



Australian Olympic Committee's OLYMPIC DAY GUIDE



OLYMPIC DAY
23 JUNE



Move / Learn / Discover

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What is Olympic Day?

Olympic Day is an international celebration developed to promote healthy and active lifestyles. Schools from all over the world get active and celebrate the Olympic Movement either on the day, 23 June, or during that week. Your school can celebrate Olympic Day with the whole school or just a class. It can be for a full day or just an hour. The aim is to encourage students and teachers to have fun and enjoy being active.

For schools, it is an opportunity to highlight the education themes of Olympism: the joy of effort, fair play, respect for others, pursuit of excellence and balance between body, will and mind. Olympic Day encourages students to demonstrate these themes through participation in physical activities.

We encourage schools to award Olympic Day Certificates to students demonstrating the Australian Olympic Team Values of Attitude, Sportsmanship, Pride, Individual Responsibility, Respect and Express Yourself. Olympic Day is based on the three pillars of "Move", "Learn", and "Discover". We have also added "Invite" and "Share" pillars to encourage schools to involve their local community in their event and share the day with students in Australia and Internationally.

Share your Olympic Day activities with the Australian Olympic Team at education@olympics.com.au



Curriculum Links

HPE

Focus areas for year levels include:

Year 1 – 2

- Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)
- Describe ways to include others to make them feel they belong (ACPPS019)
- Explore actions that help make the classroom a healthy, safe and active place (ACPPS022)
- Perform fundamental movement skills in a variety of movement sequences and situations (ACPMP025)
- Create and participate in games with and without equipment (ACPMP027)
- Use strategies to work in group situations when participating in physical activities (ACPMP030)
- Identify rules and fair play when participating in physical activities (ACPMP032)

Year 3 – 4

- Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)
- Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040)
- Participate in outdoor games and activities to examine how participation promotes a connection between the community, natural and built environments, and health and wellbeing (ACPPS041)
- Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)
- Practise and apply movement concepts and strategies with and without equipment (ACPMP045)
- Adopt inclusive practices when participating in physical activities (ACPMP048)
- Apply basic rules and scoring systems, and demonstrate fair play when participating in physical activities (ACPMP050)

Year 5 – 6

- Plan and practise strategies to promote health, safety and wellbeing (ACPPS054)
- Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and built environments (ACPPS059)
- Practise specialised movement skills and apply them in a variety of movement sequences and situations (ACPMP061)
- Propose and apply movement concepts and strategies with and without equipment (ACPMP063)
- Participate in physical activities from their own and others' cultures, and examine how involvement creates community connections and intercultural understanding (ACPMP066)
- Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities (ACPMP067)
- Demonstrate ethical behaviour and fair play that aligns with rules when participating in a range of physical activities (ACPMP069)

Move

This pillar encourages people to get active on Olympic Day. “Move” can refer to all sorts of physical activities for people of all ages and abilities from Olympic Day Fun-Runs to individual and team sports.

Create a mini Olympics for your school community. Olympic Day is a great way to celebrate your unique community. Include games that all of your school can enjoy.

Outdoor games

- [Hopscotch](#)
- [Elastics](#)

Indoor Games

- [Indoor Bowls](#)
- [Volley Balloon](#)
- [Musical Statues](#)
- [Duck, duck goose](#)

Novelty Games

- Target Games - Throw the thong in the Esky
- Throwing Games – Throw the boomerang (stick)
- Running Games – Three legged race, egg and spoon, sack races

Traditional Indigenous Games

Multicultural games

- [Games from Africa, Europe, South America and Asia Pacific](#)

Modified Games

- [Canadian Olympic Day Resource](#) – this resource has modified games for summer and winter sports

Olympic Games Lesson Plans

The Australian Olympic Committee has put together a comprehensive set of lesson plans to teach students of Australia about the Olympic Games including:

- Opening and Closing Ceremony
- Awards Ceremony
- Artistic or cultural display
- Lighting the Olympic Flame
- Parade of Nations (classes)
- Adopt a country then create a cheer for them

There are many activities and ideas on the [Australian Olympic education website](#) and full links to the lesson can be found on the next page.

