

体を動かそう

Move your Body

How do numbers connect
us to the Olympics?



UP11



Educator Notes

 SUGGESTED
DURATION

60
MINS

Provocation

Images of the Olympic
Games



Students will:

- / Choose appropriate equipment to play an Olympic Sport
- / Collect data from movement
- / Work collaboratively
- / Move their body in indoor and outdoor spaces
- / Write a personal plan to improve performance

What you need

- / Print copies of images from slides 6 and 7
- / Print copies of personal plan for each student – slide 9
- / Sport equipment

Would you like more?

- / Create a class chart to track progress in performance

Community Circle

Unpack the
learning
outcomes
and success
criteria

Success medals



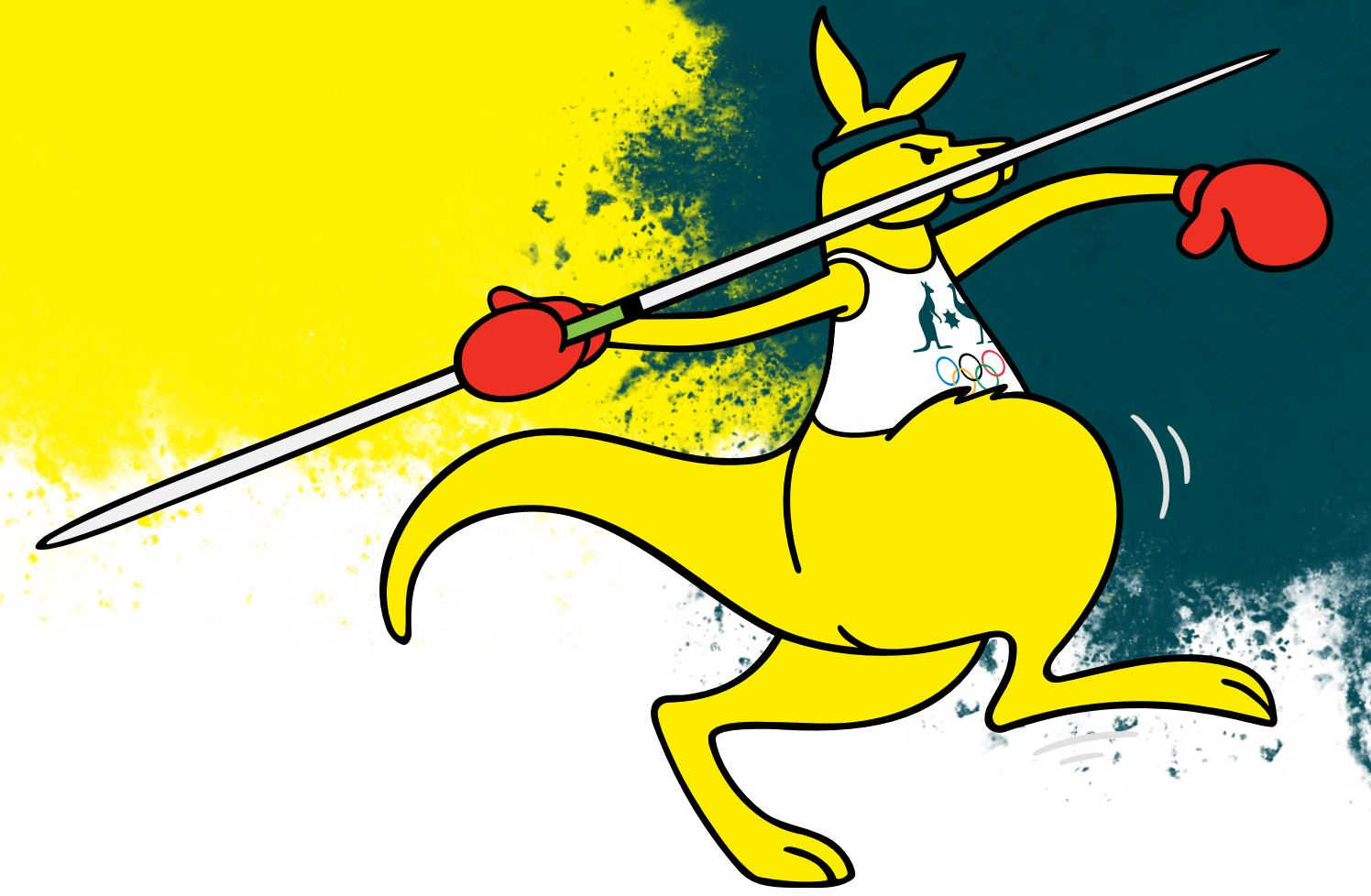
I can
choose
equipment to
play an Olympic
sport



