

BE YOUR GREATEST VIRTUAL CLASSROOM



OFFICIAL PARTNER



Fun Fact



Opening ceremony at the Panathinaiko stadium, Greece, 1896.

Picture source: Public Domain, <https://commons.wikimedia.org/w/index.php?curid=219762>

Did you know ...

The first Olympic Games was held in Greece around 800BC!

The first Modern Olympic Games, transforming into what we recognise as the Olympics now, was held in 1896!



History of Sport: Mini Challenge



1

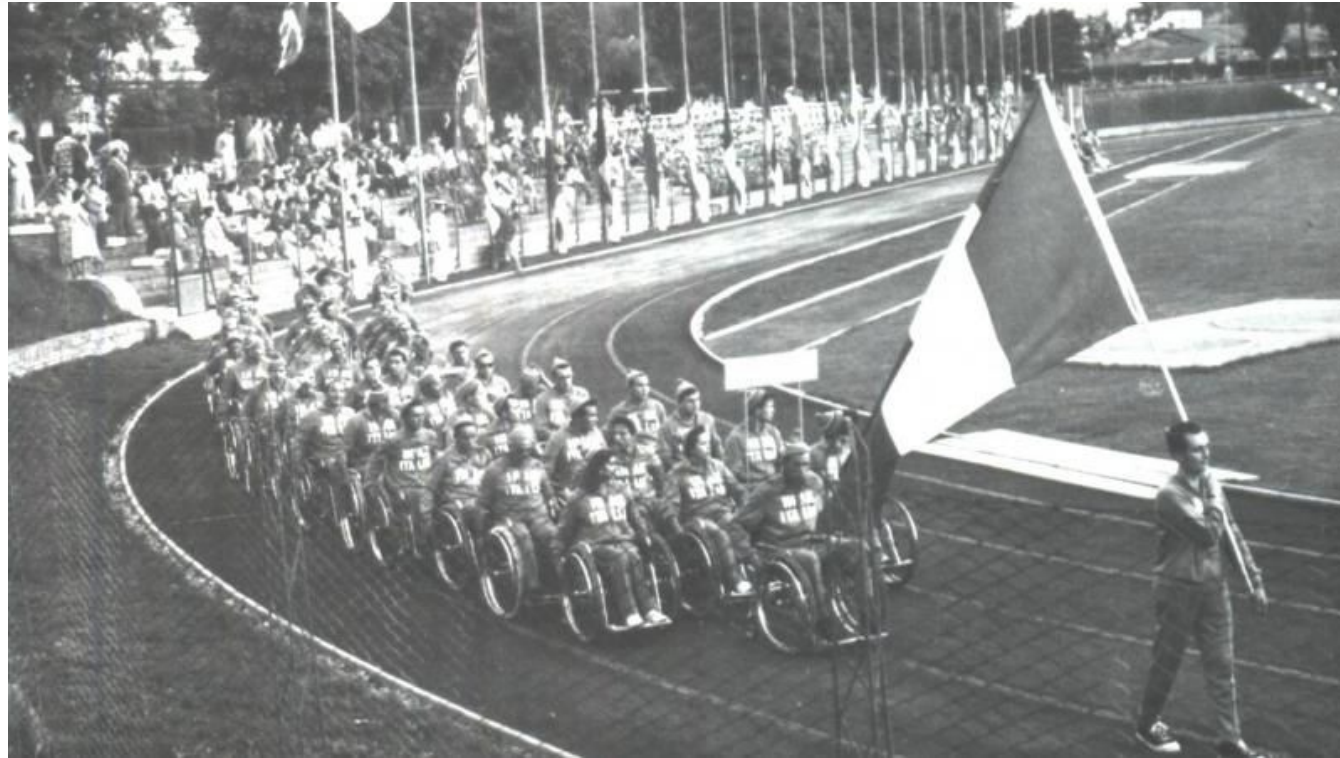


Research the history of the Paralympics or Olympics and use digital technology like Shadow Puppets EDU or Adobe Spark Video to create an information video about it.

Publish your video publicly to educate others.



Fun Fact



Opening ceremony of the Rome 1960 Paralympic Games.

Picture source: <https://www.paralympic.org/rome-1960>

Did you know ...

The first official Paralympic Games was held in Rome in 1960.

