

PRIMARY

WAVE



OLYMPIC CHALLENGE ACTIVITIES

Are you ready to ignite the Olympic spirit in your classroom?

Get set to transform your school into the Olympic arena with the **#HaveAGo** Olympic Challenge!

With Paris 2024 taking place this year and only eight years to go until the Olympic and Paralympic Games return to Australian soil for Brisbane 2032, it's the perfect time to have a go at Olympic Sports and ignite the Olympic dream in students across the country. There's a sport for everyone!

Starting on Thursday 20 June there are five weeks leading into the Paris 2024 Olympic Games. We encourage classrooms across Australia to **#HaveAGo!**



#HaveAGo in three simple steps:

- 1 Get involved in the #HaveAGo Olympic Challenge:** Five Olympic-themed sporting challenges await, each with varying levels of complexity and connections to Australian Curriculum. Complete five challenges to receive an exclusive #HaveAGo Olympic Challenge certificate and win prizes!
- 2 Choose your pace:** Complete one challenge/sport per week or cover all challenges in a single session.
- 3 Share the excitement:** Track your progress in your #HaveAGo Personal Best Journal and log your results at haveago.olympics.com.au and tag **@AUSOlympicTeam** and use **#HaveAGo** and **#OlympicDay** to showcase your students' achievements!



The following sporting challenges have been designed to align with the Physical Domain from [The Australian Physical Literacy Framework](#). Each challenge begins with a skill based warm up drill before students test their skills by having a go at an Olympic sport that uses the skills practised.

You may opt for your students to complete alternate sporting challenges from those detailed below if the Olympic sport is not suitable for your students.



CHALLENGE 1: MOVE LIKE AN OLYMPIAN



Skill in action examples: walking, running, skipping, galloping, jumping, hopping, dodging, rolling, sliding, climbing, swimming strokes, gliding, floating, diving

Skill based warm up:

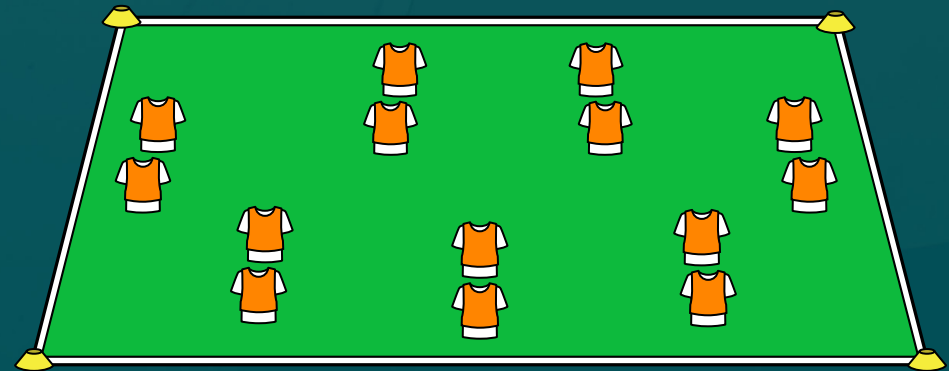
Movement skill tag

Aim: For students to develop their spatial awareness and movement skills

Equipment: Playing area, cones

Students form pairs and decide which partner is the tagger. On the teachers signal, all pairs move around the playing area with one player in each pair, the tagger, aiming to tag the other player.

- ★ When a person is tagged, roles swap and the player must count to 5 to give the other player time to move away
- ★ On the teachers whistle, student movements are varied to include the following: skipping, galloping, jumping and hopping, climbing on all fours along ground
- ★ Blow the whistle and ask students to find a new partner every 2 minutes.



Now it's time to level up and try the Relay Challenge

Overview: Students choose a skill that they would like to focus on improving: throwing, kicking, or rolling and they challenge themselves to achieve their personal best score focused on aiming at the target with three attempts.

