



EXHIBITION SPORTS





Experience Olympic Winter Games **EXHIBITION SPORTS**

GAMES

at lunch time or during recess

Part of the fun of doing an Olympic Winter Week is including activities at lunch and recess. These are intended to be scored and added in advance to the country standings as you head into the final day. Here are some ideas that aim to appeal to many different student interests.

These are fun activities that can run as intramurals or challenges during the Olympic Winter Games week. Collect the scores from each activity and post them in a central place to keep track of which of the countries is in the lead.

Encourage the older students to practice their student leadership skills. Allow time after lunch to debrief, share challenges and successes, and talk about leadership learnings.





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FREE SKATE COMPETITION

In figure skating, there are 2 areas of performance: technical (jumps and spins) and artistic (interpretation to the music). This activity lets students express their creativity, expression, and body movements as if they were on ice.



To allow participants to express their creativity through movement.



SET-UP AND MATERIALS REQUIRED:

Clear a wide space either in a classroom or outdoors. You will need music and speakers (e.g., Bluetooth speakers or a portable stereo). Create a playlist of different samples of music with a variety of tempos, rhythms, and styles. We recommend 40 second clips from three songs that are a different style.



INSTRUCTIONS :

Have students space themselves on the gym floor and strike a pose. Play the three songs and have the students explore moves that match the timing, expression, or mood of the song. Encourage use of space and levels (high, medium, low). Identify different types of movement (sharp, slow, continuous) as well as intent of movement (forceful, shy, scared, etc.). Let the participants practice using different types of music. Let the students try this for a few songs and then begin the competition.

Tell the participants that they will be scored on one of the three songs of their choice. As you play the songs, have two teachers assign a score of 1-10 for each participant.

Activity Extensions:

- Add scarves or other props to encourage or extend movement.
- Challenge students to only use one primary part of the body (e.g., only the hands, elbows, shoulders, knees, heels, toes, etc.).
- Perform in pairs or as a group.

Adaptations :

- Score primary and intermediate students differently.
- Score students with diverse abilities based on what they can do, and not what they can't do.



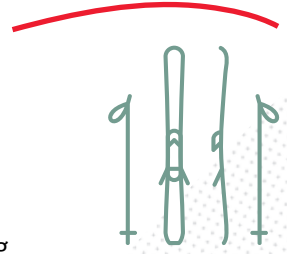
SCORING:

Add up the total points earned by participants from each country. Add these totals to the daily country score.





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BIATHLON RELAY

The cross-country skiing portion of a biathlon raises the athlete's heart rate and gets them breathing very hard. When they ski into the shooting range, they must calm their breathing because breathing hard will make the rifle move up and down and often all around. They must hold their breath before firing to ensure a steady shot. This activity gets students practicing this part of the sport.



To enjoy being active while experiencing part of an Olympic sport.



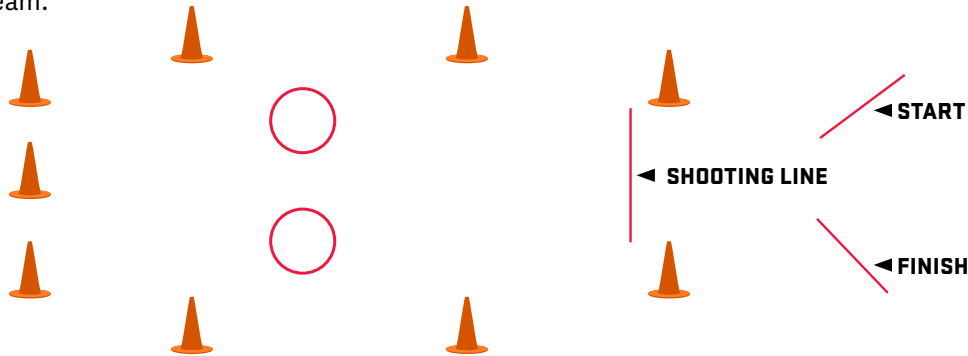
SET-UP AND MATERIALS REQUIRED:

You will need pylons, hula hoops, and 15 bean bags. Set up a racecourse and shooting range as pictured. Consider having a primary hoop (close to shooting line) and intermediate hoop (further from shooting line) for each team. You will need a stopwatch.



INSTRUCTIONS :

Divide the participants by their country teams. It is best that there are only 2-3 countries racing at one time. On "go", the first runner from each country team runs around the loop from the start to the shooting range. Upon arriving back to the shooting line, they must hold their breath for three seconds before releasing the shot (throw). Have the rest of their team count the three second breath holding. They shoot three bean bags from a standing position, aiming to the land it in one of the hula hoops. If they miss any of the targets, the team must serve a 5 second penalty before the next team member can enter start the racecourse. Once they get their targets or serve their time penalty they tag the next person in their country team.



Adaptations :

- Consider having a primary hoop (close to shooting line) and intermediate hoop (further from shooting line) for each team.
- Create a smaller loop for those with reduced mobility.
- Instead of a target (hula hoop) use a line to accommodate those with diverse abilities.



SCORING:

The fastest team to complete the course with 10 participants gets gold (30 points), the second fastest team gets silver (20 points) and the third fastest gets bronze (10 points).