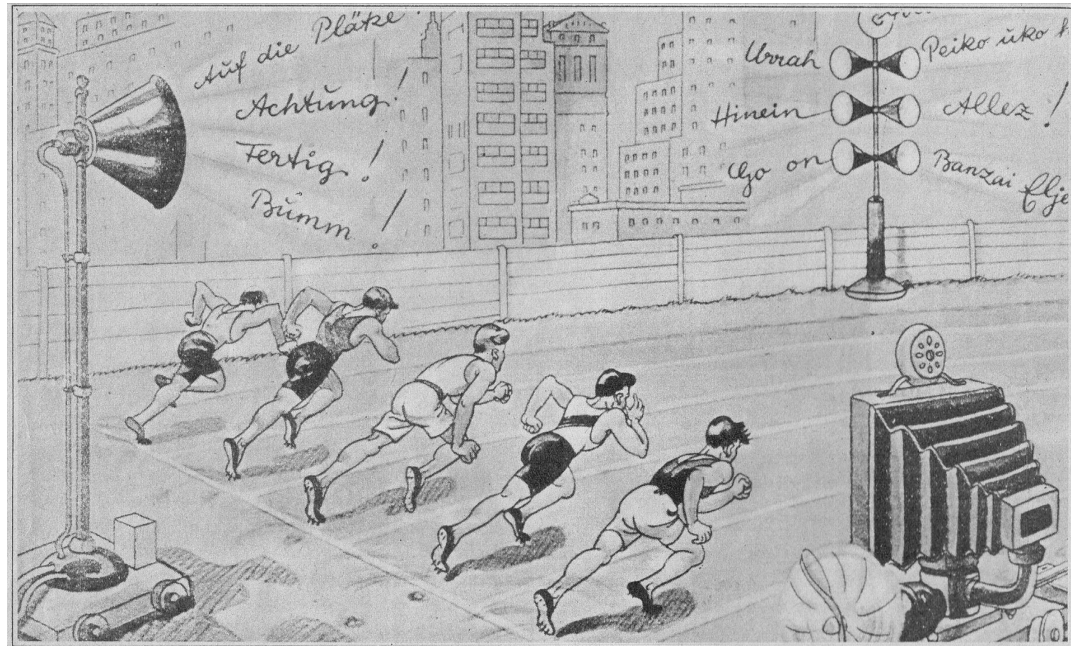
Before this, athletes with disabilities could compete in the Olympic games but a competition called the International Wheelchair Games was held in 1948 for war veterans



Into the Future: Mini Challenge



1



This cartoon from 1936 imagined what the Olympic Games might look like in the year 2000, with all spectators replaced by television and radio! Consider how the Paralympic and Olympic Games might look in the year 2100. What things will have changed? What might stay the same? Why do you think this is?



Fun Fact



Mental health Q&A
from Aus Olympic Team

Olympian Opportunities

LOOKING AFTER YOUR MENTAL HEALTH
Q&A with Dr. Caroline Anderson
and Matt Butterworth

19:02

vimeo

A video player thumbnail with a dark teal background. It features a play button icon, a progress bar showing 19:02, and the Vimeo logo. The text on the thumbnail includes "Mental health Q&A from Aus Olympic Team", "Olympian Opportunities" logo, and "LOOKING AFTER YOUR MENTAL HEALTH Q&A with Dr. Caroline Anderson and Matt Butterworth".

Did you know ...

In 2020, the Australian Olympic Committee released a series of webinars designed to support athlete wellbeing!

MINI CHALLENGE

Use Garageband to write and publish your own podcast episode about wellbeing at school!



Wellbeing: Mini Challenges



1

Cook up a bowl of slime or playdough together and make it look/feel/smell more interesting by putting in some extra ingredients! Talk about what you experience as you play with it.



2

Put on some classical music while you paint and let the melody guide your brush. What sort of pictures do you make? How do your pictures change with different types of music?



