

自己ベスト

UP13

The Olympic Games Connecting People & Places

How do personal
bests connect us to
the Olympic Games?



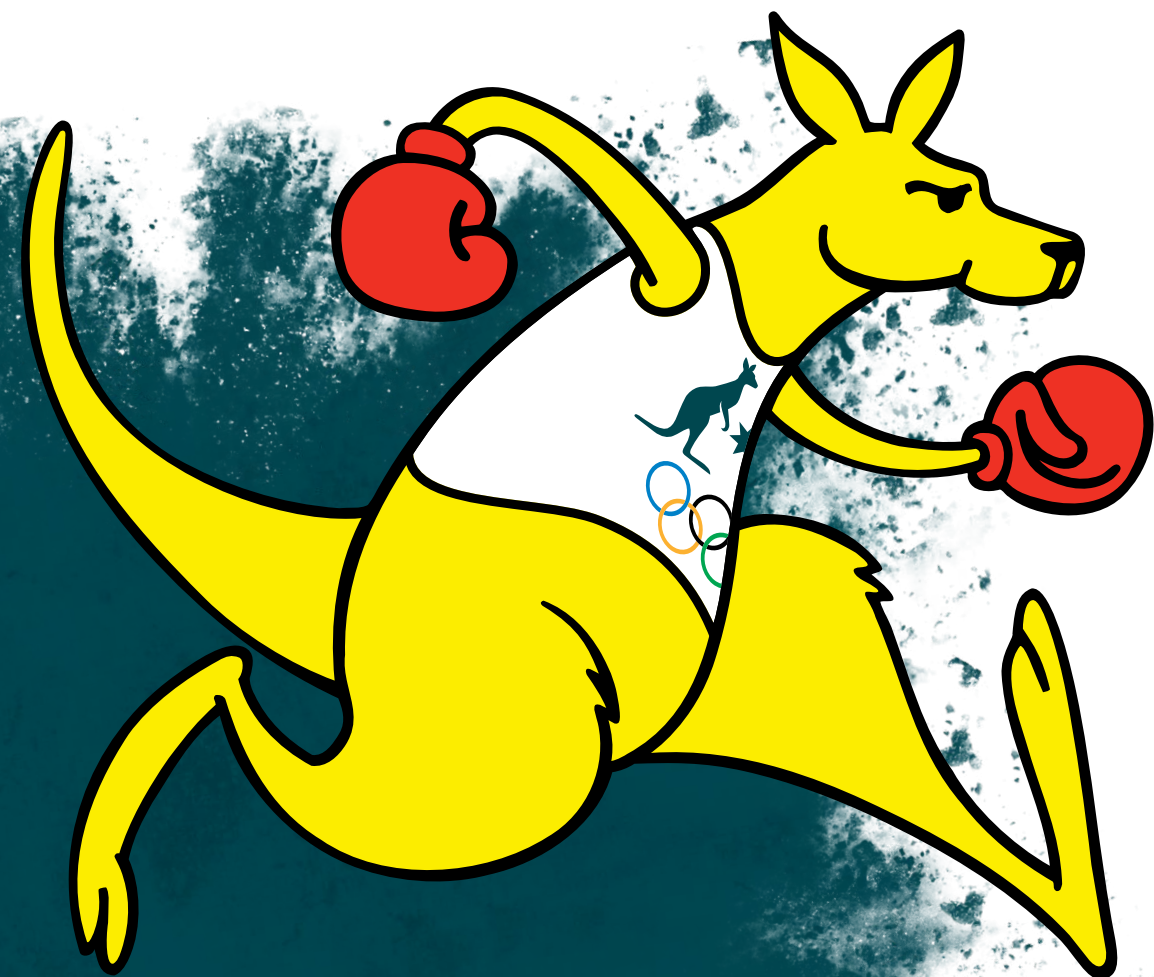
Educator Notes

 SUGGESTED
DURATION

120
MINS (2 LESSONS)

Provocation

Graphs and images of
Australian athletes



Students will:

- / Collect data from movement
- / Record their data in graphs
- / Move bodies in both indoor and outdoor spaces
- / Compare data from their personal best against Australian athletes

What you need

- / Marker to record the distance you ran in 11 secs
- / Stopwatch/timer
- / Measuring tape (up to 100 metres)
- / Graph paper
- / Print copies of Slides 8 – 13 on graphing Australian athletes

Would you like more?

