

How to develop children's physical skills with a nursery Olympics

Why not get your setting involved with your very own Olympics whilst developing key skills?

Learning aims

- Understand what the Olympics games are
- Gain awareness of all the different countries involved and the different sports
- Provide an opportunity to try out some of the sports, keep fit and active
- Understand the benefit of sport for our bodies and our mind
- Support children's physical development and mental health and well-being.



Resources

- Facts/figures/posters about the Olympics
- Art material to make flags, medals, torches, Olympic rings
- Sports equipment to try out some of the sports including footballs, basketballs, volleyball, bats, nets, bikes, beanbags, rugby, skateboards, balancing equipment, water pistols, golf clubs and hockey sticks
- Camera.

Activity outline

1. Introduce the Olympics to the children by explaining what it is, talking about all the different countries involved and exploring all the different sports. Having an Olympic countdown is a great way to explore the idea further. Creating some flags with the children and decorating the setting with them involves creativity. You may even consider having an opening ceremony with music for the children to join in with. Get them dancing and learning facts about the hosting city
2. Have a look at the Olympics schedule and plan similar sports in the setting. Involve the children in planning what sports they would like to try. Talk to the children about each activity, how they feel after and what happens to their bodies. Which sport did they enjoy the most/least?
3. For any sports that may be difficult for the children to join in with at the setting, such as equestrian and sailing, use play and resources instead. For example, you could use small world play for the horses, have a boat race in the water tray or use water pistols for target shooting/archery
4. Consider having some team games to support friendly competition. You could tie this in with a sports day at the setting. Consider asking the children to come in something sporty and focus the day around the Olympics theme
5. Talk about the gold, silver and bronze medals, making some of your own and having fun presenting them after each sport
6. Keep a record of the number of medals each country has won, possibly by making a big graph
7. Involve the children in safely researching the medal winners online
8. Hold an end of Olympics celebration/party, talking about all the different sports the children have tried and the new facts they have learnt
9. Take lots of photos and make an Olympics photobook/display.

Extending the activity

- Involve the younger children by adapting some of the sports so they can join in too
- Share information with parents
- Incorporate foods from the different countries involved in your Olympics day.

Special considerations

Remember to risk assess all activities prior to carrying them out.