

SECONDARY

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: CHANGE PACE LIKE AN OLYMPIAN



Skill in action examples: changing direction, dodging and evading opponents when playing games

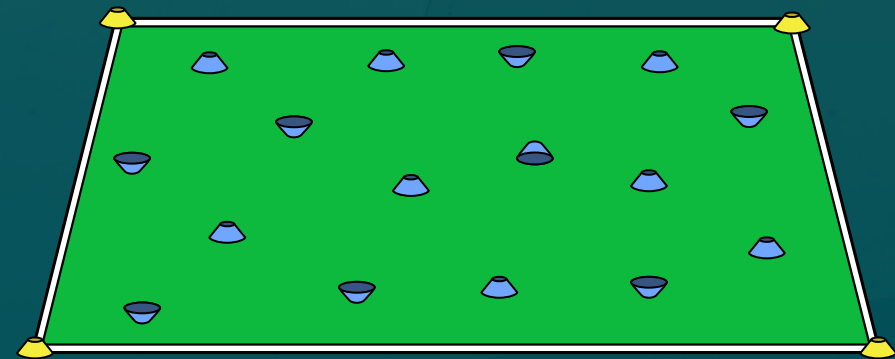
Skill based warm up: **Switch it**

Aim: For students to develop their spatial awareness and peripheral vision in relation to the direction they are moving

Equipment: Playing area, cones

Students move around the playing area attempting to turn as many markers up as possible. At the same time, the opposing team attempts to turn as many markers as possible down.

- ★ Create two even teams - A and B. Assign each team a direction with either up (A) or down (B).
- ★ Scatter the markers in a large playing area with half of the markers turned upside down.
- ★ After playing for 2-3 minutes, stop the game and count the number of markers the correct way up, compared to the markers upside down.



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

Overview: Students will navigate the switch it playing space independently, challenging themselves to record their best time. Ensure that approximately 20 cones are placed upside down. Students then work to move through the area flipping all cones up as quickly as possible, aiming to beat their personal best time.

Track Performance:

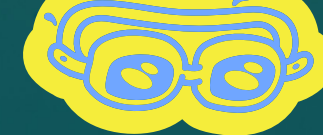
- Encourage students to track their performance over multiple attempts and aim to beat their personal best times
- Remind students to keep track of their performance using their Personal Best Journal

#HaveAGo at one of the following Olympic sports:

These type of movement skills can be used to try the following Olympic sports: *Athletics, Basketball, Volleyball, Football, Hockey, Handball, Rugby Sevens, Surfing, Tennis, Alpine Skiing, Biathlon, Cross Country Skiing, Figure Skate, Snowboard, Ice Hockey, SKi Mountaineering, Biathlon, Curling, Alpine Skiing, Canoe*



CHALLENGE 2 : REACT LIKE AN OLYMPIAN



Skill in action examples: Reacting to the start of a race, the movement of an object, an opponent's movement, performing a skill

Skill based warm up:

Field Target

Aim: For students to develop their reaction time skills when reacting to the movement of an object

Equipment: Playing area, bats, balls, cones

Students work to hit a pitched ball from a team-mate and try to direct the ball over the target area. Fielders aim to catch the ball.

- ★ Set up multiple games with 4 v 4 depending on students numbers.
- ★ Set up a field target area in the centre of the playing area.
- ★ Fielders stand behind the front line of the target area with a pitcher and the batter standing in place.
- ★ The fielding team takes turns to lob the ball to the batter, the batter aims to hit the ball over the target area.
- ★ Batters change of the ball does not make it over the target area or the ball is caught on the full.



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

Overview: Students will partner up for a wall ball challenge with the goal of achieving the longest rally and recording their highest score. Each pair will find a suitable wall space and equip themselves with a bat and ball. The objective is to continuously hit the ball against the wall, with the ball alternating between the wall and the players. The aim is to keep the rally going for as long as possible without the ball touching the ground.

