

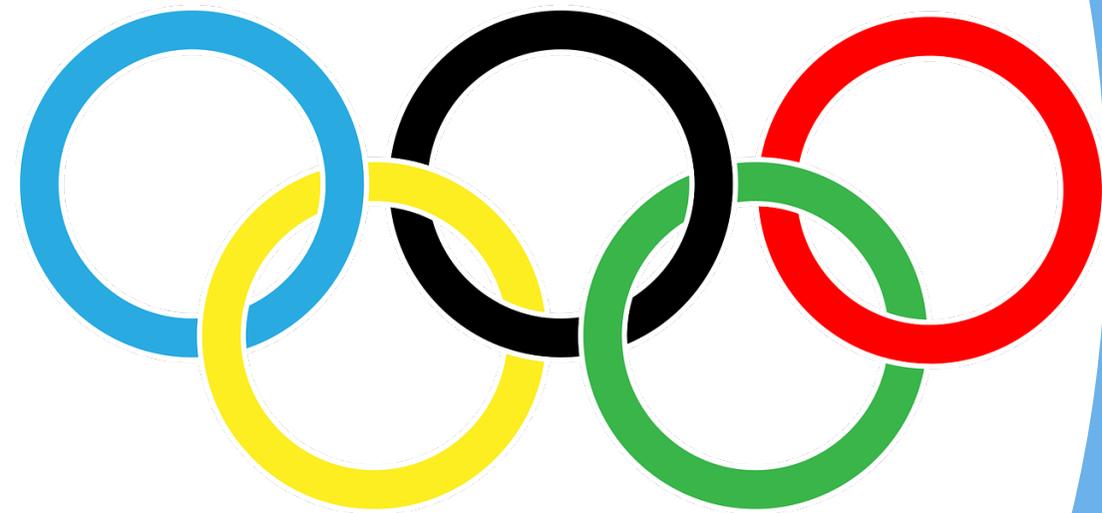


# Playgroup SA

## *Playgroup Weekly Session Planner*

*Olympic Games*

[www.playgroupsa.com.au](http://www.playgroupsa.com.au)



# CRAFT ACTIVITY

The first Games, known as the Ancient Games, were held in Olympia, Greece from 776BC until 393AD. The new style of Games, now known as The Olympic Games, began in Athens, Greece in 1896. This year, the Summer Olympics will be held in Tokyo, Japan and due to Covid-19, the Games were postponed in 2020.

**Craft activity:** Olympic Ring prints

**Children will need:** Card, Paint (black, red, blue, white and green), paper plates, large paper cups.

**Instructions:** Place the paint on a paper plate (1 plate per colour). Dip the rim of the cup into the paint and press onto your card. See if you can place the colours in the correct order.

## Extension ideas:

Can you fill your page with colourful Olympic circles? With the help of an adult, find out what countries participate in the Olympic Games, what events are held, and where the Olympic Games have been held. Olympic Rings can also be made using coloured dot markers.

**Fact:** There are both Summer and Winter Olympic Games, with either of these being held every 2 years. The colours of the rings represent a colour from every participating country's flag.



**Learning Outcome 2:** Children are connected with and contribute to their world.



# OUTDOOR ACTIVITY

## Mini Olympic Games

Set up activities such as running race, hopscotch, ring toss and bean bag toss, egg and spoon race, balloon tennis (using balloons and fly swats). Children can participate in these throughout the session.

# SENSORY ACTIVITY

## Snow Tray

**You will need:** Tray, Shaving Foam, Bi-Carb Soda, food colouring.

**Instructions:** Mix the Bi-Carb Soda and shaving foam in a tray. Children can mix together to form “snow”. Add food colouring with the same colours as the Olympic rings. See what happens.

# GROUP TIME IDEAS

Move like an Olympian – Children can practice moves such as pirouette, somersault, balancing beam (walking on a taped or chalk-drawn line), jumping, skiing, fast walking, etc



# BOOK SUGGESTION

Panda goes to the Olympics by Judith Simanovszky

Dream Big, Little Pig by Kristi Yamaguchi





# Advance Australia Fair

Australians all let us rejoice  
For we are young and free  
We've golden soil and wealth for toil,  
Our home is girt by sea  
Our land abounds in nature's gifts  
Of beauty, rich and rare  
In history's page let every stage  
Advance Australia fair,  
In joyful strains then let us sing  
"Advance Australia fair!"

Beneath our radiant Southern Cross,  
We'll toil with hearts and hands,  
To make this Commonwealth of ours  
Renowned of all the lands,  
For those who've across the seas  
We've boundless plains to share,  
With courage let us all combine  
To advance Australia fair,  
In joyful strains then let us sing,  
"Advance Australia fair!"