- / Analyse results from the Australian National Championships and the Tokyo 2020 Olympic Games

Olympic Connection Cards

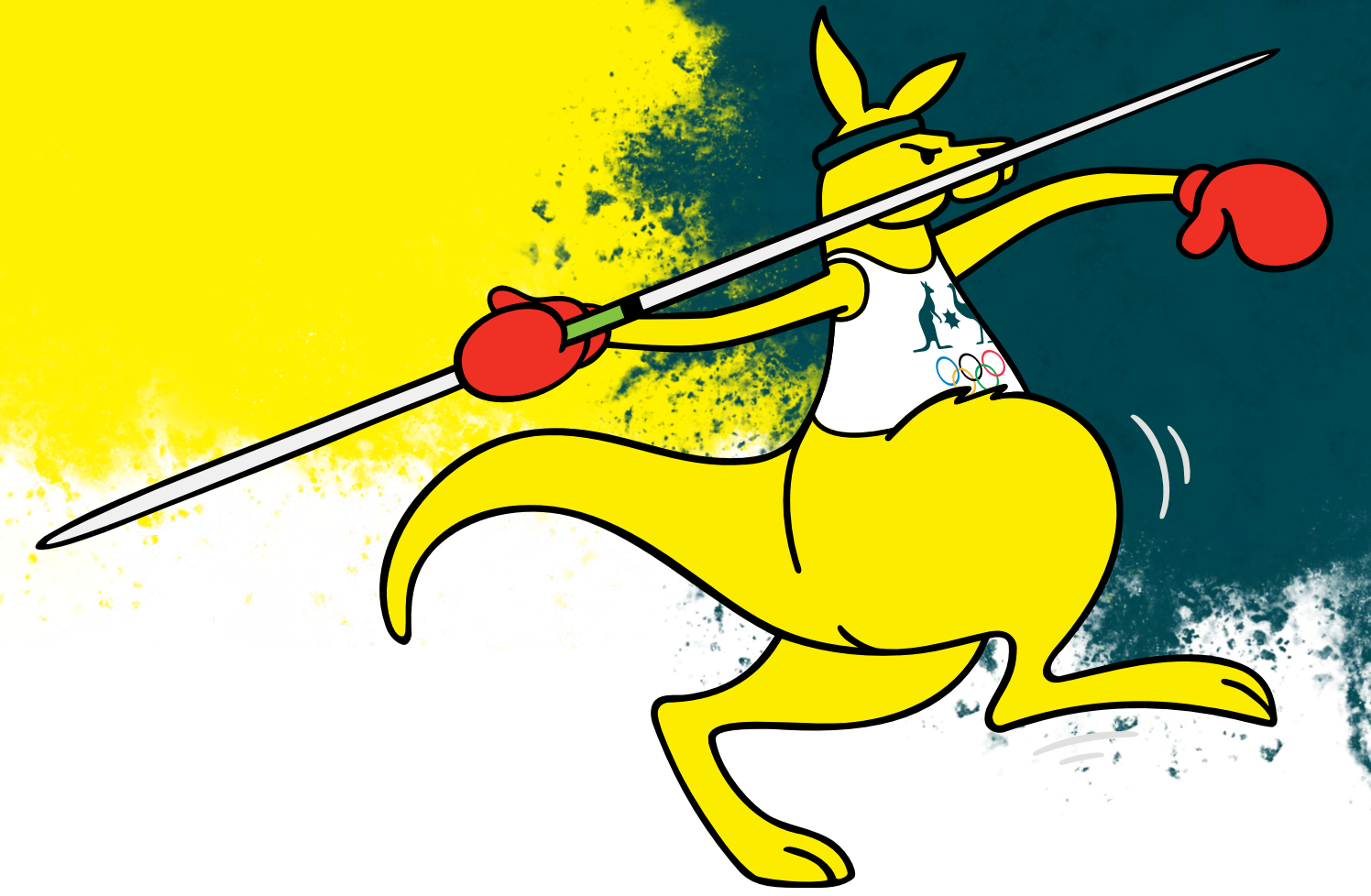


- 1** Use the Olympic Connection cards
- 2** Each student selects one connection card.
- 3** Look at the numbers on the connection cards.