I can
collect data
from
movement



I can
write a personal
plan to improve
performance



Energiser Pink Toe

- 1 Call out a body part and a colour
- 2 Students find an object in the classroom that has that colour and then touch the object with that body part
- 3 Examples: Red nose; blue elbow; orange knee

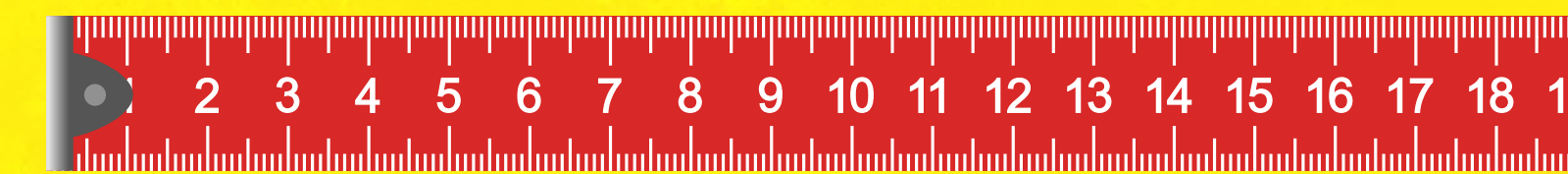
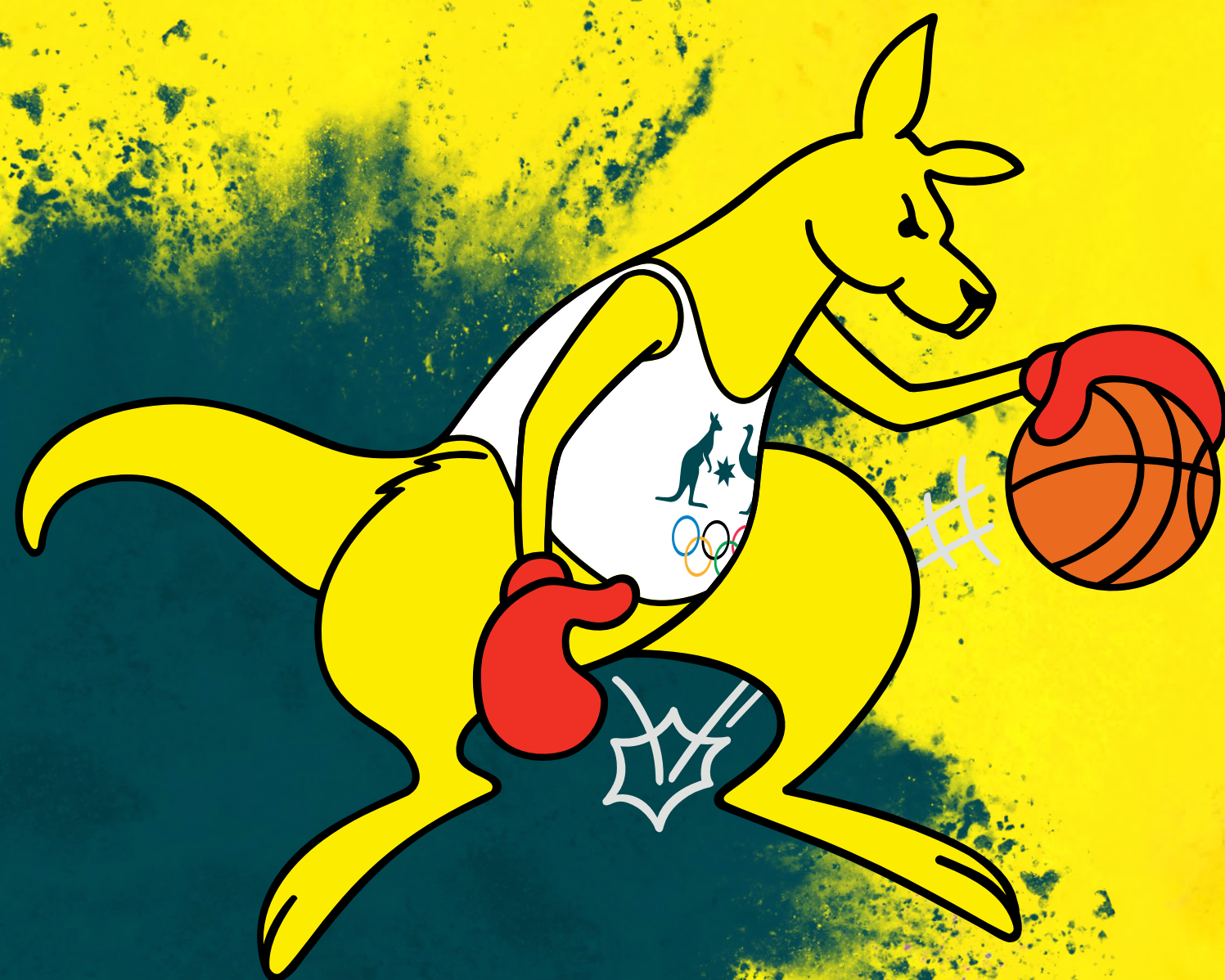