Track Performance:

- Encourage students to track their performance over multiple attempts and aim to beat their personal best score
- Remind students to keep track of their performance using their Personal Best Journal

#HaveAGo at one of the following Olympic sports:

These type of movement skills can be used to try the following Olympic sports: *Athletics, Sport Climbing, Swimming, Football, Hockey, Waterpolo, Skate, Rugby 7's, Artistic Swimming, Triathlon, Taekwondo, Alpine Skiing, Biathlon, Cross Country Skiing, Figure Skating, Snowboard, Bobsleigh, Luge*



CHALLENGE 2 : STRIKE LIKE AN OLYMPIAN

Skill in action examples: riding a bike or scooter, surfing, kayaking, rowing, skiing, snowboarding, skating

Skill based warm up:

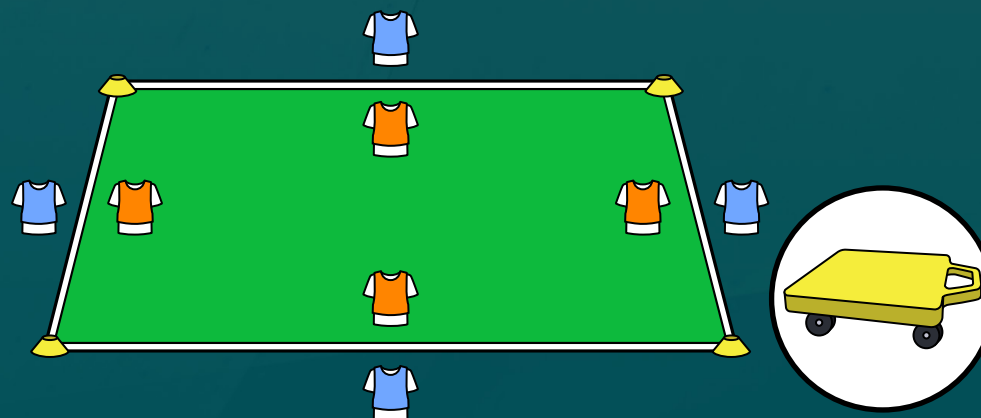
Roller Pass

Aim: for students to develop their passing and catching skills whilst in motion and under pressure

Equipment: Playing area, scooter boards or similar, soft balls

Create a playing area square with marked lines approximately 10m by 10m and allocate four sets of pairs to each area.

- ★ Pairs line up with one student in each pair on either side of the boundary line
- ★ Students will move themselves with their legs and roll along the boundary lines on scooter boards and chest pass the ball back and forth to each other
- ★ Their focus is on moving with multiple types of equipment involved
- ★ If scooter boards are not available, students could sit on basketballs/soccer balls or netballs and move in motion while sitting on them to create the rolling movement



Now it's time to level up and try the Partner Pass Challenge

Overview: Students test their passing skills in action by timing themselves to see how many successful passes they can make within 60 seconds with a partner.

Track Performance:

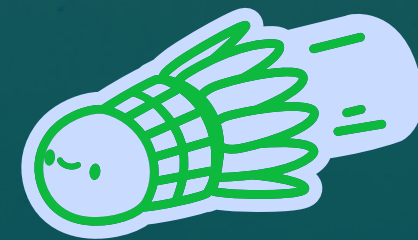
- Encourage students to track their performance over multiple attempts and aim to beat their personal best times as a pair
- Remind students to keep track of their performance using their Personal Best Journal

#HaveAGo at one of the following Olympic sports:

These type of movement skills can be used to try the following Olympic sports: *Hockey, Skateboarding, Cycling, Surfing, Rowing, Canoe Slalom, Canoe Sprint, Archery, Badminton, Table tennis, Basketball, Equestrian, Sailing, Weightlifting, Golf, Shooting, Fencing, curling, biathlon, ice hockey, ski mountaineering*



CHALLENGE 3 : AIM LIKE AN OLYMPIAN



Skill in action examples: Manipulating an object by throwing, catching, dribbling, kicking or striking

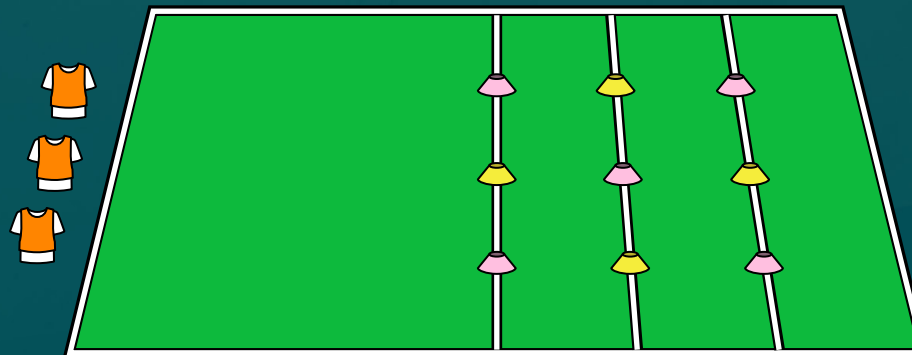
Skill based warm up:

Target aim and strike

Aim: For students to develop their shot placement and accuracy

Equipment: Targets, objects to throw, cones

Targets are set up in a designated area and students score points by throwing, kicking or rolling a ball at the targets.