- 4** Find a partner and see if you can connect the cards? For example – they have similar numerals, both odd or even, both divided by 10.

Can you do the same in groups of 3 or 4?

Community Circle



Unpack the
learning
outcomes
and success
criteria

Success medals



I can
record data from
movement



I can
Record my data
on a graph



I can
Analyse data
from personal
and Australian
athletes

Measuring our personal best

What is your personal best against an Australian Champion?

Rohan Browning can run 100 metres in 10.08 seconds. Anneliese Rubie can run 200 metres in 23.40 seconds.

Line up with a safe distance between each other. Carry a marker (pencil will do) to put on the ground to show where you got to.

Your teacher will set timer for either the 100 or 200 metres and will blow a whistle when the timer goes off. You must stop and put down your marker. Do your personal best against the time.

How far did you get?
Measure this distance.



I am a champion

**Individually or in pairs
collect data on your
personal best.**

**Set up an activity
to compare data for
personal bests for 100
metres, long jump or
shot put.**

How will you measure
your results?

What units of
measurements would
you use?

How would you record
your results?

Complete the activity
and record and analyse
data of your personal
best.



Australian Athletes

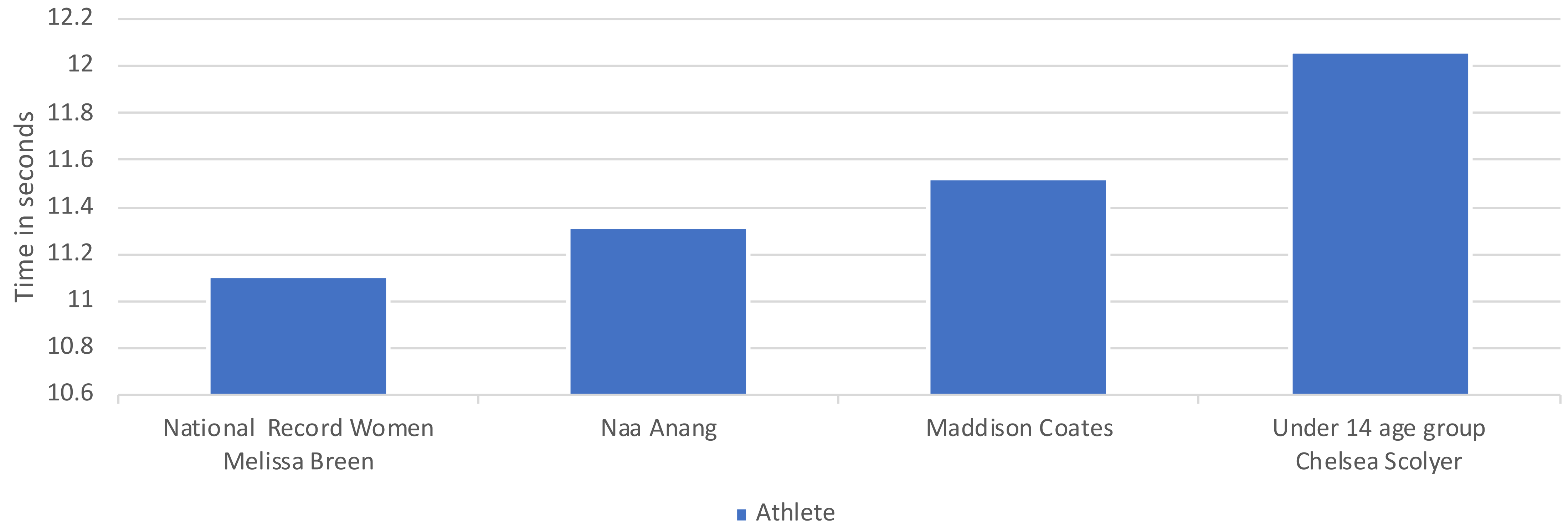
Walk around the classroom looking at the results of Australian athletes.

What do you notice about the results? Discuss results and comparison data with another student.