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OLYMPIC FLOOR HOCKEY TOURNAMENT

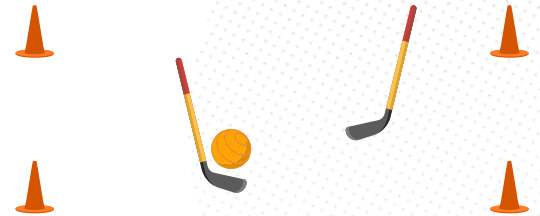


Also known as floorball, an Olympic Floor Hockey tournament is certain to be a huge hit.



SET-UP AND MATERIALS REQUIRED:

If playing indoors, use gym benches to divide the gym into halves. This will allow two games at one time and five teams to play each lunch. If playing outside, mark out two to four rinks on the snow or pavement. You will need hockey sticks, nets, protective gear for the four goalies (recommended), and at least two balls.



Included below is a suggested schedule for an indoor ten team tournament that will run from Monday to Thursday. Divide the teams into two divisions: Red Division and Blue Division. Assume that you will require two to three minutes between games. Based on the length of your lunch break, decide the length of each game. For example, five games of five minutes each can be played in 35 minutes, allowing for two minutes between games.

**DAY
1**

DAY 1 - RED DIVISION	RINK #1	RINK #2	
Game 1	1 vs 2	3 vs 4	5 rests
Game 2	1 vs 5	3 vs 2	4 rests
Game 3	1 vs 4	5 vs 2	3 rests
Game 4	1 vs 3	5 vs 4	2 rests
Game 5	5 vs 3	4 vs 2	1 rests

**DAY
2**

DAY 2 - BLUE DIVISION	RINK #1	RINK #2	
Game 1	6 vs 7	8 vs 9	10 rests
Game 2	6 vs 10	8 vs 7	9 rests
Game 3	6 vs 9	7 vs 10	8 rests
Game 4	6 vs 8	9 vs 10	7 rests
Game 5	10 vs 8	9 vs 7	6 rests



SCHOOL PROGRAM





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DAY 3

DAY 3 - PLAY OFFS	RINK #1	RINK #2
Game 1	BLUE 3 rd vs RED 2 nd	BLUE 1 st vs RED 4 th
Game 2	RED 1 st vs BLUE 4 th	BLUE 2 nd vs RED 3 rd
Game 3	RINK #1 winners	
Game 4	RINK #2 winners	

DAY 4

DAY 4 - FINALS	12 MINUTE GAMES
Gold Medal Match	Winners of games 3 and 4
Bronze Medal Match	Losers of games 3 and 4

TOTAL THE GOALS FROM ALL 4 GAMES IN THE FIRST ROUND. THE TOP FOUR TEAMS IN EACH DIVISION PROCEED TO THE PLAYOFFS ON DAY 3.

We recommend that you use the Hockey Canada Floorball Rules:

- Sticks must remain below waist
- Ball is played below knee-level at all times
- Stick-on-body contact or stick-on-stick contact is not permitted
- No blocking, lifting, or holding of opponents stick.
- Free shots, similar to free kicks in soccer, are given for rule infractions
- No off-sides or icing calls

With such short games and a desire to play as many students as possible, we suggest that you don't limit the team sizes.

Adaptations :

- Give additional time to teams with students that have diverse abilities to score extra points. This is time when it is only them on the rink and they can shoot at an empty net from a line.



SCORING:

The gold medal team gets 50 points, the silver medal team gets 35 points, and the bronze medal team gets 25 points.





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OLYMPIC OBSTACLE COURSE

Jumping over things, weaving around pylons, crawling under things, and moving with quickness and agility are all part of off-season training for many of Canada's Olympic Team.

Many Olympic Winter Games sports use obstacle courses to build fitness.



SET-UP AND MATERIALS REQUIRED:

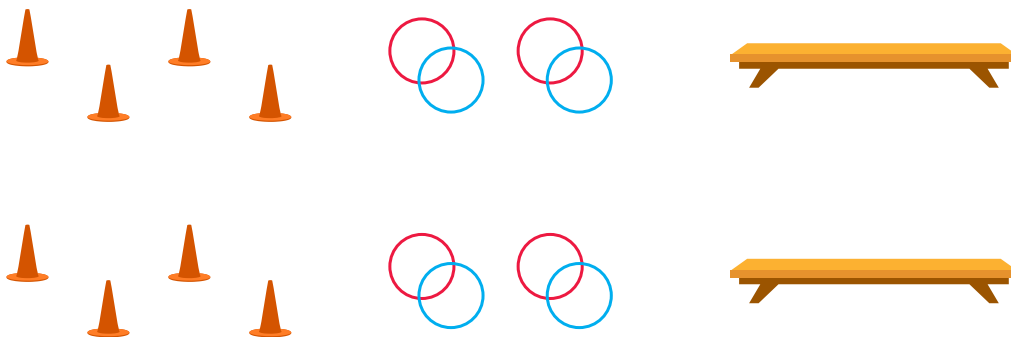
You will need benches, chairs, pylons, and other things from your physical education supply room. You will also need a stopwatch and clip board.

Set up an 80-100m long loop with plenty of obstacles. Students should have to jump over benches, crawl under chairs, hop onto places, run around pylons, and any other ideas you can think up.



INSTRUCTIONS :

Arrange the students in their country teams. The challenge is to see how many times the team can complete the obstacle course in three minutes.



Adaptations :

- Younger students or those with diverse abilities can be partnered with older students. The older student can assist them as they complete the course as a pair.



SCORING:

Award each team one point for every time they can complete the course. If students are partnered (see adaptations), give their team three points for completing the course.