockey” (strengthening the arm muscle, concentration, eye-hand coordination)

Prepare the goal. Use the cones or small football goal. In front of the goal (few steps apart) place a rope/line. That's the line the kids can't cross when playing. As a hockey stick use a noodle, as a hockey puck you can use small balls or small, flat cone – disc, it depends where the sport lesson is: outside or indoors. Each kid tries to score a goal by hitting the cone/ball from the line which is placed in front of a goal.

5. „Freeze Tag”

One kid is a Freeze Tag and tries to catch others. The tagged kids must freeze at the position they were tagged and can not move. The way to be unfrozen is to be hugged by someone!

6. „Snow forts” (eye-hand coordination, body strength improvement)

The kids are divided into groups/teams. Each group build a snow fort (using snow where outside or cones) and prepare lots of “cannon balls” – snow ball or just small, soft balls. On the teacher's mark the battle is started. Each team has to aim the target – forts. The team who fall over all the targets as a first, win the game. It's important that the team has their designated place/field which they can't cross during the battle.

7. „Biathlon” (general physical development, eye-hand coordination, strengthening overall fitness)

The teacher prepares the path (use cones or ropes). In one place there is a station where each kid tries to aim the target. Use snow balls or balls to throw. As a target there can be cones or shield. On the mark the child start the run and the teacher measure time for each run. Repeat the race few times so the kids could break their own records in the next round.

The end – stretching

