

OLYMPICS IDEAS

BE AN OLYMPIC DESIGNER!

Can you design a new Olympic Mascot? Have a look at some of the previous mascots!

<https://www.olympic.org/mascots>



BE AN OLYMPIC INNOVATOR!

Can you think of a new sport that could be in the next Olympic Games? It could be a real sport, or your own made up one! Can you make a poster to promote it?

Here are a list of the current sports - <https://www.olympic.org/sports>

BE AN OLYMPIC GEOGRAPHER!

The Summer Olympics 2021 will be in Japan. What facts can you find out about the country of Japan? What things do you think that Athletes would want to know when they arrive in Japan?

BE AN OLYMPICS HISTORIAN!

Find out about the origins of the original Olympic Games. Have a look on BBC Bitesize for some interesting information.

<https://www.bbc.co.uk/bitesize/topics/z87tn39/articles/z36j7ty>

BE AN OLYMPICS MUSICIAN!

Listen to the piece of music Chariots of Fire. This is from a film about athletes who took part in the 1924 Olympics. How does it make you think of the Olympics? Create an image from the piece of music – you could draw, paint or even create a dance to it!

BE AN OLYMPICS PARTICIPANT!

Can you create your own mini Olympics for your family in your garden? Choose vents you can do in your garden, get your stopwatch and your measuring tape out and start taking part! You could make medals and have your very own medal ceremony!

BE AN OLYMPICS COACH!

Can you write a set of instructions to teach someone how to take part in your favourite Olympic Sport? You could use labelled diagrams.

BE AN OLYMPICS NUTRITIONIST! (KS2)

Design a healthy breakfast, lunch, dinner and snacks for a budding Olympic Athlete. Think about the healthy energy-fueled food they would need!

Look at this video with examples - <https://www.youtube.com/watch?v=ALY9L0cAtJc>

Remind yourself of the food wheel - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>