

Olympic Event Lesson and Activity Ideas

Listed below are lesson and activity ideas that may be used with the Olympic event information found on the following pages.

LANGUAGE ARTS: Sportscasting

The Olympic Games are televised all over the world! Sportscasters seek ways to describe the events, so that those not attending the Games understand what is going on. They try to capture the excitement of the event through words. Think of something that you really enjoy doing. Imagine that you have been hired as a news-caster to describe your event on the radio. Use the reporter questions: who, what, where, when, how and why as you write your newscast. Use descriptive words that help listeners visualize and catch the excitement of the event. Present your speech to the class. The listeners will rate each speech on a scale from one to ten. Higher ratings reflect the attitude of the audience as they catch your enthusiasm.

CREATIVE THINKING: Make it Better

Athletes wear special clothing to protect them from injury. Consider a favorite game or activity such as riding a scooter. Scooters are popular but can be dangerous. Design protective clothing that might prevent scooter injuries. Brainstorm ways in which the scooter might be improved to ride smoother and safer.

ART: Come to the Games

Create a flyer or brochure to advertise a particular sport/event. Use reporter questions (who, what, where, when and why) to build excitement and advertise the event. Consider which colors, drawings and words could be used to create an effective flyer that encourages spectator attendance.

MATH: Meters vs. Feet

Meters are used to describe most dimensions and distances of events, venues and equipment. Why is the metric system used? Convert the metric measurements found in the sports information pages into feet and yards.

PHYSICAL EDUCATION:

Getting in Shape

Outstanding athletes are supported by excellent coaches. Watch as the speed skaters (or other athletes) compete in their events. Consider the strengths and skills needed to perfect a performance. What exercises might build these skills? How might the athletes practice during the summer? Imagine that you are a coach for speed skating (or another sport). Organize a plan to help young people learn about and perform well in this event. Write an outline of your plan.

Consider the muscles needed to perform well in a certain event. What kinds of exercises might the competitors use when they are away from the snow or ice? What might you do to build some of the important muscles for your favorite sport? Develop an exercise plan to help you prepare for competition in that event. Follow your plan for at least two weeks. What kinds of changes did you notice in your strength and muscles?

Winter sport athletes must practice even during the summer months. What games or activities might keep them in shape for their sport? List existing games or invent new exercises that would be useful to athletes while in summer training. Prepare a demonstration of your plan for the athletes.

SCIENCE: Inventing

Sports equipment continues to improve through science and technology. Select a favorite sport. Study the equipment and play area used in the sport. Consider ways to improve performance. If possible, make a prototype of the equipment using your ideas. Draw your ideas showing ways to improve the equipment or play area.