★ Organise students into small groups of 3-4

★ Use a variety of targets such as cones, cricket stumps, bins and a variety of throwing objects such as softballs, beanbags, tennis balls, soccer balls

★ Use cones to create a throwing line and three point zones e.g. 1 point zone up to 1 metre away, 2 point zone up to 2 metres away and a 3 point zone up to 3 metres away from the throwing line

★ Each player can throw, roll or kick an object to land or hit the targets

★ Implement bonus points if an object lands inside a target and a time limit for teams to score the highest amount of points

Now it's time to level up and try the Target Challenge

Overview: Students choose a skill that they would like to focus on improving: throwing, kicking, or rolling and they challenge themselves to achieve their personal best score focused on aiming at the target with three attempts.

Track Performance:

- Encourage students to track their performance over multiple attempts and aim to beat their personal best score
- Remind students to keep track of their performance using their Personal Best Journal

#HaveAGo at one of the following Olympic sports:

These type of movement skills can be used to try the following Olympic sports: *Basketball, Volleyball, Football, Handball, Rugby 7s, Archery, Modern Pentathlon, Wrestling, Shooting, Curling, Biathlon*



CHALLENGE 4 : FOCUS LIKE AN OLYMPIAN



Skill in action examples: Diving, dancing, skipping, adjusting the body to strike a ball

Skill based warm up:

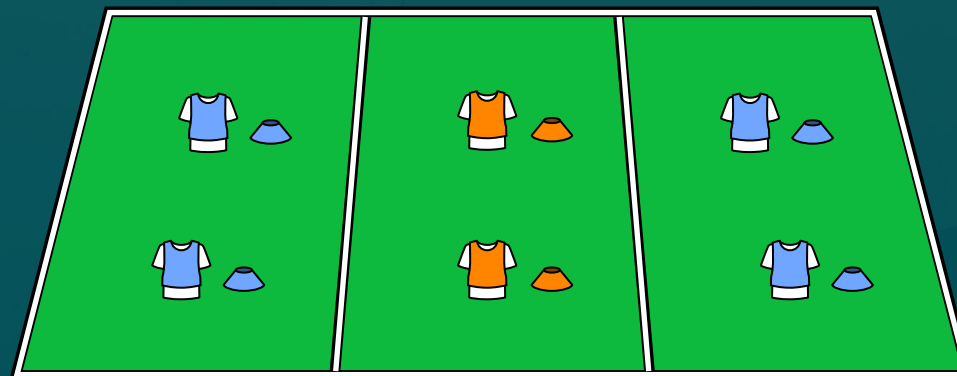
Roller Pass

Aim: For students to develop hand-eye coordination and striking skills

Equipment: ball and batting implement per student

Create a playing area square with marked lines approximately 10m by 10m and allocate four sets of pairs to each area.

- ★ Students tap their ball up and down on their bat, and keep track of how many taps they can get in a row
- ★ Prompt students to consider the best technique to use and encourage them to hold the bat at the bottom of the handle for greater control and accuracy
- ★ Allow students to experiment with different bats and balls
- ★ Once students have experimented on their own, create small groups of students so that they can play cooperatively in pairs or groups of 3 with the aim to see how many hits they can get in a row



Now it's time to level up and try the Bat Speed Challenge

Overview: Students aim to see what the highest amount of taps they can get in a row over 60 seconds without the ball falling to the ground

Track Performance:

- Encourage students to track their performance over multiple attempts and aim to beat their personal best score
- Remind students to keep track of their performance using their Personal Best Journal

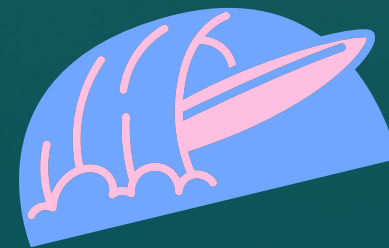
#HaveAGo at one of the following Olympic sports:

These type of movement skills can be used to try the following Olympic sports: *Tennis, Table Tennis, Golf, Baseball, Badminton, Gymnastics, Boxing, Weightlifting, Judo, Taekwondo, Short Track Speed Skating, Freestyle Skiing, Nordic Combined*



CHALLENGE 5 : BALANCE LIKE AN OLYMPIAN

Skill in action examples: Static balances, balancing with a partner, balancing while moving, surfing, skateboarding