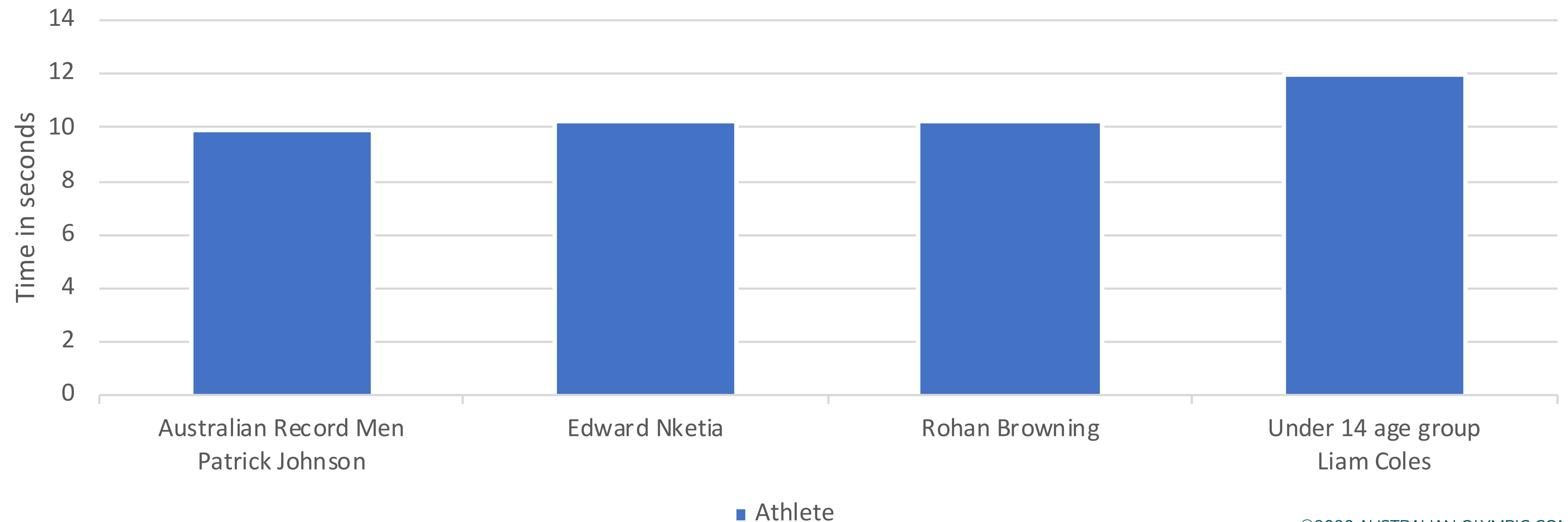
100 metres at the Australian Championships

Australian Women's Results from 100 metres



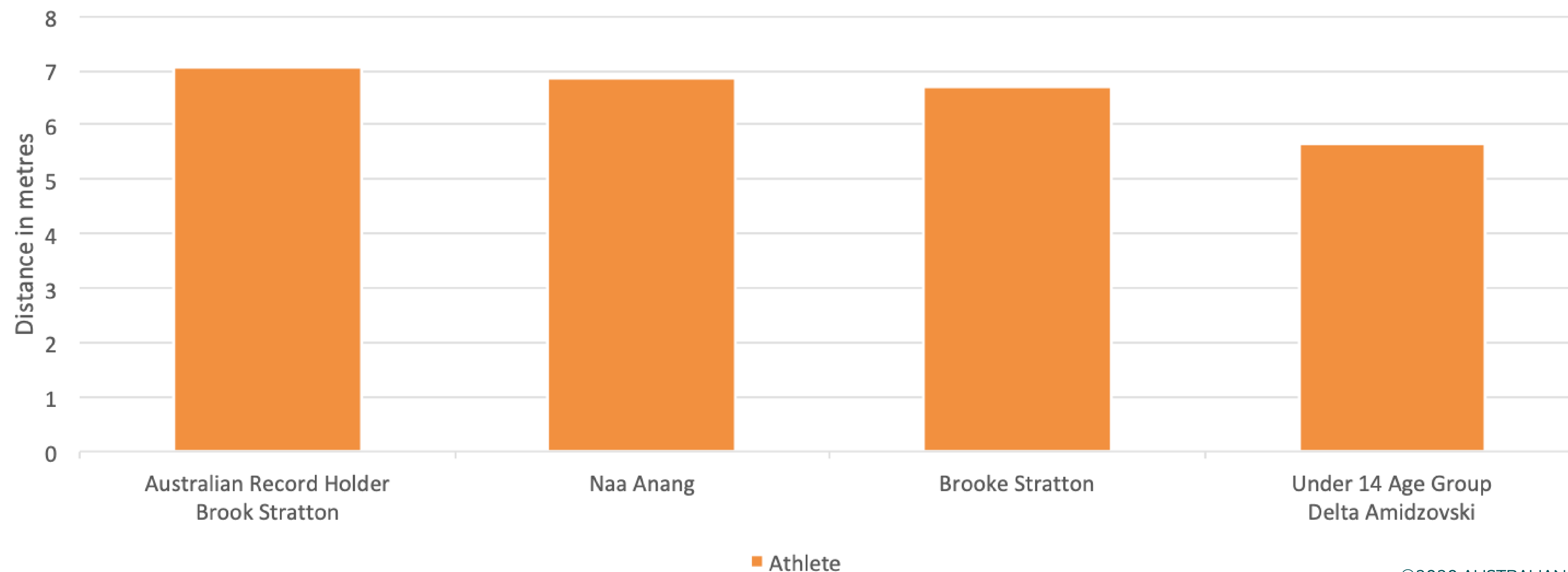
100 metres at the Australian Championships