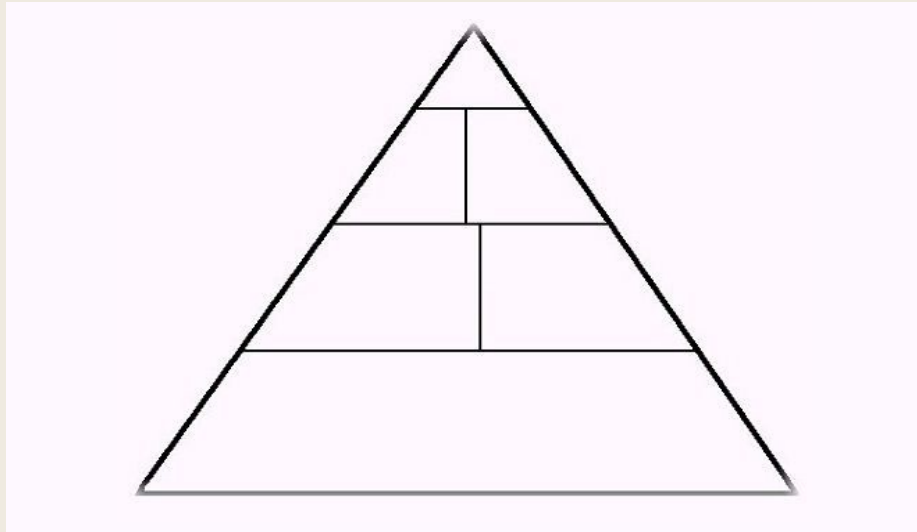


Staying Healthy: Mini Challenges



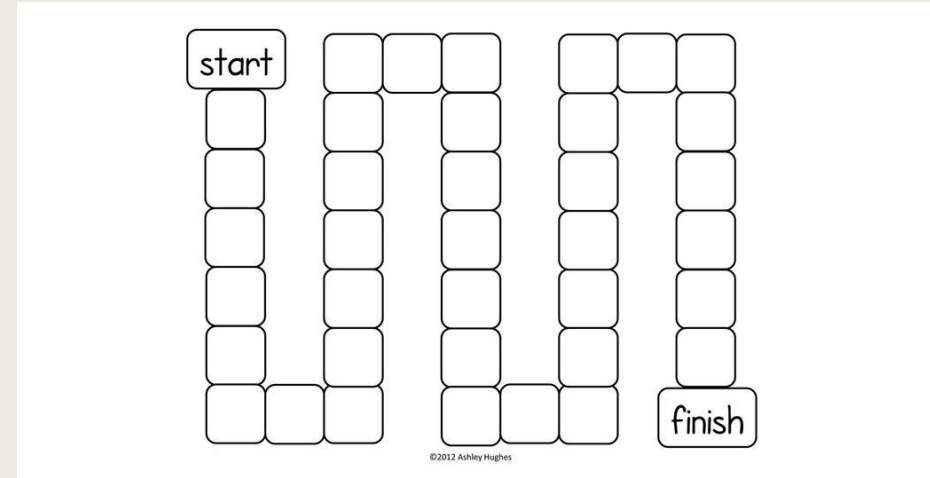
1

Make a Food Pyramid display in your school to teach other classes about how to build a healthy diet.



2

Create a board game to teach other students about how to stay healthy! Include challenge cards about a balanced diet and regular exercise.





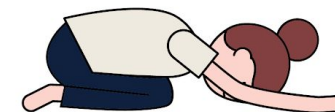
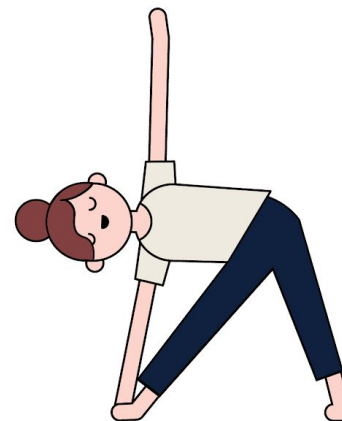
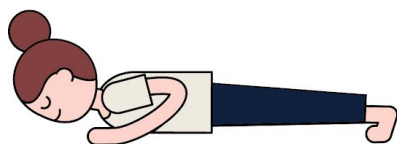
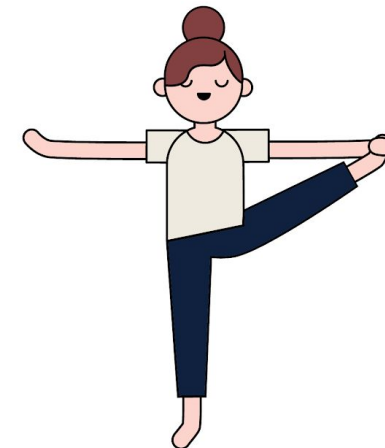
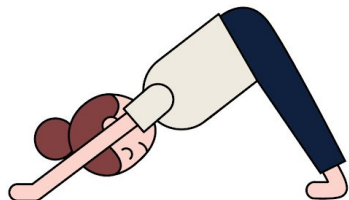
Exercise: Mini Challenge



1

Try out these stretches. Where can you feel them?

Create a How-To video with some stretches for different parts of your body.





Classroom Challenge!



Create a weekly workout plan for an athlete to help them prepare for the 2021 Olympics! Include:

- **Warm ups and stretches**
- **An activity to get their heart racing (Cardio)**
- **An activity to build up their muscles (Strength)**
- **An activity to improve their skills**
- **A mindfulness activity to do everyday**

DAY	Warm up	Cardio	Strength	Mindfulness
Monday	<i>30 sec toe touch</i>	<i>5km bike ride</i>		<i>Paint to classical music</i>
Tuesday	<i>Cat/Cow stretches for 30 sec</i>		<i>10 squats 10 push ups</i>	<i>Lay outside and watch the clouds</i>