Skill based warm up:

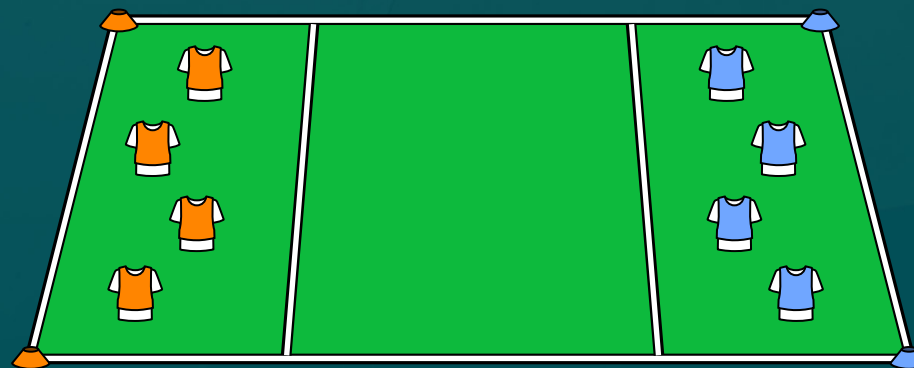
Steady Path

Aim: For students to try balancing objects which encourages spatial awareness.

Equipment: Bean bags, astroturf or soft mats

Players use different body parts to balance the objects, such as the palm or back of their hand, or their knee, foot, elbow or chin.

- ★ Students work to balance the bean bags using a variety of different methods
- ★ Encourage students to add complex movements like balancing on one leg, walking, hopping and jumping while trying to maintain the balance of the item on their head
- ★ Various balancing objects, such as balancing poles (made from rolled up newspaper and sticky tape), and broom handles (harder)



Now it's time to level up and try the Balancing Act Challenge

Overview: Students select a movement which they found challenging e.g. balancing on one leg and they work towards improving their balancing skills for as long as they can.

Track Performance:

- Encourage students to track their performance over multiple attempts and aim to beat their personal best score
- Remind students to keep track of their performance using their Personal Best Journal

#HaveAGo at one of the following Olympic sports:

These type of movement skills can be used to try the following Olympic sports: *Gymnastics, Breaking, Skateboarding, Surfing, Diving, Cycling, Snowboard, Figure Skating, Ice Hockey, Ski Jumping, Curling*





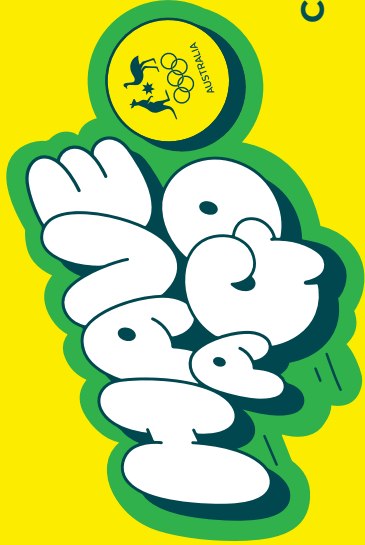
CONGRATULATIONS TO

for completing the #HaveAGo Olympic Challenge

In completing this Challenge, you have demonstrated determination and resilience to achieve your personal best.

OLYMPIC CHALLENGE CERTIFICATE

haveago.olympics.com.au



Name:

Year:

Tick off each challenge as you complete it, and log your performance:

Can you strive to improve your Personal Best each time?

Strive like an Olympian:
Partner Pass Challenge

☐

Record how many passes you can make in 60 seconds:

First attempt:

Personal best:

Focus like an Olympian:
Bat Speed Challenge

☐

Record how many taps you can achieve in 60 seconds:

First attempt:

Personal best:

Move like an Olympian:
Relay Challenge

☐

Record your individual or team relay times:

First attempt:

Personal best:

Aim like an Olympian:
Target Challenge

☐

Record your best three target challenge scores:

First attempt:

Personal best:

Balance like an Olympian:
Balancing Act Challenge

☐

Record your best three times:

First attempt:

Personal best:

Reflection question:

How did you feel when you achieved your Personal Best?

OLYMPIC CHALLENGE SCORECARD

CONGRATULATIONS

on completing the #HaveAGo Olympic Challenge, you have now earned your certificate!

Scan the QR code, then upload your 'Olympic Challenge Scorecard' and a picture of you playing a sport.

You will then receive your 'Have A Go Olympic Challenge Certificate' and be entered into a draw to win ASICS trainers or a Speedo giftpack.