Olympic Games Lesson Plans

<p><u>Lesson 1 – Olympic spirit</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Olympic history • Ancient Olympic Games • Modern Olympic Games • Olympic values • Australian Olympians. 	<p><u>Lesson 2 – Olympic symbols</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Olympic rings • Olympic flag • Olympic flame • Olympic motto • Olympic mascots • Olympic medals
<p><u>Lesson 3 – Olympic ceremonies</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Olympic Opening Ceremony • Olympic protocols • Olympic Closing Ceremony • Medal ceremony • Entertainment • Other artistic expression. 	<p><u>Lesson 4 – Olympic sports</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Identifying summer Olympic sports • Identifying winter Olympic sports • Selecting Olympic sports appropriate for your Olympic Day • Rules and game play of Olympic sports appropriate for Olympic Day • Equipment, venue and other appropriate resources • Safety and risk management.
<p><u>Lesson 5 – Olympic countries</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Olympic countries • Physical and human features • Flags • International food and customs • Clothing and uniforms • Organising teams appropriate for Olympic Day 	<p><u>Lesson 6 – Roles and responsibilities</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Roles and responsibilities for organising and implementing Olympic Day • Tasks for Olympic Day • Community contribution • Volunteers • Judges and referees • Athletes • Guest speakers.
<p><u>Lesson 7 – Timing and tasks</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Schedule and timetable • Checklist of things-to-do • Scoring and record keeping • Equipment • Rounds and formats • Naming teams • Venues. 	<p><u>Lesson 8 – Promoting the spirit</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Promotion and marketing (posters, media release etc) • Designing awards and prizes • a.s.p.i.r.e. awards • Communicating with other schools and community.
<p><u>Lesson 9 – Gameplay</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Rules, equipment and game play of sports selected for Olympic Day • Practical skills development • Safety guidelines. 	<p><u>Lesson 10 – Olympic Day schedules</u></p> <p>This lesson features learning activities related to:</p> <ul style="list-style-type: none"> • Olympic Day schedule • Opening Ceremony schedule • Competition schedule • Roles and responsibilities for organising and implementing Olympic Day • Evaluation/survey • Student/teacher reflection.

Event Management

If you are holding a whole school event, students can plan the day to include the following:

- Welcome to Country
- Checklists
- Marketing
- Schedules
- First Aid
- Volunteers and parents
- Thank you letters/emails

Learn

Olympic Day is a great opportunity to learn about the Olympic values; excellence, friendship and respect, and look at the contribution of sport to global social issues that can affect your community, such as education, health promotion, HIV prevention, womens' and girls' empowerment, environmental protection, peace building and local community development. Being a responsible citizen is also part of the Olympic philosophy.

The Australian Olympic Committee have developed a resources for the Rio 2016 Olympic Games – many of them could be used throughout the year, not just during the Games. If your class would like to learn more about the Olympic Values, activities can be found at education.olympics.com.au. These can be modified to suit your class or whole school activities

- [Lower Primary Activity 12 – Olympic Values](#)
- [Middle Primary Activity 12 – Olympic Values](#)
- [Middle Primary Activity 13 – Olympic Values](#)
- [Upper Primary Activity 14 – Olympic Values](#)

Discover

This pillar is about people trying new sports and activities that they have never done before. This is done in a number of ways, for example, by inviting Olympians to do a demonstration of their sport, or a workshop in which participants can try the sport under an athlete's guidance, or creating a new game for their school.

- Play a new sport or game.
- Invite a local sporting organisation to come to your school to demonstrate a new sport.

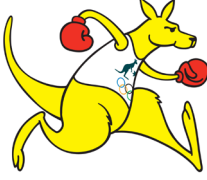
Or, for the more adventurous students....

- Challenge the students to create a new sport or game using a number of items from your sports equipment cupboard.
- Use our new game challenge to set the task.

