

BLINK AT HOME

MEDAL MAKING

How can I design my own Olympic medal?

Skills to Develop

- + Creative thinking
- + Fine motor skills
- + Color identification

Materials

- + Paper
- + Ribbon or string
- + Glue
- + Scissors
- + Markers or crayons
- + Stickers (optional)
- + Medal template [PDF] (optional)

WHAT TO DO

Prepare Before the Activity

1. Print medal template [PDF] (optional).

During the Learning Activity

1. Discuss the Olympics with children. Discuss which sports they might watch in the Olympics. Discuss how athletes get gold, silver, and bronze medals as they compete.
2. Let children design their own Olympic medals out of paper. Medals can be decorated with stickers, markers or crayons, or various colors of paper.
3. Discuss shape and color choices as you create your medals.
4. When finished, cut or punch a small hole for the ribbon to pass through. Tie the ribbon ends together.
5. Host your own medal ceremony. Have children stand as you play a song and award them with their medal.

Extend the Fun

- + Create medals for everyone and award them as you complete activities.
- + Learn more about athletes from around the world.

BLINK AT HOME

COLOR BASKETBALL

How can I sort quickly by color?

Skills to Develop

- + Color identification
- + Color matching
- + Gross motor skills

Materials

- + Found items of various colors
- + Empty containers for each color
- + Paper
- + Markers
- + Timer (optional)

WHAT TO DO

Prepare Before the Activity

1. Gather items of various colors from around your house. Place all items into a single container.
2. Label each empty container with a color name written in that color marker.
3. Place the container with items in the center of the play area. Place the labeled baskets on opposite sides of the play area.

During the Learning Activity

1. Discuss the rules of color basketball. Players will take one item at a time out of the container in the middle of the room and sort it into the matching basket.
2. **To play as a cooperative game:** Time how long it takes everyone to sort all the items and compete against the group's time to see how fast you can go.
3. **To play as a competitive game:** Divide color baskets between teams. Compete to see who can sort all of their assigned colors first.

Extend the Fun

- + Create variations of the rules where you hop, crabwalk, or walk toe-to-heel to reach the basket.

BLINK AT HOME

RHYTHMIC GYMNASTICS

How can I move my body in different ways?

Skills to Develop

- + Gross motor skills
- + Verbal communication
- + Counting

Materials

- + Masking tape
- + Challenge dots [PDF]
- + Timer (optional)

WHAT TO DO

Prepare Before the Activity

1. Print the challenge dots [PDF] or create your own with construction paper and markers.
2. Cut out the challenge dots.
3. Tape dots on the ground at various intervals to create a path.
4. Connect the dots using masking tape to make a clear path.

During the Learning Activity

1. Discuss the rules of rhythmic gymnastics. Players will begin at the starting line and progress through the course. They will stop at each dot and do what the dot says before they can move to the next dot.
2. Challenge players to add their own extra flourishes or perform 'synchronized' events where multiple people follow the path at the same time.

Extend the Fun

- + Create variations of the rules where you hop, crabwalk, or walk toe-to-heel to reach the next dot.
- + Race your best time.

BLINK AT HOME

CANOE SLALOM

How can I balance something and walk?

Skills to Develop

- + Gross motor skills
- + Counting

Materials

- + Large spoons
- + Plastic eggs or balls
- + Course markers
- + Paper
- + Marker
- + Timer (optional)

WHAT TO DO

Prepare Before the Activity

1. Create gate markers by writing the numbers 1-10 on pieces of paper.
2. Set up the course using your course markers. These will make the slalom 'gates' for players to weave through. Label the gates 1-10 with the gate markers.

During the Learning Activity

1. Discuss the rules of canoe slalom. Players balance the plastic egg or ball in their spoon. They must then weave through the gates of the course in number order until they reach the finish line. If they drop their egg, they must put it back on their spoon before they can move forward.
2. **To play cooperatively:** Play the course as a relay where each person hands the egg to the next person. Race against your collective time.
3. **To play competitively:** Race against each other to see who can complete the course the fastest. Difficulty can be adjusted by using different sized spoons for different ability levels.

