



OLYMPIC CHAMPIONS

PLAN 1 K TO 3RD GRADE



WELCOME POSTER

(15 min)

SMILE

MEDIA

(10 min)



Welcome your students to Olympic Week! **Say: a positive mindset is pivotal for athletes that want to accomplish big goals. To practice starting the day with a positive mindset we are going to color a positive word on a sticker each day and put it up on a class poster! Words like: Happy or Excited, Friendly, Yes, Smile! What positive words can you think of?**

Say: **Welcome to the Olympics! The Olympic Games began nearly 3,000 years ago in ancient Greece. Athletes gathered to celebrate sport, skill, determination, and friendship. Athletes spend years training for the chance to represent their countries and chase their dreams. Athletes from countries all around the world come together to compete, do their best, and show great sportsmanship. Oh wait—here they come now! Please rise and clap for the PARADE OF NATIONS!**



ATHLETE SPOTLIGHT

(20 min)

Show students this clip from the 2012 Olympics. (USA is at the 1 hour, 27 min and 46 seconds mark but you can watch multiple nations).

[Link to Opening Athletes Parade](#)

Explain: **Greece marches first because that is where the games began. The rest of the countries come in alphabetical order after the refugee team, and host nation marches last. In 2028, the Olympics will take place in the United States of America, in LA. When do you think American athletes will enter the parade?**

READ THE PROFILE OF CATHERINE FREEMAN

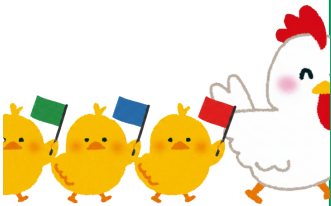
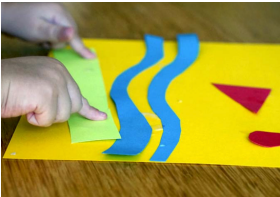
Read the story with your students and lead a class discussion.

STEM CRAFT

(40 min)

Materials:

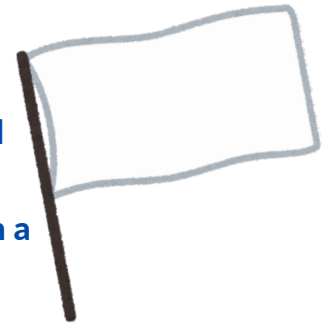
- Colored paper
- Printer paper
- Scissors
- Glue
- Straws



MAKE YOUR OWN FLAG

Explain: **A flag represents a country and its people.**

Countries care for their flags because they help tell the story of who they are. Flags can have different colors, shapes, and patterns. Today, you will design a flag that represents YOU!



Teacher prep beforehand:

Set sheets of bright colored paper (cut into halves or quarters) in paper stations for groups to work with. For younger learners, pre-cut some basic shapes like circles, stripes and zigzag lines.

What you'll do:

- Students get a sheet of printer paper.
- Students visit the paper station to get colors they like. They cut out the shapes (circles, squares, zigzag lines, squares, or little snippets.)
- Say: **Think about yourself. What do you like? What is important to you? What makes you special? Use your shapes to create a design that represents you. You can choose colors you love, patterns you enjoy, or shapes that remind you of your favorite things!**
- Students arrange in a design of their choice.
- Students glue or tape on their designs and make their flag. They can add borders, patterns and even glitter.

Show and Share:

- Invite student volunteers to share what their flag means and talk about what the shapes, colors and patterns mean to them.
- Have your own fun Parade of Nations. Students wave their flag and march around. Play this music:

[Olympic Fanfare and Theme](#)

Lay out a long string/yarn on the floor.

Students come up and use tape to attach their flags to the string. Display your banner proudly in class!



STEM CRAFT

(30 min)

Materials:

- Construction paper
- Orange/Red/Yellow tissue paper
- Tape
- Scissors



Fun fact:

The Olympic Torch has been carried up Mount Everest, underwater through the Great Barrier Reef, and even to the North Pole. The unlit torch has been on space missions too!