Measuring using objects

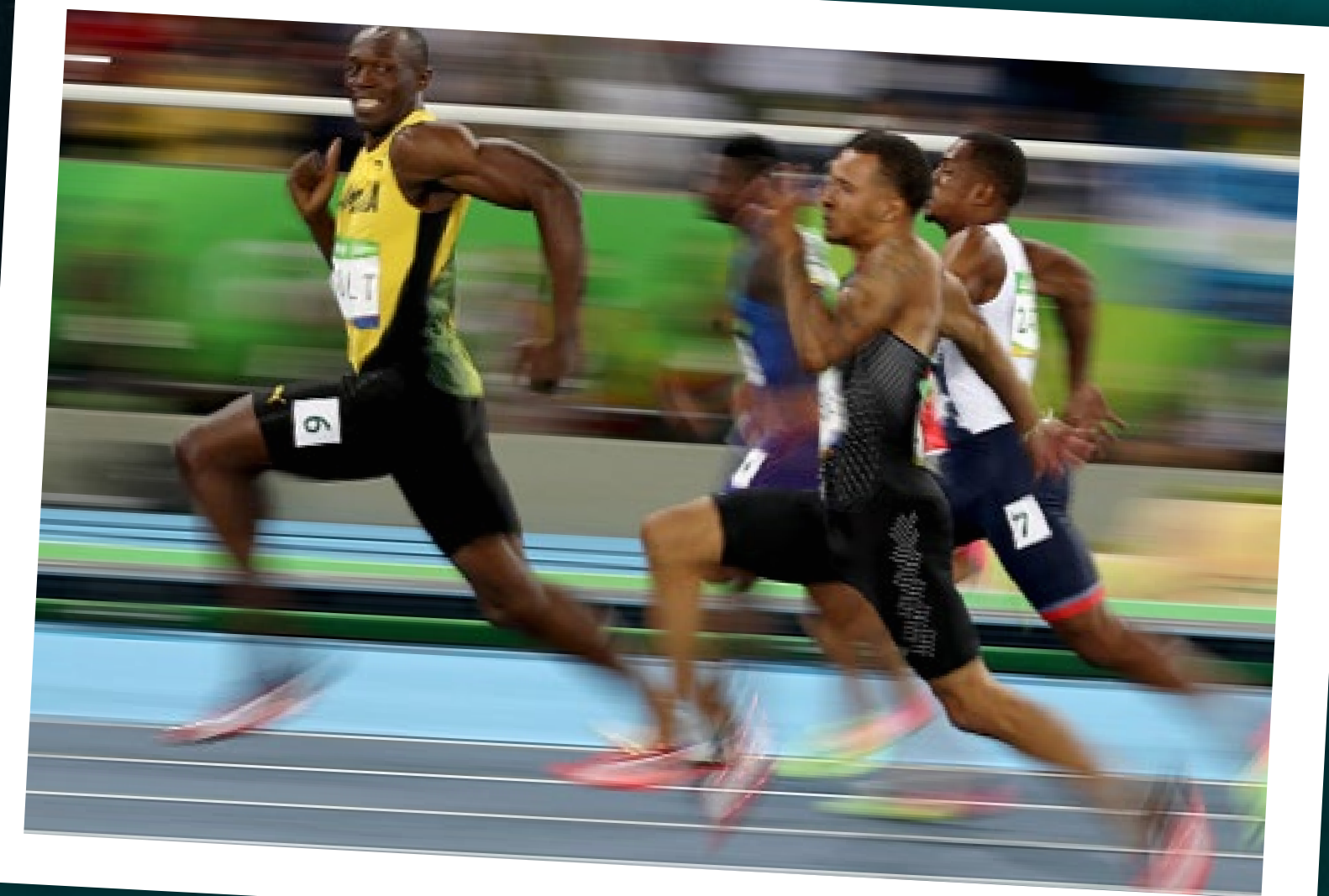
Today we will use some of the Olympic Events and measure how we move our bodies to record a measurement.

