



OLYMPIC TORCH RELAY

Materials: paper tubes (1 long or 2 short—taped or stapled together), ribbon pieces, permanent marker, tissue paper

Assembly:

1. On the end of each ribbon, write a movement activity (see the ideas below).
2. After you have made your ribbons, stuff them into the empty tube and leave about 2" of the blank ends hanging out.
3. While holding onto the ribbon ends, stuff tissue in the middle to make the "flames."

Relay Movement Activity Ideas:

- Hopping on one foot
- Walking backwards
- Walking on tiptoes
- Walking on heels
- Skipping
- Marching
- Crab walking
- Two-foot jumping
- Side stepping
- Running (only if outside or in a gym)
- Galloping (only if outside in a gym)
- *Tip to change it up if time allows/students get a second turn: Throw a strengthening activity in before each movement activity. For instance, have the student complete [certain number] of sit-ups/jumping jacks/push-ups before picking the next ribbon from the torch.



OLYMPIC TORCH RELAY: OPTIONS AND VARIATIONS

LOCATION: In advance, check with your teacher to get location options. Can the gym be reserved? (You may need to change your visit time). Is there an open space outside?

INSIDE OPTION: If this can only be done inside, you can conduct this relay on a smaller scale. Clear a path in the classroom large enough for students to walk to and from a start point and checkpoint. Only choose movement actions that can be done while walking. You may want to get an idea of how this can be done at a visit prior to this one.

LESS MENTORS: Do you have a smaller team today? No problem. You can conduct this activity whole group by not splitting into teams and having students complete each action at the same time in their individual spots for a certain amount of time (e.g. 30 seconds or so). Add challenges by increasing the time, having students do the action with their eyes closed/arms behind their back, etc. *Do not choose movement actions that involve moving to other spaces.

FINISHED EARLY/NOT ENOUGH TIME FOR A SECOND ROUND: Give students the opportunity to sit with their teams and brainstorm ideas for actions if they were to do another relay. Additionally, ask students what kind of sport/action/event they think they would like to participate in if they were to be in the Olympics.