4-H Winter Olympics (25 minutes)

Items needed for this activity:
• Olympic Torch Relay Activity
  - 1 paper towel tube - 1 each team
  - Tissue paper (red, yellow, orange) - 1 each team
  - Signs to identify the 6 stations
• Popcorn Figure Skating
  - 2 plastic or paper cups for each participant
  - 2 thick rubber bands for each participant (must go around the persons shoe)
  - 2 paper clips for each participant
  - 1 large bag of popcorn for each “team”
  - 1 box or large bowl for each “team”

Background information for presenter:
The Olympic Creed states, “The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered, but to have fought well.”

The first Olympic Games were held in the year 776 BC, or over 2700 years ago. During that first Olympic competition, there was only one event – a sprint allowing only male competitors. The Olympic Games, held every four years, were eventually modified to involve both male and female competitors. They were also expanded to include both summer and winter events.

Step 1: Information to share with club members (5 minutes)
Who can tell me how often the Winter Olympic Games are held? (Every four years.) When the Olympic Games were first started, they were only a summer event. Who can tell me which year the first “Winter” Olympic Games were held? (The 1924 Olympics were held in the French Alps, 60 miles northeast of Grenoble.)

There are many exciting things about the Olympic Games, one of them being the lighting of the Olympic flame to officially open the games. The tradition started when a flame was lit for the first Olympic Games. During the Olympics, the flame burns throughout the games, then is extinguished during the closing ceremony. For each new Olympics, a new flame is started in the ancient Olympic stadium in Greece. This flame begins its Olympic Torch Relay by touring Greece. The flame is then taken to the country where the games will be held. The flame is typically carried around the country where the games are to be held, using a series of torches carried by people running, walking, etc. The last runner uses a torch to light the large Olympic torch, which burns throughout the games. During the Get Up & Move activities this month, there are several options to do things in some way related to the Olympic Games. So…let the games begin!

Step 2: Group Activity (10 minutes)
Olympic Torch Relay Activity – The Olympic motto is, “Citius, Altius, Fortius,” which means “Swifter, Higher, Stronger.” These fit with our goals for Get Up & Move to promote better physical fitness. In an effort to help all of you be swifter, go higher, and be stronger, we are holding our first Olympic Torch Relay. (Olympic Torches can either be made by the teams, or can be made prior to the activity. Each team needs one
Torch. Attach the tissue paper to the top of the paper towel tube to look like flames.)

In this relay, we will be incorporating many of the moves that our Olympians use as they compete in their events.

There are six different stations. Each member of your Olympic team will take a turn running the torch. As they run the Olympic Course, they will stop at each station and perform the Olympic movement associated with one of the Winter Olympic Events. After they have completed the movement at that station, they pick up their torch and run on to the next station. NOTE – all participants must be careful not to get in the way of other teams as they complete station movements.

Once they have completed all of the stations, participants return to their Olympic team and pass the torch to the next team member, who then repeats the course. The first team to finish the Olympic course wins the gold!

The Olympic Stations and the required movements are:
- Speed Skating – 10 repetitions of speed skating arm swinging.
- Figure Skating – 5 figure skating spins
- Curling – 10 repetitions of ice sweeping.
- Freestyle Skiing – 10 repetitions of hopping side to side as if jumping moguls.
- Ski Jumping – 2 ski jump push offs that incorporate bending your knees and jumping forward with long sweeping arm swings
- Cross Country – moving in a circle, take 8 long cross country gliding steps.

Step 3: Group Activity (10 minutes)
Popcorn “Figure Skating” – Fancy footwork is required in Olympic figure skating. Today you are going to have to use some fancy footwork as you work with your team to move your team’s popcorn from Box 1 to Box 2.

Directions – divide the participants into equal teams. Teams can consist of anywhere from 6-10 members. Each team member will need a pair or “Fancy Footwork Shoes.” These are made using plastic or paper cups (1 pair for each participant), a thick rubber band, and a paper clip. The “shoes” can be made ahead of time by using a push pin or small nail to poke a hole in the center of each cup bottom. Push one end of a thick rubber band through the hole and into the cup. Then, slip a paper clip on the end of the rubber band, inside the cup, and gently pull the other end until the clip rests on the bottom of the cup. The rubber band, worn around the ball of the foot, holds the cup in place on top of the team member’s shoe.

Once you have the participants divided into teams, distribute their “Fancy Footwork Shoes.” Team members should slip their shoes on. Place a large box (or bowl) approximately five yards beyond the starting point for each team. Just before the Popcorn Figure Skating starts, give each team a large bag of popcorn - it should be enough popcorn to fill all of the “shoes” at least once. Instruct the participants that this is a Figure Skating relay. Each team member will be required to “skate” from the start line to their box, empty the popcorn from their cups into the box, then skate back to their line, touch the hand of the next “skater,” and then go to the end of their line. If there is still popcorn left in their team bag, refill the skaters’ cups until all of the popcorn is gone. NOTE – there are several required elements that must be included in each skater’s performance. While moving toward the box to empty their popcorn, each skater must do one basic spin (being careful not to dump their popcorn as they turn) and one basic jump (or in this case hop, again being careful not to dump their popcorn).

When everyone is ready, BEGIN! The Figure Skating Relay continues until all popcorn has been transferred to the box. Then, the popcorn in each box is measured with a ruler, or by cupfuls and the team with the most is declared the winner.

Get Up & Move!