What Olympic events could we try? Look at the images of the Olympic Games for some ideas.

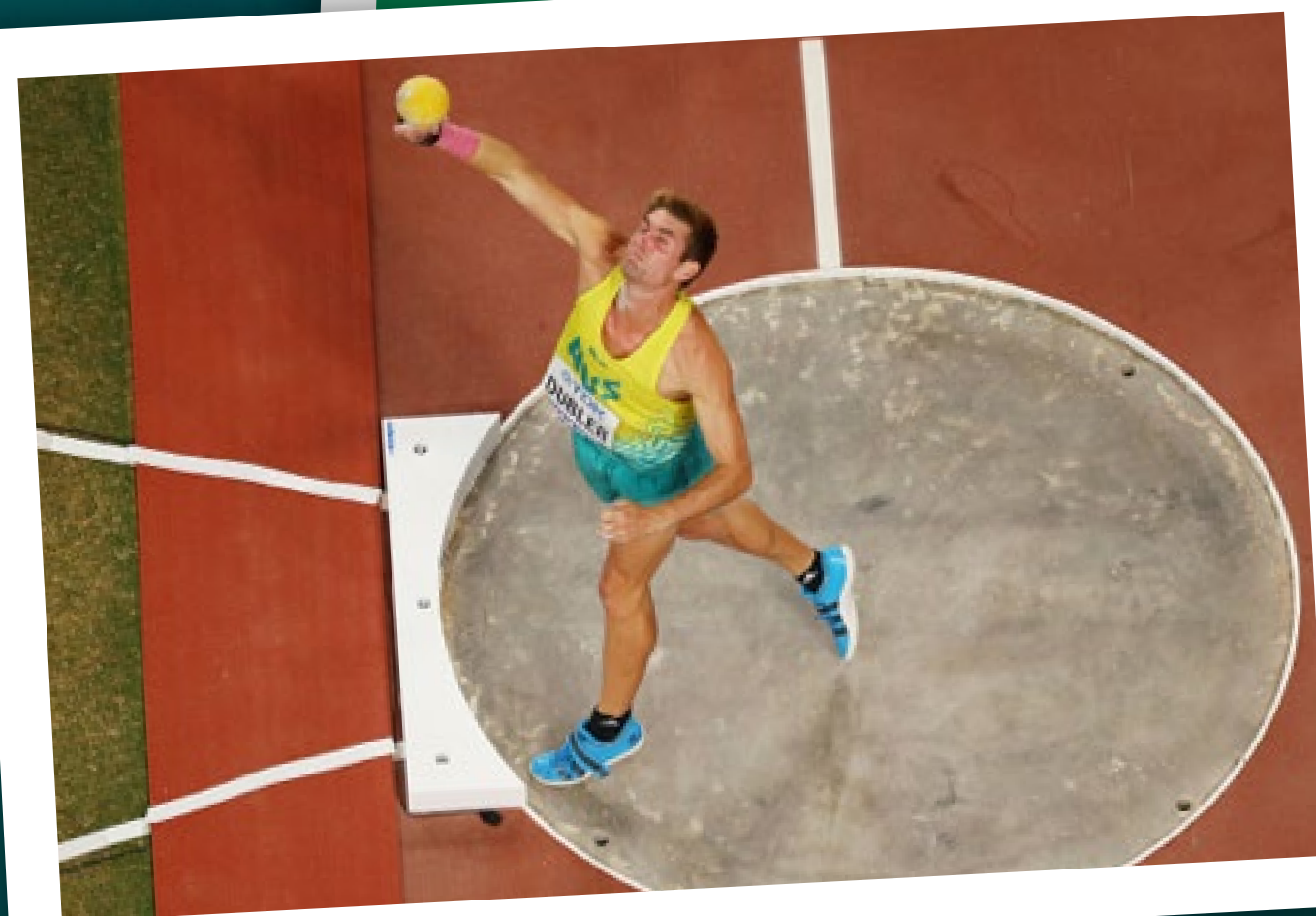
Collect the sport equipment you will need.



Olympic Sports



Olympic Sports



Measure your results against a physical object

Can I dunk more
baskets than the
tallest in the class?

Can I run faster than
my teacher?

Can I thrower higher
than the school
classroom roof?

