

S.M.A.R.T. OLYMPICS

A creative movement challenge for kids



Event Prep

You will need plastic cups, a few bean bags, tennis balls, a balance beam with objects to step over, a 16 foot length to crawl, a 10-12 foot length to creep, and a stopwatch

Suggested Events

Creep Race:

Two children creep down a mat with a cup balanced on their back. Weight the cup by placing a bean bag. The first one that reaches the finish line without the cup falling off their back wins.

Toss and Catch:

Partner up your students. Together they will try to toss and catch a ball as many times as they can in 60 seconds. You may need a "judge" to count how many times the partners catch the ball.

Crawling Race:

Two children race by Alligator Crawling down a mat or smooth surface.

The winner of each heat will compete in the final race.

Beam Challenge:

Students walk a Balance Beam without falling. If they fall, they are out. After each round, increase the difficulty of the beam by adding things to step over, objects to pick up or carry a beanbag on their head.

The Main Event: Class Obstacle Course

Divide the students up in teams so each has the same number of teammates.

Set up a simple obstacle course with the Alligator Crawl, Balance Beam, Creeping on hands and knees, and Pencil Roll.

Have one student begin the course. When he completes one activity, another student starts, while the first one moves on to the next activity in the rotation. Continue to add one teammate on the course at a time as the others complete an activity. Use a stopwatch to time the students as they complete the obstacle course as fast as they can. Stop the watch when the fourth team member finishes the last activity in the obstacle course. Record the team's time. Winner takes gold!