GAME TIME

(30 min)

Materials:

- Prepared Cones
- Magnetic water balls
- Bucket/tray to drop the balls



This is the technique to transfer the ball.

MAKE THE OLYMPIC TORCH - PART 1

Say: **The Olympic torch is a special symbol of the Olympic Games. The flame is always lit in Greece, then it travels from person to person on a long journey to the host nation before the Games begin. THOUSANDS of people can carry the torch as it travels by plane, boat, train sea, land and air!**

Watch this video clip with your students:

[Link to Olympic Torch Video](#)

Ask: **Share examples of people working together to light the torch. What ceremony did you like best?**

What you'll do:

- Students roll paper into a cone and tape.
- Take 3 squares of red/yellow/orange tissue paper and lay each on top of the other. **(Step 1)**
- Help students cut the edges to make them curved **(Step 2)**
- Students snip zigzag shapes on the curved edge to create the flames. **(Step 3)**
- *Note: You will attach the flames after game time.*

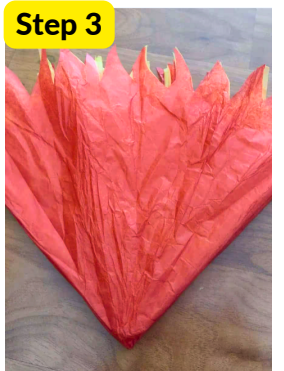
Step 1



Step 2



Step 3



BALL TORCH RELAY

Say: **Now it's time to have our own torch relay adventure! Let's watch this fun montage of an Olympic Torch Relay: [Link to montage](#)**

How to play:

- Fill the magnetic water balls with crumpled up paper and take the cone torches outside. Students work in teams of 4 to 5.
- Define the stations and the final cauldron. (Example: Bucket at the top of the playground slide or a bench).
- Students spread out. (Example: Student 1 from each team is in the classroom, Student 2 in the field, Student 3 near the swings).
- The goal is to pass the water ball from cone to cone without dropping it or touching it with your hands. If it drops, run back to start again. First team to reach the cauldron wins!

STEM CRAFT

(20 min)

Materials:

- Bullet LED lights
- Construction paper
Orange/Red/Yellow
- tissue paper
- Tape
- Scissors

OLYMPIC PHOTO

(20 min)

Materials:

- Prepared torches
- Use your phone to take a picture



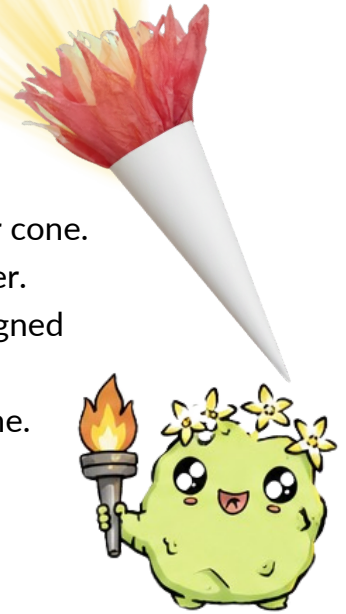
MUSIC AND MOVEMENT

(20 min)

MAKE THE OLYMPIC TORCH - PART 2

What you'll do:

- Students tape the LED light to the inside of their cone.
- Ruffle and crumple up their pieces of tissue paper.
- Lay the tissue paper out so the edges are **not** aligned and different colors are visible.
- Students tape the flames to the inside of the cone.
- Students decorate the cone.
- Your Olympic Torch is ready!



UNITE YOUR LIGHTS!

Say: **The beauty of the Olympics is that all the nations in the world come to play together! In the 2012 Olympics, the special Olympic Cauldron was lit in a unique way. The 'Mother Flame' that came all the way from Greece was used to light 204 copper petals—one for each participating nation and created a beautiful flower! The engineers are designers who made this nicknamed it Betty! Let's meet Betty!**

[Link to video](#)

What you'll do:

- Students stand in a circle with their torches.
- The STEM Coach stands on a chair.
- One student turns off the lights.
- Take a picture from above showing all of the lights together!
- Feel free to share it with STEMTaught at stemtaught.com@gmail.com.