Track Performance:

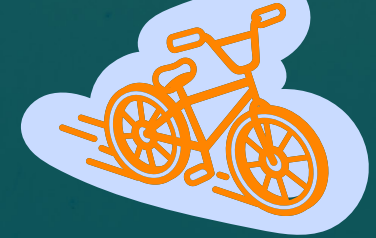
- Encourage students to track their performance over multiple attempts and aim to beat their personal best times as a pair
- Remind students to keep track of their performance using their Personal Best Journal

#HaveAGo at one of the following Olympic sports:

These type of movement skills can be used to try the following Olympic sports: *Athletics, Badminton, Handball, Table Tennis, Tennis, Water Polo, Volleyball, Swimming, Modern Pentathlon, Shooting, Sport Climbing, Judo, Canoe Slalom, Boxing, Tennis, Fencing, Taekwondo, Golf, Surfing, Equestrian, Ice Hockey, Speed Skating, Short Track Speed Skating, Biathlon, Alpine Skiing, Freestyle Skiing*



CHALLENGE 3 : ENDURE LIKE AN OLYMPIAN



Skill in action examples: Running, cycling, swimming, rowing etc. for extended distances/periods of time or walking briskly for 30 minutes or more

Skill based warm up:

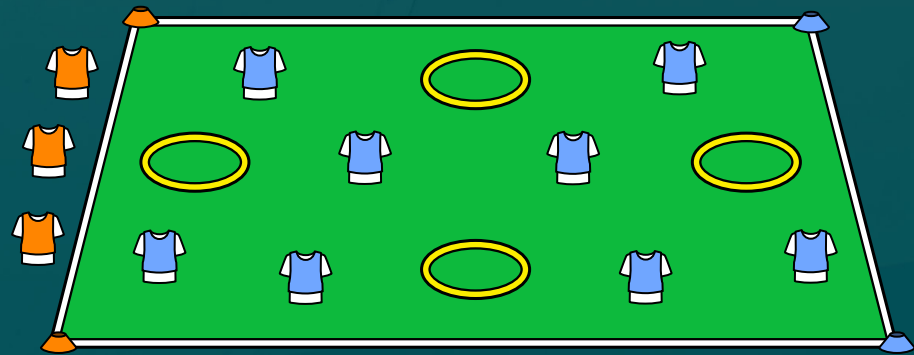
Gate Tag

Aim: For students to develop their cardiovascular endurance while playing a game which requires continuous running movements in a tag game.

Equipment: Playing area, cones/hoops

Students move around the playing area aiming to avoid 2-3 nominated taggers. Players spread out around the playing area and if a player is tagged, they must raise their hand and run through the closest 'gate' and then re-enter the game.

- ★ Change taggers throughout the game and add more to increase complexity.
- ★ Set up a minimum of 5 gates (hoops or cones) spread across the playing area,



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

Overview: Set up a 1km long running track around your school oval or a similar area. Students will navigate their preferred long distance run by completing either 2km, 3km or a 4km run with the aim to achieve their personal best time.

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, Basketball, Canoe Slalom, Cycling, Football, Hockey, Rowing, Swimming, Triathlon, Waterpolo, Synchronised Swimming, Ski Mountaineering, Cross-Country Skiing*



CHALLENGE 4: SHOW STRENGTH LIKE AN OLYMPIAN

Skill in action examples: Ability to carry our work against a resistance for example push-ups, pull-ups, squats, lunges and lifting weights

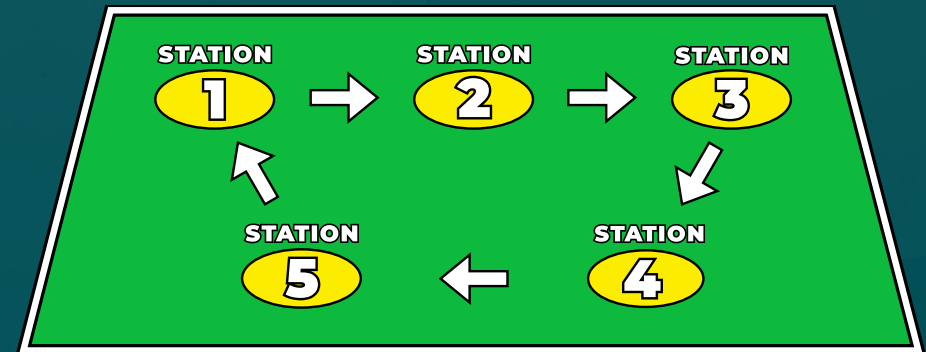
Skill based warm up: Strength Stations

Aim: For students to develop their cardiovascular endurance while playing a game which requires continuous running movements in a tag game.

Equipment: Playing area, soft mats, bar for pull ups if possible.

