

OLYMPIC FIELD DAY



Instructor Guide

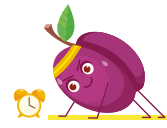
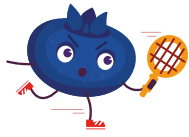


Table of Contents

Foreword ii

Hopping Hula Hoops 1

Kick Around the Cones 2

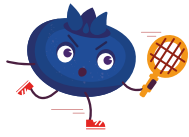
Long Jump 3

Team Catch 4

Torch Relay Race 5

Olympic Torch Craft..... 6

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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Olympic Field Day Handbook Foreword

Olympic Field Day has a special place in our hearts. We created this handbook to help your organization, school, or community create memories of fun times while promoting physical activity. Activities such as relay races, long jumping, playing catch, and more are in this handbook inspired by the Summer Olympics. The activities can be grouped in a variety of ways or be used independently. Do whatever works for your site and with the available time.

These activities will provide meaningful connections between the entertainment of games and increase physical activity. As well as increase the drive of teamwork and celebration which are hallmarks of the Summer Olympics.

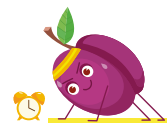
If you're looking for a challenge, take a look at the bottom of the activity page for some tips to elevate some competition. Including ways to make it easier. We hope you have a lot of fun and will be able to inspire children to move their bodies and live healthy.

Ana Zurita Posas

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2024 Carolina Hunger Initiative Interns

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Hopping Hula Hoops

STEP-BY-STEP DIRECTIONS

1. **DO:** Split up the kids into teams of equal size. Invite them to stand at the starting line of a hula hoop course.
2. **ASK:** Jumping is one of the most important skills for an Olympic athlete. Does anyone know what the Olympics are? (Have kids share). The Olympics are an athletic festival where countries around the world send their teams to compete with other teams. Can you think of different competitions in the Olympics? (Have kids answer).
3. **SAY:** Some athletes use jumping for training, while others rely on it during their competitions, like the long jump, basketball, volleyball, and more! Today, you and your team will train like an Olympic athlete in a game called Hopping Hula Hoops.
4. **PLAY:** Have each team decide the order in which they will travel through the hula hoop course. When you say “3, 2, 1, GO”, the first kid from each team should jump and land in all of the hula hoops. Once 1 kid from a team reaches the other side, the 2nd kid in line can start jumping through the hula hoops. The first team to have everyone on the other side of the course wins!
5. **WRAP UP:** Congratulate each team with a cheer and round of applause. **Say:** Great job! You’ve made it through the hula hoop course. It’s always fun to exercise as a team!

PERFECT FOR...

- Ages: 6- 14
- Size of Group: 6+
- Time: 30 minutes
- Setting: Indoors or Outdoors

MATERIALS

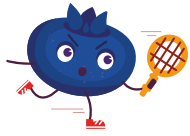
- Hula hoops OR tape to place Xs

SETUP

1. Find a large empty space that can be used to place hula hoops.
2. Place 8-10 hula hoops or Xs across your space at a reasonable jumping distance.

Want a challenge? - If one team member removes one foot from the hula hoop or X, then they go back to the starting line.

Need something simpler? - Place 5-7 hula hoops or Xs around the room.



Kick Around the Cones

STEP-BY-STEP DIRECTIONS

- DO:** Invite kids to join you for a game of kick-around the cones. Have kids get into two teams and have each team sit behind one of the lines of cones.
- ASK:** Has anyone heard of soccer? (Have kids share.) Today we're going to be practicing some soccer skills and play a game of Kick Around the Cones.
- SAY:** Soccer is one of the competitions occurring at the Summer Olympics. Does anyone know what the Olympics are? (Have kids share.) The Olympics are an athletic festival where countries around the world send their teams to compete with other teams. Can you think of different competitions in the Olympics? (Have students answer). This game of kicking around the cones is something you might see some soccer players use to warm up before a game.
- PLAY:** Have kids line up behind their line of cones and explain that they will be running in a zig-zag motion between the cones while kicking the ball. Once the first person finishes kicking the ball through the cones have them run back with the soccer ball (they can decide to either kick it back to the start or carry it in their hands) and place it at the start. Have the second person on the team kick the ball around the cones and repeat. Continue until all the members of the team have gone through kicking the ball around the cones. Whichever team finishes kicking the ball around the cones and bringing it back to the start wins.
- WRAP UP:** Give each team a round of applause. Say: "Great job! You've really got the hang of it. Remember that 60 minutes of physical activity per day is really important for a healthy life style and as well as making healthy food choices."

PERFECT FOR...

- Ages: 5- 14
- Size of Group: 10+
- Time: 30 minutes
- Setting: Outdoors

MATERIALS

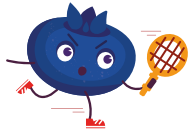
- Cones
- Soccer Balls

SETUP

1. Find a large space that can be used to kick around a ball.
2. Place cones in a straight line and create another line of cones for the other team.
3. Place the soccer balls at the first cones of each line for each of the teams.

Want a challenge? - Have kids kick the ball around the cones while running back.

Need something simpler? - Have kids run in a straight line between the first and last cone while kicking the ball.