SING AND DANCE

What you'll do:

- Sing and dance along with this fun Olympic song.
[The Olympics for Kids](#)
- Hold your amazing new torch and sing this song with the actions.
[Link to song](#)

WARM UP

(15 min)

- Balls 1 per 2 students

DRILL TIME

(15 min)

Materials:

Balls 1 per 2 students. You can use the magnetic water balls for some wet fun or some other playground balls

WARM UP WITH A 2X OLYMPIC GOLD MEDALIST

Say: Let's warm up with our friend Ruthie Bolton a 2 x Olympic Gold Medalist. In this short movie are some of the warm ups she does with her team. See if you can find all of the warm up's and remember them so we can go outside and do the same things!

[Link to Video](#)



What you'll do:

- Go outside and do 20 push ups!
- Then do 20 back and forth jumps like in the movie
- 1 or 2 min of jumping jacks as a group
- Wall jumps (go to a wall and jump up and touch do this 20 times trying to beat your height each time
- Buddy Ball Shuffle. Form 2 lines. 2 people from each line put one ball between them and without touching the ball go about 15 feet to the end (put a marker) Then the next two partners go. If they drop the ball they have to start over. The first team to the end of the line wins!

PARTNER PASS

Say: **Whether it's carrying the torch in the relay or while playing sports, Olympic champions work together with their team mates. You just did this with the buddy ball shuffle! Passing to your friends and relaying are important skills for an Olympic champion! You worked on your relay race skills today. Now, let's pass the ball to each other. How many times can you pass it without dropping it?**

- Take students outside and have them partner up.
- They pass the ball back and forth. With each pass they take a step back. Count how many times they can pass it without dropping it.
- If they drop the ball have them start over and try again so they can work to get the most passes.
- Students share how many times they could pass the ball.



JOURNAL TIME

(15 min)

Materials:

- Journaling page

JOURNAL ACTIVITY

What you'll do:

- Show students this short video of Olympic Gold Medalist Ruthie Bolton leading a chant 'We have the heart of a champion.'

[Link to Video](#)



Say: **Ruthie has an amazing positive attitude and this is something all of you can have as well. Here is a journaling sheet for today who would like to read the message? Then we can fill in the page!**

- Have a student come up and read the message on the journaling page
- Students then work on their journal sheet.
- Invite students to share what they wrote

HUDDLE / HIGHLIGHTS

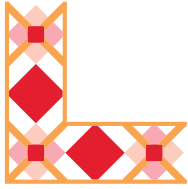
(5 min)

OLYMPIAN HUDDLE

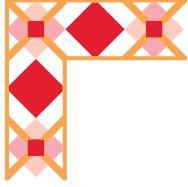
Students gather together in a circle. Highlight a positive thing some individual students did today, like passing the ball or helping a friend in the relay.

Say: **Later in the week, we will make our own chants and share your special skills. Today, let's end with a huge Olympic cheer. The Olympic motto is "Faster, Higher, Stronger—Together." The word together is very important and it was added in 2021. Let's all put our hands in and cheer. 3...2...1...**





I can pass a ball.



Ruthie Bolton

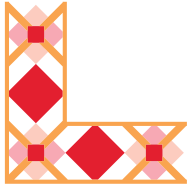
BE MIGHTY Work Together

Ruthie is an Olympic Gold Medalist. She is great teammate. She listens, shares, and cares. Passing the ball is a way to be a good team player. When you work with your team, everyone can grow stronger together. As Ruthie always says: Teamwork makes the dream work!

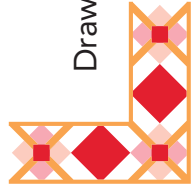


When we sing together,
we sound TOAD-ally
un-FROG-gettable!

Who do you want on your dream team?
Pets and famous people count!



Draw yourself passing the ball to your teammates.



I can pass the ball back and forth with a friend without dropping it _____ times.



Why don't basketball players
play hide and seek?

*spunoq jo tno peļļec sṭəḡ sṭəwɪə əuəwɔs