Australians Men's Results from 100 metres



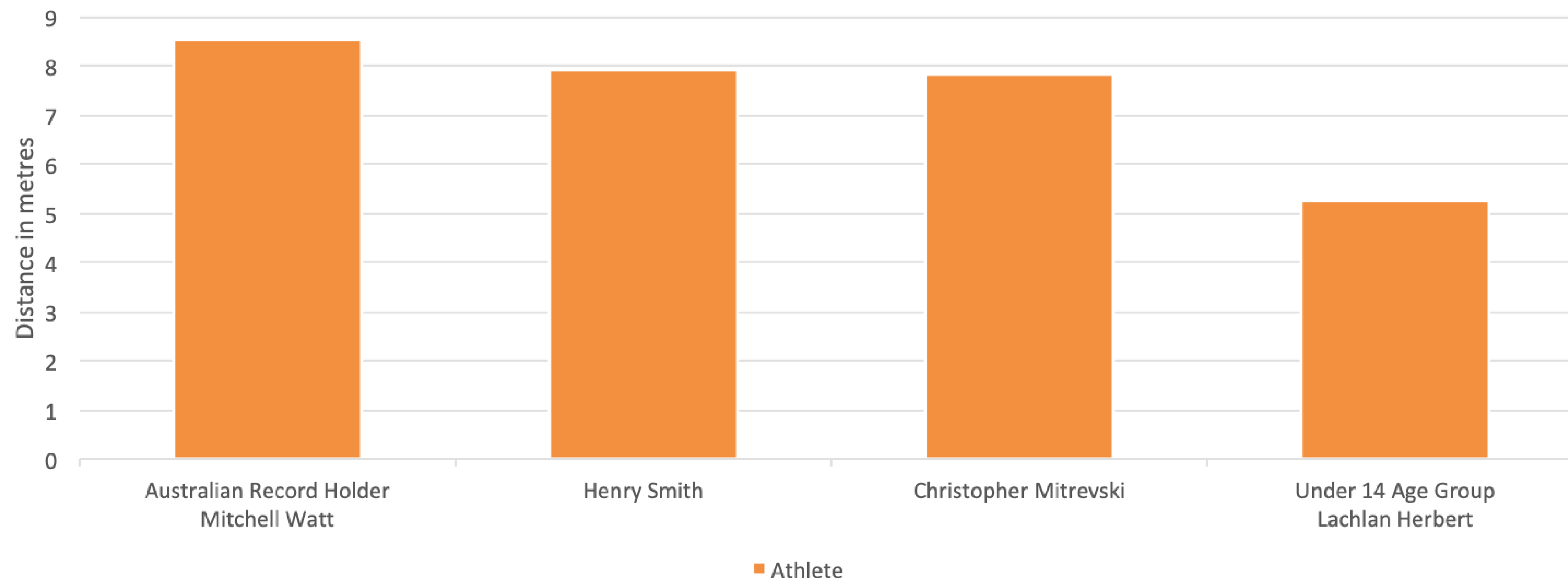
Long Jump at the Australian Championships

