



Olympics



See how many of these different Olympic themed activities as you can do!

ART

Experiment with drawing people in action by using basic shapes (e.g. ovals and lines).

Create a paper flipbook to show an athlete moving. They could be:

Running a race

Throwing a javelin

Jumping over hurdles

P.S.H.E

The three core Olympic values are:

Friendship

Excellence

Respect

How might you or your family/friends show these qualities at home or school?

Design a medal for each value and nominate a friend or family member to win each one!

Don't forget to explain to them what they have done to earn it!

HISTORY

Take a look at one of the booklets:

The Games Doctor (age 5-7)

Or

The Olympic Dream (age 7-11)

Can you use these to help you research the man **William Penny Brookes**? Create a poster/leaflet or quiz to show what you have learnt!

Think about the following:

Who was he?

What did he do? Why was this so important?

How does he link to the Modern Olympic Games?

SCIENCE

Find out about friction by watching this video:

<https://www.bbc.co.uk/bitesize/topics/zsxxsbk/articles/zxqrdxs>

Consider the type of shoes worn by athletes.

Have a go at designing a new pair of trainers for Mr Zippy using:

<https://4345.stem.org.uk/mrzippy/flash.htm>

GEOGRAPHY

The five Olympic Rings represent five continents – Africa, America, Asia, Australia, and Europe. The colours of the rings are blue, yellow, black, green, and red. Each country participating in the Olympics has at least one of these colours in their flag.

Which flag has the most of these colours?

Try to find and draw 5 flags that contain at least 2 of the ring colours!

DESIGN AND TECHNOLOGY

Can you design your own Olympic stadium? Think about:

- how it will be used during the games.
- what it looks like, and what's special about it.
- where it should be built and why.
- what will be its use after the Olympic Games?

Have a go at building it using straws, sticks or any other household materials!