Long Jump

STEP-BY-STEP DIRECTIONS

- DO:** Invite kids to join you for a long jump activity. Have kids make two teams and sit together on the starting line. The number of teams can be adjusted based on the number of kids, so larger group sizes can also play.
- ASK:** “Can anyone guess what a long jump is? (Have kids share.) A long jump is an activity where people compete to see who can jump the farthest. Today we’ll get into teams and see which team can jump the farthest.
- SAY:** “The Olympics inspires today’s long jump. Does anyone know what the Olympics are? (Have students answer) The Olympics are an athletic festival where countries around the world send their teams to compete with other teams. Can you think of different competitions in the Olympics? (Have students answer) Let’s get ready for our long jump.
- PLAY:** Decide who will be the first jumper on the team. The idea here is that each team member will start from the same starting line and jump as far as they can in one jump. There is a second piece of tape or other marker to represent the “finish line” which should be placed at a good distance from the starting line. Jumpers can choose whether they want to have a running start or simply start the jump from the starting line. Every jumpers win a point for jumping, two if they make it to the finish line. Once everyone from each teams jumps, count up the points. The team with the most points wins!
- WRAP UP:** Give each team a round of applause. Say: “Great job! You’ve really got the hang of it. Remember that 60 minutes of physical activity per day is really important for a healthy life style and as well as making healthy food choices.”

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MATERIALS

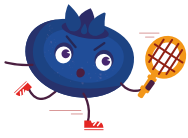
- Tape or other material to mark the starting line and finish line.

SETUP

1. Find a large space that can be used for the long jump.
2. Use tape or other material to mark the start and the finish line.

Want a challenge? - Increase the distance that is jumped.

Need something simpler? - You can make the distance shorter and allow students to make multiple jumps to the finish line.



Team Catch

STEP-BY-STEP DIRECTIONS

1. **DO:** Split up the kids into teams of equal size. Invite them to stand in a staggered pattern (zig-zag) while you give instructions.
2. **ASK:** Working as a team is an important skill for different Olympic sports. Does anyone know what the Olympics are? (Have kids share). The Olympics are an athletic festival where countries around the world send their teams to compete with other teams. Can you think of different team competitions in the Olympics? (Have kids answer).
3. **SAY:** Some athletes work together in basketball, flag football, and beach volleyball. Today, you and your team will work like an Olympic team in a game called Team Catch!
4. **PLAY:** Give a ball to each team. When you say “3, 2, 1, GO”, each team should start tossing the ball in the staggered pattern until the last kid catches it. If a kid drops the ball or does not catch the ball, then it goes back in the hands of the last kid who threw it.
5. **WRAP UP:** Congratulate each team with a cheer and round of applause. **Say:** Great job! You were able to be physically active and work as a team!

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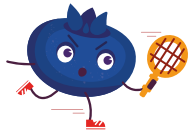
MATERIALS

- 1 ball for each team (Any type, such as basketball, volleyball, or beach ball)

SETUP

1. Find a large space where multiple teams can throw a ball at the same time.
2. Place the balls where you want the teams to be.

Want a challenge? - If someone drops the ball or does not catch the ball, then it travels back to the first person at the beginning of the line.



Torch Relay Race

STEP-BY-STEP DIRECTIONS

- DO:** Invite kids to join you for a torch relay race. [Paper torch tutorial can be found on page 6]. Have kids make 2 teams and sit together on the starting line. The size of the teams can be adjusted based on the number of kids, making the group size flexible.
- ASK:** “Does anyone know what a relay race is? (Have kids share.) A relay is a team activity where each person runs a specific distance before passing a baton or other object (in this case the torch). It can be set up in different ways. In this activity, it will be set up as a straight line between two markers (the start and finish line).
- SAY:** “Today’s relay race is inspired by the Olympics. Does anyone know what the Olympics are? (Have students answer.) The Olympics are an athletic festival where countries worldwide send their teams to compete with other teams. What kind of other competitions do you think the Olympics have? (Have students answer.) The torch relay is a part of the opening ceremony for the Olympics where multiple torchbearers run throughout various sites of the country hosting the Olympics. It ends with the lighting of a cauldron in the opening ceremony.
- PLAY:** Decide who will run first from each team. Have the rest of the kids from each team line up behind the first runner. (You could line up everyone alphabetically.) Give 1 torch to each team. The idea here is that each runner will run to the finish line and run back to pass the torch to the next person in line for their team. No one should start running without having the torch in their hand. The team whose members finish running the race first wins.
- WRAP UP:** Give each team a round of applause. Say: “Great job! You’ve really got the hang of it. Remember that 60 minutes of physical activity per day is really important for a healthy life style and as well as making healthy food choices.”

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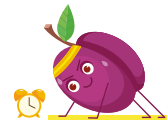
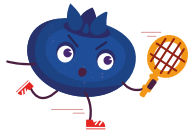
MATERIALS

- Torch craft (or an object to pass as a baton, such as a plastic spoon)
- Any equipment to mark starting line and finish line

SETUP

1. Find a large space that can be used for a relay race.
2. Mark starting line and finish line.

Want a challenge? - Increase the distance that is run.
Need something simpler? - You can make the distance shorter.



Olympic Torch Craft

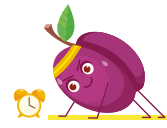
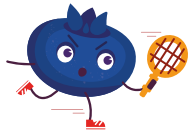
MATERIALS

- Cardboard roll (toilet paper or paper towel)
- Yellow, orange, and red tissue paper
- Aluminum foil
- Scissors
- Tape
- Glue



INSTRUCTIONS

1. Cover the cardboard roll with aluminum foil.
2. Use a piece of tape to secure the aluminum foil.
3. Cut the yellow, orange, and red tissue paper into the shape of flames.
4. Glue the tissue paper to the inside of the cardboard roll to create the appearance of flames.



Learn more about the **NC Summer Nutrition Program** &
discover more enrichment activities at
SummerMeals4NCKids.org