Australian Women's Results from Long Jump



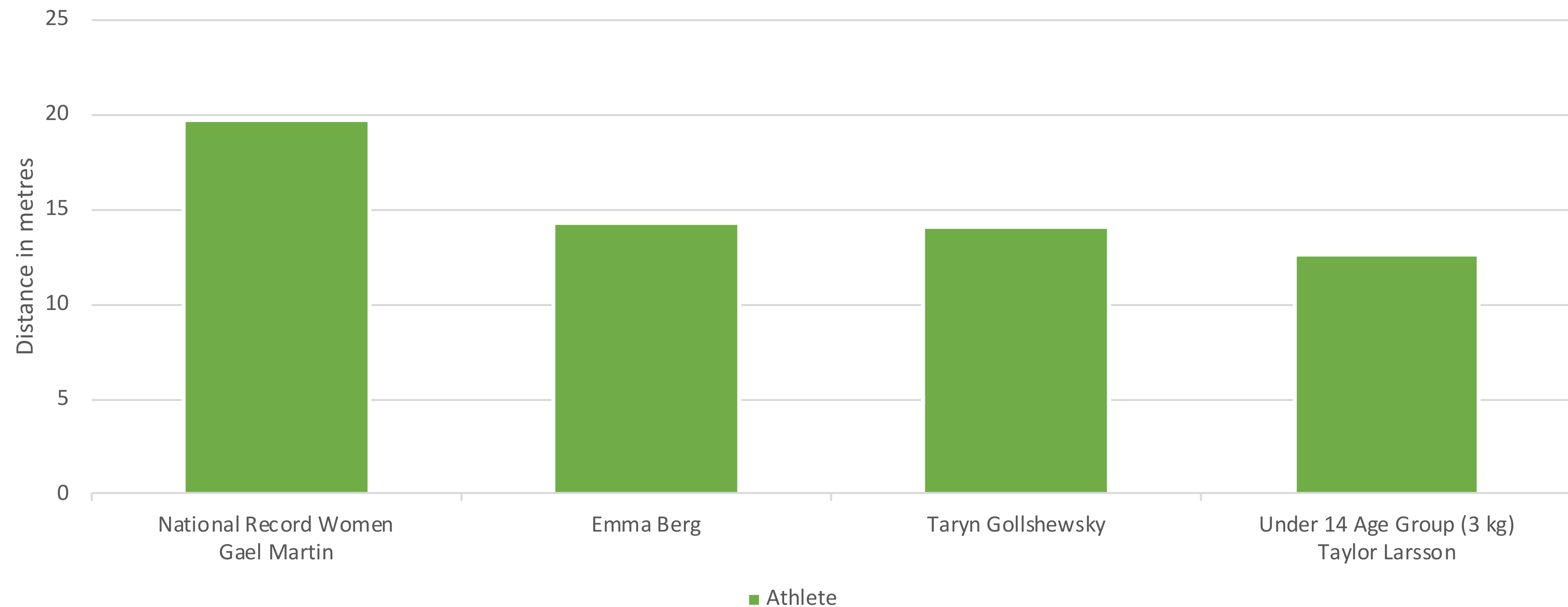
Long Jump at the Australian Championships