Students will rotate through 5 strength stations, performing a designated exercise at each station for 3 minutes.

- ★ Choose exercises that are most suitable for your students and depending on available equipment.
- ★ Station exercises may include: push-ups, pull-ups, squats, wall sits, lunges, holding a plank, burpees
- ★ Encourage students to complete as many exercises as possible during the designated time



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

Overview: Students will test their strength by attempting to complete as many push-ups as they can until they reach fatigue, aiming to achieve their personal best score.

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, Gymnastics, Breaking, Boxing, Judo, Rowing, Sport Climbing, Taekwondo, Triathlon, Weightlifting, Wrestling, Diving, Water Polo, Surfing, Nordic Combined, Skeleton, Ski Jumping, Bobsleigh, Luge, Speed Skating, Sailing, Artistic Swimming, Skate*



CHALLENGE 5 : STRIKE LIKE AN OLYMPIAN



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

Skill based warm up:

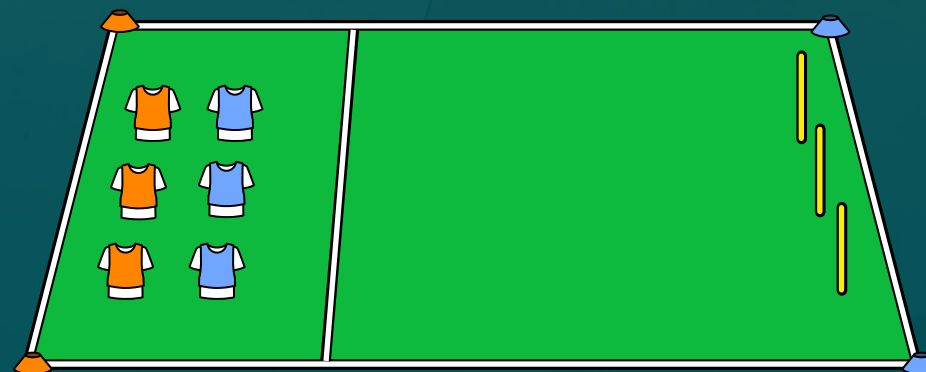
Target Strike

Aim: For students to develop their shot placement and accuracy

Equipment: Multiple poles or cricket stumps, soccer balls, footballs, tennis balls, cones

Poles or cricket stumps are set up in a designated area as targets and students score points by throwing, or kicking the ball at the targets.

- ★ Set up multiple games if possible
- ★ If using poles set up three separate poles spread apart
- ★ Create a throwing line using cones at least 10 metres away from the targets for students to stand at
- ★ Students practise both kicking and throwing skills with the aim to hit the targets using their preferred equipment



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

Overview: Students choose a skill that they would like to focus on improving: throwing, or kicking and they challenge themselves to achieve their personal best score focused on aiming at the target with three attempts. The middle pole is worth 6 points and the outer poles are worth 3 points.

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, Golf, Badminton, Table Tennis, Ice Hockey, Curling, Biathlon, Fencing, Artistic Swimming*





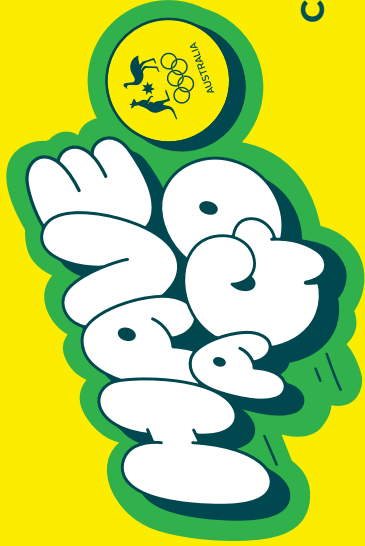
CONGRATULATIONS TO

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?

Change pace like an Olympian: ☐
Agility Challenge

Record your best time:

First attempt:

Personal best:

Endure like an Olympian: ☐
Endurance Challenge

Record your best time and the distance:

First attempt:

Personal best:

Strike like an Olympian: ☐
Target Challenge

Record your best three target scores:

First attempt:

Personal best:

React like an Olympian: ☐
Reaction Challenge

Record your highest rally total score:

First attempt:

Personal best:

Show strength like an Olympian: ☐
Strength Challenge

Record how many taps you can achieve in 60 seconds:

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.

