



# Gymnastic Olympic Games

- **Purpose of Activity:** The purpose of this game is to teach students how to follow rules and work together in order to accomplish a goal.
- **Standard:** The student will demonstrate competency in motor skills and movement patterns in order to perform a variety of physical activities.
- **Objective:** Students will apply movement concepts such as body and space awareness and movement while utilizing a variety of locomotor and body management skills.
- **Suggested Grade Level:** K-2
- **Materials Needed:** Adventure Series Equipment and one ball for each student.

## Assessment Ideas:

- The teacher will assess all students on their performance of each event, making sure they are using proper form and safety throughout the class.

## Adaptations for Students with Disabilities:

- Students with disabilities can perform alternative gymnastic movements and adapt the rules to their ability levels.

## Game Overview

1. Warm Up: The teacher will lead the students in a warm-up activity followed by a light stretch before the activity begins.
2. The teacher will assign each student to a group. Each group will be assigned a station on the Adventure Series equipment, with a corresponding Olympic game to play. The teacher will designate a gymnastic event for each group of students.
3. Event One: The Rings. The student will practice holding onto the Sky Arch and swinging from side to side.
4. Event Two: The Balancing Rope. Students will practice maintaining balance as they go back and forth across the Criss Cross.
5. Event Three: The Approach. The student will run at a controlled speed between the Crater Ladder and the Vertical Wave.
6. Event Four: The Exchanging Ring Cross. The student will climb back and forth across the Sky Link.
7. Event Five: Balance Beam. The student will practice walking back and forth across the Tight Rope.
8. Event Six: Climb and Scale. The student will climb over both sides of the Crater Arch.
9. Event Eight: Warp Tour. The student will practice climbing across the Warp.

Closure: Have the students identify several body movements that are used in gymnastics. Explain why balance and rhythm are important for a good gymnastic routine.

See included CD for  
electronic version.