YES

Can I ride faster than
my best friend?

Can I throw further
than the slide?

Can I ride faster than
my best friend?

NO

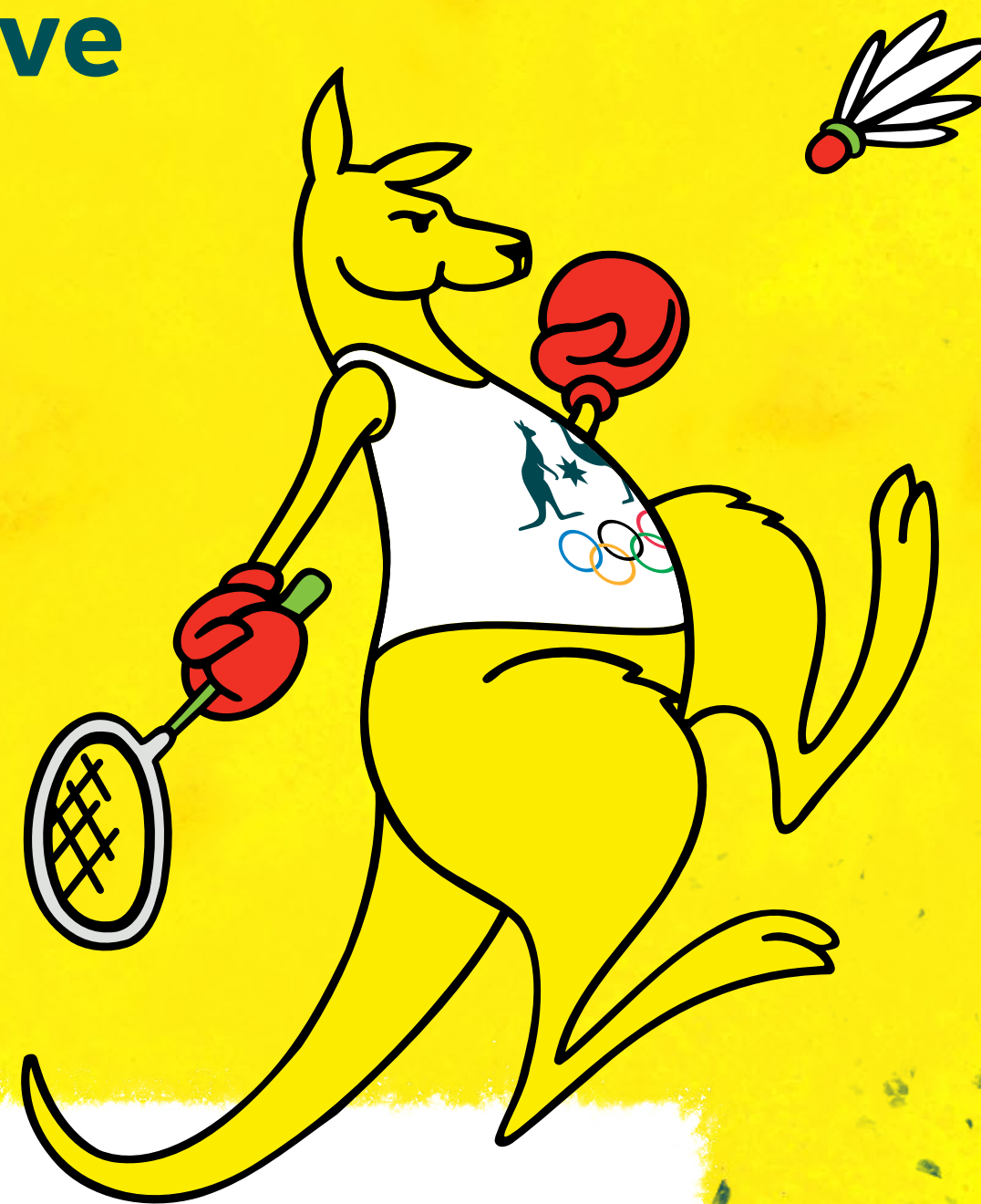
How can I improve?



Write a personal plan

Write a personal plan on how you could improve your performance?

Your name



Skill:

I would like to improve by:

How I plan to improve:

I would like to achieve this by:

 date

My support buddy:



Would you like more?

Track your progress of
your personal plan with
your classmates.

Record your progress
on a class chart.



Community Circle

Reflection and
success medal
check-in



Success medals



I can
choose
equipment to
play an Olympic
sport



I can
collect data
from
movement



I can
write a personal
plan to improve
performance