Extend the Fun

- + Create canoes out of cardboard boxes and wear them while completing the course.
- + Complete the course while moving in different ways.

BLINK AT HOME

TORCH WALK

How can I balance as I walk in different ways?

Skills to Develop

- + Gross motor skills
- + Balance

Materials

- + Pillows
- + Masking tape
- + Aluminum foil
- + Colored paper
- + Tape

WHAT TO DO

Prepare Before the Activity

1. Create an Olympic torch. Roll a piece of paper into a cone shape and tape it. Shape the aluminum foil around the cone. Use the colored paper to create flames.
2. Set up your torch walk course. Use pillows to make an uneven surface for walking. Masking tape can mark areas of walking heel to toe or hopping with feet together. You can also incorporate other environmental obstacles, such as edging on the playground or hills in your yard.

During the Learning Activity

1. Discuss the lighting of the Olympic cauldron. Explain that during the opening ceremony, people work together to bring a lit torch from Olympia, Greece to the site of the Olympic games. Consider finding Olympia and your city on a map.
2. Explain the rules of the torch walk. Players must carry their torch through the various balance obstacles until they reach the Olympic cauldron at the finish.

Extend the Fun

- + Complete the torch walk as a relay event.
- + Host an opening ceremony that showcases your talent.
- + Watch highlights of past torch relays online.

BLINK AT HOME

LONG JUMP HIGH JUMP

How can I jump up? How can I jump forward?

Skills to Develop

- + Gross motor skills
- + Number identification
- + Counting

Materials

- + Masking tape
- + Tape measure or yardstick

WHAT TO DO

Prepare Before the Activity

1. Mark a starting line and 2 inch intervals on your long jump course using masking tape.
2. Mark 2 inch intervals on your high jump course. The inside of a door frame or up a wall is a good place for this.

During the Learning Activity

1. Explain the rules of the long jump. Players stand on the start line with feet together. They then jump as far as they can and place a piece of masking tape to mark where they land. Then, measure the distance. Try to beat your own score.
2. Explain the rules of the high jump. Players stand with feet together next to the High Jump course. They then jump as high as they can. Another player watches from a safe distance and uses masking tape to mark how high the player's feet got off the ground. Then, measure the distance and try to beat your own score.
3. As you compete in this event, discuss if your measured distance is larger or smaller than distances from other jumps.

Extend the Fun

- + Can you jump further if you take a running start?
- + Jump three times. Add together how far/high you jumped for a total jumping distance.

BLINK AT HOME

JAVELIN THROW

How can I throw objects where I want them to go?

Skills to Develop

- + Gross motor skills
- + Balance
- + Counting

Materials

- + Soft balls or beanbags
- + Masking tape

WHAT TO DO

Prepare Before the Activity

1. Mark a starting line out of masking tape.
2. Mark large Xs on the ground in various places using the masking tape.

During the Learning Activity

1. Explain the rules of the Javelin Throw. Stand on the starting line and throw the ball. Try and get the ball to land on the X.
2. **To play cooperatively:** Each player throws the ball and marks where it lands with a small piece of tape. Points are earned for landing on the X. The game is won when players collectively earn ten points.
3. **To play competitively:** Players throw the ball three times per turn, gaining a point for each time the ball lands on the X. Players compete against each other to win ten points before other players.

Extend the Fun

- + Throw the ball in different ways; feet together, feet apart, using different hands. Which way lets you control where it lands the best?

BLINK: BALANCE OLYMPICS

Medal template: Print, cut, and create



BLINK: BALANCE OLYMPICS

Challenge dots: Print, cut, and use



1

**Stand on one foot while you
count to 10**

Switch feet and try it again

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



2

Spin in a circle 3 times

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



3

**Touch your toes, then reach
to the sky 5 times**

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



4

Skip to the next dot

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



5

Jump in place 5 times

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



6

**Show off your best
dance move**

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



7

**Sneak on tip toes
to the next dot.**

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



8

**Hop on one foot
10 times**

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



9

**Walk heel to toe
to reach the next dot**

BLINK: BALANCE

OLYMPICS

Challenge dots: Print, cut, and use



10

You did it!

Take a bow