Australian Men's Results from Long Jump



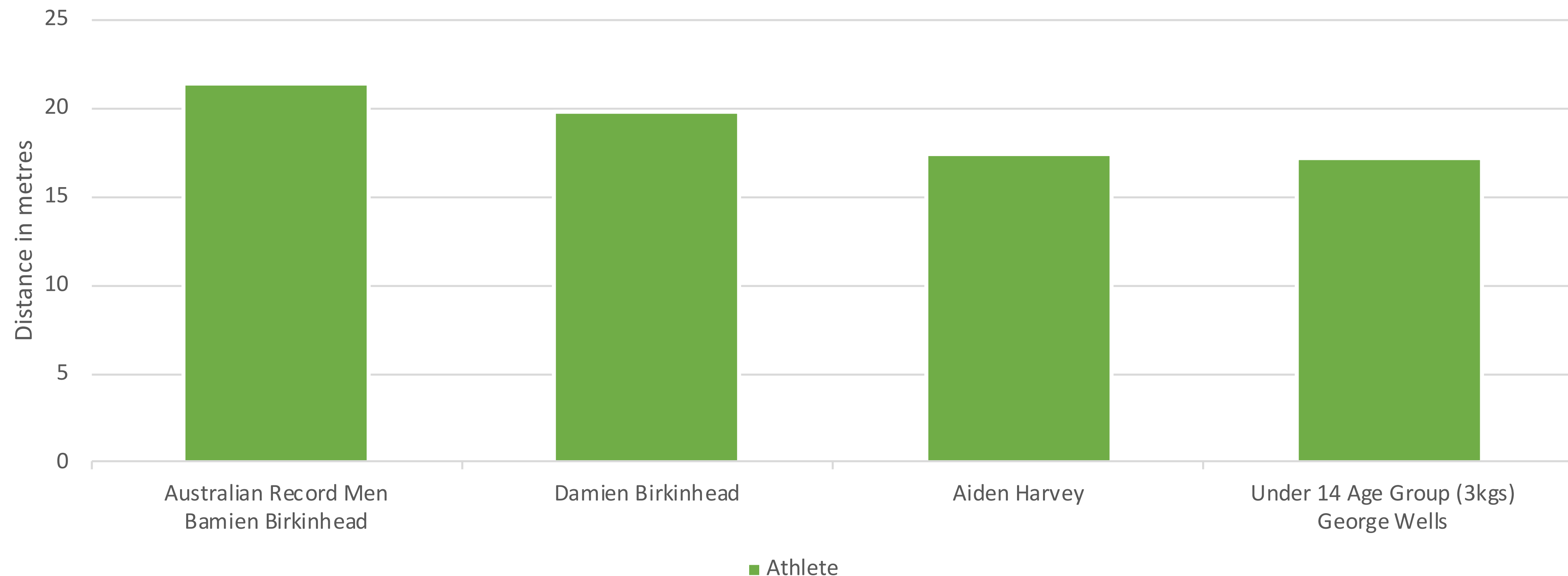
Shot Put at the Australian Championships

Australian Women's Results from Shot Put



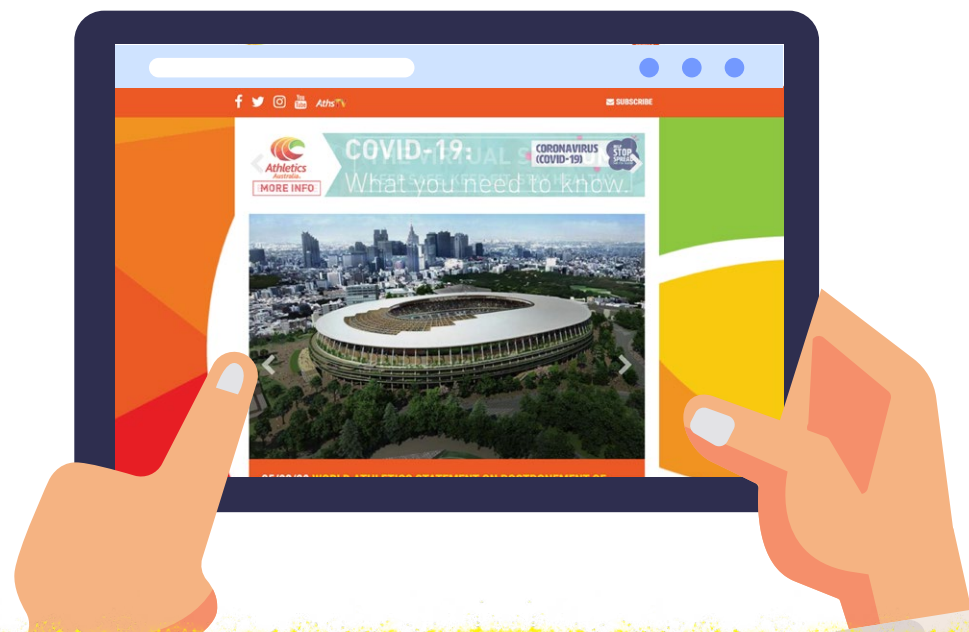
Shot Put at the Australian Championships

Australian Men's Results from Shot Put



Would you like more?

Look at results from
the Australian Athletics
Championships.



<https://www.athletics.com.au/home/>

Which athletes are
attending the Olympic
Games in Tokyo 2021?

Record and compare their
results from the Australian
Athletics Championships
and their results from the
Olympic Games.



Community Circle

Reflection and
success medal
check-in

Success medals



I can
record data from
movement



I can
Record my data
on a graph



I can
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from personal
and Australian
athletes