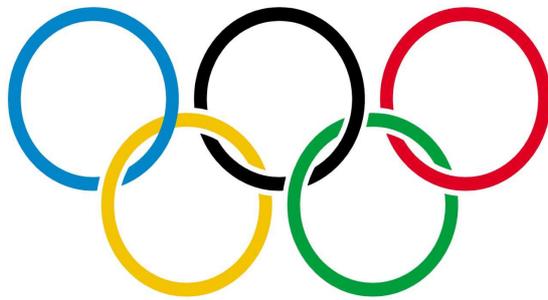




St. Michael's House

## The Olympics



**Wouldn't it be fun to compete in the Olympics? I think we should try. First, we should warm-up.**

Walk on the spot.

Now step sideways.

Now let's walk again and swing your arms.

Now keep walking and reach one side then the other.

Keep walking reach up and down.

Keep walking and reach forwards and back.

I think we are ready to go.



**The first competition we are going to enter is running.**

We are going to start with a long race. Everyone start running on the spot, not too fast though we have a long way to go.....you're doing well keep going.....can you hear the crowd cheering?...I see the finish....Can you run fast to the end?

Let's try a sprint next. Let's go as fast as we can for 10 seconds. Ready, steady, go! .....Well done. Would you be able to go again? Ready, Steady, go!

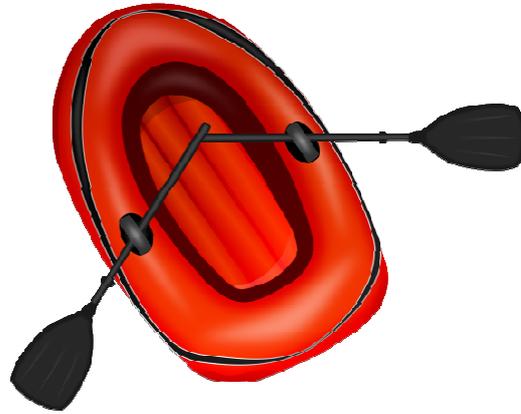
Another race you can do while running is hurdles. So we're going to run and then jump. I'll tell you when to jump. Ready, steady, go.....jump.....jump.....jump.....jump.....jump

Well done everyone. Great running!



**Our next competition is rowing**

Everyone sit on the floor with your legs in front and knees slightly bent. If you have a sweeping brush you can pretend that it's the oar. Start slowly at first one side then the other.....well done...keep going...can you go any faster?...fantastic.....let's take a little break then go again.



Now row forwards and backwards and sing "Row your boat"

Well done, that was great fun.

**Time for some swimming next**

Everyone lie on the floor on your tummy and stretch your arms out in front.

Lets kick our legs. How fast can you go?....Well done. Have a little rest and we'll try again.....Ready, Steady, go...Fantastic

Now we're going to try moving our arms in a circle in front of us.....Ready, Steady, go...

Who can move their arms and legs at the same time?

Well done. You are all great swimmers.



**The last event today is cycling.**

Everyone lie down on your back on the floor. Hold your handle bars, legs up and let's go. Turn your handles to go around the corner....and the other way...faster, faster, stop pedalling now we're going down the hill...weeeeee.....uphill again nice slow pedalling...turn one way...turn the other and down the hill again....weeeeee...now really fast all the way to finish.

Well done everyone.



**Now we are going to see how strong you are. Time for weightlifting.**

First we need to prepare our mind. All say together and follow the actions:

I am Tall – Stand and reach up high

I am strong – Arms up elbows bent and fists clenched

I am Mighty – Keep the arms up at shoulder height, keep the elbows bent and fists clenched as in the previous action bring the elbows to the front so the forearms are in front of the face.

*If you still have your sweeping brush place it on the floor in front of you. Bend your knees and pick up the weight. Bring it half way up. Now a big push and lift it over your head. Hold it up....Well done.. now slowly put it back on the floor.*

*Let's try a heavier weight this time. Ready, steady, go....half way up then the final push over your head. Hold it up...well done..now slowly back to the floor.*

*You're in the next round if you lift this last heavy weight you win. Ready, steady, go...Half way up then last push over your head...well done...you WIN...slowly back to the floor.*



**That's all for our activities finished for today but before you rest we'll all cool down together.**

Everyone walk on the spot.

Now step sideways.

Now let's walk again and swing your arms.

Now keep walking and reach one side then the other.

Keep walking reach up and down.

Keep walking and reach forwards and back.



Well done that was great fun. Thank you for playing with me.