Invite

Is there a local Olympian or sports star that you can invite to your Olympic Day? Write a letter or email to them asking if they attend and perhaps give them a job to do, like open the day, present certificates, run an event or lead the cheer squad! Send your letters to education@olympics.com.au

Students can research one of their favourite Olympic athletes and add their favourite to the table below.

Sport Pictogram	Sport	Athlete
	Athletics	Eloise Wellings

Share

The Australian Olympic Team is also interested in hearing about your plans. Send an email or video to the Australian Olympic Committee and they will forward it onto the team.

Olympic Day is a great way to share your ideas and celebrate within your school community but also beyond. Use Google connected classrooms, Skype in the classroom to do a video conference with another Australian school or even overseas.

- Share your activities with the Australian Olympic Team at education@olympics.com.au
- Use Google connected classrooms, Skype in the classroom to do a video conference with another Australian school or even overseas.

Our New Game Challenge

Names of people in our group:

The Challenge

- Create a game using the items listed in the equipment list.
- The game must encourage physical activity and movement.
- The game must incorporate at least three skills such as running, jumping, hopping, skipping, catching, throwing, hitting/striking, kicking, dodging, or balance.
- Must be safe to play with small or large groups of people.

Aim of our game:

Equipment:

Rules of our game:

Our New Game Challenge

What our game looks like:



Olympic Day Certificates

Olympic Day is about being active and demonstrating the Australian Olympic Team Values – Attitude, Sportsmanship, Pride, Individual Responsibility, Respect and Express Yourself. The A.S.P.I.R.E. Factsheet provides an explanation of each Olympic value.

On Olympic Day we encourage schools to award students with these certificates.



OLYMPIC DAY AT OUR SCHOOL

This certificate for **ATTITUDE** is awarded to

This award recognises a positive attitude to overcoming obstacles to give my best. A positive attitude is a key ingredient to being successful and showing leadership.

Signed by:

Signed by:





OLYMPIC DAY AT OUR SCHOOL

This certificate for **SPORTSMANSHIP** is awarded to

This award recognises participation in sport in a fair and inclusive way to make it full for all

Signed by:

Signed by:





OLYMPIC DAY AT OUR SCHOOL

This certificate for **PRIDE** is awarded to

This award recognises an attitude that makes me strive to be the best I can and be proud of the effort I have put in.

Signed by:

Signed by:





OLYMPIC DAY AT OUR SCHOOL

This certificate for **INDIVIDUAL RESPONSIBILITY** is awarded to

This award recognises that I take responsibility for my performance and am generous in acknowledging the support of others.

Signed by:

Signed by:





OLYMPIC DAY AT OUR SCHOOL

This certificate for **RESPECT** is awarded to

This award recognises that each person has an opinion, and I can express my view with thought and consideration to others.

Signed by:

Signed by:





OLYMPIC DAY AT OUR SCHOOL

This certificate for **EXPRESS YOURSELF** is awarded to

This award recognises that I take responsibility for my performance and am generous in acknowledging the support of others.

Signed by:

Signed by:



A.S.P.I.R.E. Factsheet

Sport can reflect human endeavor and human spirit at its best. For sport to be inspirational, sportsmen and women need to respect a set of values.

Attitude

A My positive attitude is essential in overcoming obstacles to help me improve and give of my best. My positive attitude is a key ingredient to success and leadership.

Sportsmanship

S I recognise that sport is greater than the individual; that cheating reduces the stature of sport and all who love it; that class, race and creed are never factors in the attitude of true sports people and those who respect the virtues and values of sport.

Pride

P Pride drives me when the temptation is to settle for something less. I am proud to have been chosen to represent our country.

Individual Responsibility

I I alone am responsible for my performance but I will be generous in acknowledging the support of others.

Respect

R I respect sport, the efforts of my competitors, my team mates and officials. I respect Australia and its indigenous heritage. I respect our nation's Olympic past and the spirit of Olympism.

Express Yourself

E I have an opinion and will express my view with thought and consideration to others. In showing my emotions I do so with individuality and, where possible, good humour and humility.

Together we aspire to achieve our highest level of performance and conduct thus providing the finest expression of Olympism.