



True North Olympics (Ages 8-14)

Warm Up: Opening Ceremonies

Equipment: Markers, construction paper, glue, tape, clothing that can be modified (cut, ripped, drawn on, etc).

Description: Have your child choose a country and create that country's flag and uniform by using any arts and craft supplies you have around the house. This can be used as somewhat of a geography lesson and you can ask your child to research the country of their choice, maybe have them come up with 10 facts about that country. If you really want them to go all out you can have them create an olympic torch and mascot. Ideas for olympic crafts can be found [here](#).

Have your child walk around your house (inside or out) reenacting the opening ceremonies. We encourage playing each country's national anthem during the ceremony.

Activity: Olympic Events




Equipment: Stop watch or timer, measuring tape, frisbee and a hockey stick or broom stick.

Description: All these events can be measured based on placement (first, second, third, etc) or time/distance. Each event can be run for multiple rounds or heats. The events below are just suggestions, you can add or remove events as you please:

50 Metre Dash: Find an area outside that is roughly 50 metres long, setup a start and finish line. On go have your child(ren) race to either see who wins or to see what their fastest time is.

Long Jump: Designate an area inside or outside for you child(ren) to perform a standing long jump, have them perform the jump 3 times and measure their furthest jump as their score. Be sure to measure from the body part that touches closest to the start line.


Discus Throw: For this event have your child(ren) see how far they can throw a frisbee, establish an area that is considered inbounds and anything outside of this area is considered out of bounds. Have your child(ren) perform 3 throws and measure their furthest throw.



Javelin Throw: For this event see how far you child(ren) can throw a hockey stick or broom stick, similar to the discus throw designate what is inbounds and what is out of bounds (feel free to use the same area). Have your child(ren) perform 3 throws and measure their furthest throw as their score.

Marathon: For this event designate a distance for your child to run (i.e. around the block, etc). The distance should be quite a bit further than the 50m dash as the objective is to mimic endurance running.

Cool Down: Closing Ceremonies



Description: Have your child(ren) create medals to be handed out at the end of the olympics. Give out medals for each event (gold, silver and bronze) tally the medal totals and see who the winner was. Have the winning country's national anthem played while they stand on the podium. Relating back to the opening ceremonies have each child present the 10 facts about their country.

