

S.M.A.R.T. Olympics

Let children choose 3 events to participate in.

Plan for about an hour for all events to be completed. Begin the event with an Olympic March and lighting of the Olympic Flame. All students march in and around the gym as they enter and leave.

Suggestions:

Creep Race Two children creep down a mat with a cup balance on their back (weight the cup by placing a bean bag inside the cup). The first one that reaches the finish line without the cup falling off their back wins.

Crawling Race Two children race by crawling down a mat.

Stilt Race Children race each other using plastic stilts.

Ball Catch Two children are partners. They will try to catch a ball as many times as they can in 60 seconds. You will need a "counter" to count how many times the partners catch the ball.

Beam Challenge Children 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.

Class Obstacle Course Four students represent each class. Set up a simple obstacle course with crawling, balance beam and creeping. Use a stopwatch to time the class team as they complete the obstacle course as fast as they can.

You may need to run several "heats" for the races. Then the heat winners will race each other to determine the winner.