

BALANCE

FROM FUN TO GLORY

FEATURED ATHLETES



ANNIE GUGLIA
SKATEBOARDING



SEAN MCCOLL
SPORT CLIMBING



SCHOOL PROGRAM

We believe in sport being fun.

Canadian Olympic Committee

ICE - BREAKER

Sports charades

Today's Olympic value is fun. Typically, athletes participate in the sports they do because they enjoy doing it. This is no different for Olympic athletes!

Activity Type: Circle Game

Group Size: Large group (of 5 or more)

Age Group: 6-12

Length of Activity: 10 minutes or more, make sure to cut the activity at the peak of enjoyment

Objective: To have fun and learn about participants' favourite Olympic sports/events.

Equipment: none

BEFORE YOU START

1. What makes a sport fun? Ask Participants what sports and activities they find fun and why.
2. Make sure everyone understands how to play.

SET UP

Participants stand in a circle about 2m apart.

How to Play

- One at a time, participants go into the middle of the circle and mime a sport they have never tried before. Once a sport has been used it cannot be used again. If they have trouble thinking of one the instructor can give a prompt.
- Participants not miming try and guess what the sport is by yelling out their guesses. Once the correct sport is guessed a different participant goes in the middle.
- Make sure all participants get a turn!



WARM - UP

Like an olympian

Group Size: Large group (of 5 or more)

Age Group: 6-12

Length of Activity: Spend 10 minutes or more for the warm-up. Cut the activity at the peak of enjoyment.

OBJECTIVE

To have participants attempt a variety of warm-ups performed by Olympic athletes

EQUIPMENT

1 cone, 12 skipping ropes

Warm-Up Like...

A SPORT CLIMBER	A BADMINTON PLAYER	A BOXER
<p>Spread out participants around the space with lots of space between.</p> <p>While standing, the participants lift one arm in the air to their side, and lift their opposite leg to the side in the air. Repeat for both sides 10 times.</p> <p>Participants step back and to the side in a curtsy position and lunge down. Repeat for both sides 10 times.</p>	<p>Set up one cone 15m in front of a start line.</p> <p>Participants face one direction moving sideways, alternating crossing one foot in front and then one foot behind while twisting the trunk, to the cone (Karaoke) Go back facing the same direction.</p>	<p>Spread out participants around the space with lots of space between. Give all participants a skipping rope. Instructor to time activities for 30 seconds each.</p> <p>Skipping rope- participants will jump rope with two feet.</p> <p>If skipping ropes are unavailable: High-knees with punches- participants do high knees on the spot while punching the air in front of them at the same time.</p> <p>Finish with jumping jacks.</p>



SCHOOL PROGRAM

FEATURED Athletes

FROM NEVER GIVING UP TO DREAMS DO COME TRUE TO GLORY

ANNIE GUGLIA

SPORT: SKATEBOARDING

Skateboarding has always been a male-dominated sport, so Annie Guglia decided to become the role model she never had. She founded Skirtboarders, an all-female skateboarding collective designed to inspire young women to pick up the sport and have fun. Although Guglia missed out on qualifying for the Tokyo 2020 Olympic Games, she was added to Team Canada's roster a day before the women's street event as an injury replacement. "Dreams do come true," Guglia wrote on social media, grinning from ear to ear.



Photo by Mark Blinch/COC

FROM PASSION TO FUN TO GLORY

SEAN MCCOLL

SPORT: SPORT CLIMBING

Tokyo 2020 was the first time that Sport Climbing was an Olympic event and North Vancouver's Sean McColl entered as one of the favorites. He started climbing with his family at only ten years old, and within a few short years he won his first of five world youth titles. Now that he is older, he is a four time Overall World Champion. He tries to have fun with his climbing skills, and has twice been on the winning team at the American Ninja Warriors versus the World competition.



Photo by Darren Calabrese/COC

Physical Literacy Tip

BALANCE

Balance is the ability to keep your body upright and steady. It is the foundation to most movement skills. Having good balance will allow you to participate in a wide variety of physical activities and sports such as gymnastics, figure skating, or sport climbing. Good balance will also allow you to move safely in your environment whether it be on ice and snow, running up stairs, or balancing on rocks to cross a river.

Try practicing your balance by standing on one foot, try to raise your other foot higher in front of your body. Now switch sides and balance on your opposite foot. Don't forget to keep your eyes focused and forward, using your arms to stabilize where needed. Now try it with your eyes closed. Can you do it twice for 20 seconds? Practice these exercises daily to continue to improve your balance.

When you feel confident balancing, you will feel motivated to try physical activities and sports such as gymnastics, sport climbing, skating, boarding and surfing.

GAME #1

Gymnastic Tag

OBJECT

To avoid getting tagged by the taggers and practice one-foot balancing.

EQUIPMENT

- None
- Can use a foam noodle for each participant as a tagging object to keep physical distance.

SET UP

- Pick several participants to be taggers (1 tagger per 5 participants).

RULES

- You cannot tag the same person twice in a row.
- You cannot guard a tagged participant.

How to Play

- If you get tagged by a tagger you must stand on one foot, bend over with your raised leg straight out behind you and arms raised out to the side representing an arabesque position.
- When someone gives you a touch on your hand with their foam noodle you are free.
- Change taggers every two minutes.

DIAGRAM



COACHING

Good cue words to coach balance are “keep your eyes forward”, “stay focused” and “use your arms to help balance”



GAME #2

Balance Relay Race

OBJECT

To balance objects on your body while working in a team relay.

EQUIPMENT

- Balance objects (e.g. beanbags, rolled up paper, rolled up socks, etc.)

SET UP

- Divide participants into small groups (three to four).
- Groups line up on one end of the gym or field.
- Give the first participant in line a balance object.

RULES

If you drop your object, stop, pick it up and place it back on said body part.

How to Play

- Before the game begins, tell the participants which body part they are going to balance the object on (e.g. shoulder, arm, stomach, back, etc.)
- On “go”, the first person in line places the object on said body part, walks to the other side, grabs the object in hand and races back to tag the next person in line who performs the same action. Once every participant has had a turn the round is over.
- For the next round, repeat the process above but choose a different body part.
- Continue this process for a few rounds.
- If participants are ready turn the game into a race and whichever group has all participants finish first wins.

DIAGRAM



COACHING

Good cue words to coach balancing are “focus straight ahead”, “don’t rush”, and “use your arms to help balance”.

