

JUMPING

# FROM PERSEVERANCE TO GLORY

## FEATURED ATHLETES



JENNIFER ABEL  
DIVING



DAMIAN WARNER  
ATHLETICS

*We believe those who participate in sport have a responsibility to teach and apply the values of the Olympic Movement, involving others in the Olympic experience and inspiring and empowering them to reach their potential.*



SCHOOL PROGRAM

Canadian Olympic Committee

# ICE - BREAKER

(Chase the podium)

Today's Olympic value is perseverance, the ability to keep going even when times are tough. It takes perseverance to make it to the Olympic Games, with all the practice, training and competitions needed to get there. Olympians often have to battle back from injuries or setbacks. The trick is not giving up when it gets difficult!

**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 participants recognize commonalities within the group and to identify personal characteristics

**Equipment:** Cones/Chairs or Mats to represent the podium

## BEFORE YOU START

1. Discuss what perseverance in sport looks like. Ask participants how they demonstrate perseverance in sport, school, and life.
2. Make sure everyone understands how to play.
3. Cue players to think about what they will say if they get to be in the middle.
4. Briefly discuss awareness and review how to play Rock-Paper-Scissors in case there is a tie.

## SET UP

Position chairs/cones to form a circle. Make sure there is one less cone/chair than the number of players.

## How to Play

- The person standing in the center of the circle begins the game by saying "Chase the Podium if you have ever watched a specific sport or played a specific sport or a certain sport skill, examples:
  - Chase the Podium if you have ever watched figure skating on TV.
  - Chase the Podium if you have ever watched figure skating at an arena.
  - Chase the Podium if you are a figure skater.
  - Chase the Podium if you can skate.
- As soon as they are finished with the statement, everyone (including the person in the center) who this applies to moves from their cone to an empty cone that is not right next to them.
- The person who remains in the middle having not found a cone/podium begins a second round of the game.
- When the game is over, ensure the leader helps identify the commonalities the group has through similar experiences and interests to build their connections.

## VARIATIONS

- Instead of running, this can be played as "Stand Up". The person at the center says "stand up if..."
- Provide pictorial cards for younger groups, or children who have trouble thinking of ideas.



SCHOOL PROGRAM

# 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

Cones

## Warm-Up Like...

A BASKETBALL PLAYER	A DECATHLON ATHLETE	A DIVER
<p>Set up 5 cones in a straight line 2m apart about 20m from the start line.</p> <p>On "go", side shuffle in the basketball ready position. Bend the knees slightly and keep the butt slightly back. Shuffle to the cone and back facing the same direction.</p>	<p>Line up participants side-by-side and arm's length apart.</p> <p>Participants crouch with their arms tight around their knees.</p> <p>On "go", they jump up with their arms extended out to their sides at shoulder height and their legs extended out just past shoulder width (star jumps). Bring in their arms and legs, landing with their feet together and then moving back to the crouched position. Have the participants do this for 30 seconds.</p>	<p>Line up participants side-by-side and arm's length apart.</p> <p>Start participants in a sitting position.</p> <p>On "go", the participants hug knees to their chest, then extend them out so their legs are fully extended almost touching the ground. Lying back, they should extend their arms behind their heads so that they almost touch the ground. Have them do 20 seconds of this exercise.</p>



SCHOOL PROGRAM

# FEATURED Athletes

## FROM DIVING IN TO NEVER GIVING UP TO GLORY

### JENNIFER ABEL

#### SPORT: DIVING

(3m springboard and synchronized 3m springboard)

Jennifer Abel headed to the Rio 2016 Olympic Games as one of Canada's top medal favorites. She was poised to improve on her bronze from the London 2012 Games in the women's synchronized 3m springboard diving event. Placing a close 4th in both the synchronized and individual springboard events at the Rio 2016 Olympics was crushing. Overcoming defeat was a battle and finding the motivation to continue was tough. But Jennifer persevered to win a silver medal with her partner Melissa Citrini-Beaulieu at the Tokyo 2020 Olympic Games.



Photo by Leah Hennel/COC

## FROM ONE DREAM TO TEN EVENTS TO GLORY

### DAMIAN WARNER

#### SPORT: ATHLETICS

(Decathlon)

The decathlon is a gruelling two-day competition where the athletes do ten running, jumping and throwing events. The Olympic decathlon champion is referred to as the World's Greatest Athlete because they must master so many events. This is a title that Damian Warner has chased since 2012. Although his trophy room is filled with gold medals from the Pan Am and Commonwealth Games, a bronze medal from the Rio 2016 Olympics, and silver and bronze from the World Championships, he keeps striving for Olympic gold. The Tokyo 2020 Olympic Games allowed Warner to fulfil his dream, winning the gold medal and becoming an Olympic Champion.



Photo by Mark Blinch/COC

## Physical literacy tip

## LOCOMOTOR - JUMPING

Jumping is a skill used across many sports and physical activities. The two main types of jumps are vertical – jumping for height, and horizontal – jumping for distance. A decathlete performs 10 events with the high jump and long jump among them. They need to be good at both types of jumping.

To be a good jumper you must bend your knees and hips, swing your arms back and forward as you push off with the balls of your feet. To be a successful jumper you will want to build strength in your legs and gluteal (butt) muscles. An exercise to practice your jumping is the squat jump. Start with your feet wide and chest up, sit down and back so your butt is just a bit higher than your knees. Push off the floor as you drive your arms up. Try doing five of these, rest, and repeat and a few more times. If you do this consistently your jumping will undoubtedly improve.

Once you become more confident in your skills as a jumper you will be more motivated to try physical activities and sports such as basketball, beach volleyball, diving, track and field, parkour, and ultimate frisbee.

# GAME #1

## Frog Tag

### OBJECT

To avoid getting tagged by the taggers and practice horizontal jumping.

### MATERIALS

- Hula hoops

### SET UP

- Place twenty to thirty hula hoops (lily pads) all over the playing space. Some will be close together while others are a little further apart.
- Pick several participants to be taggers (one tagger per five participants).

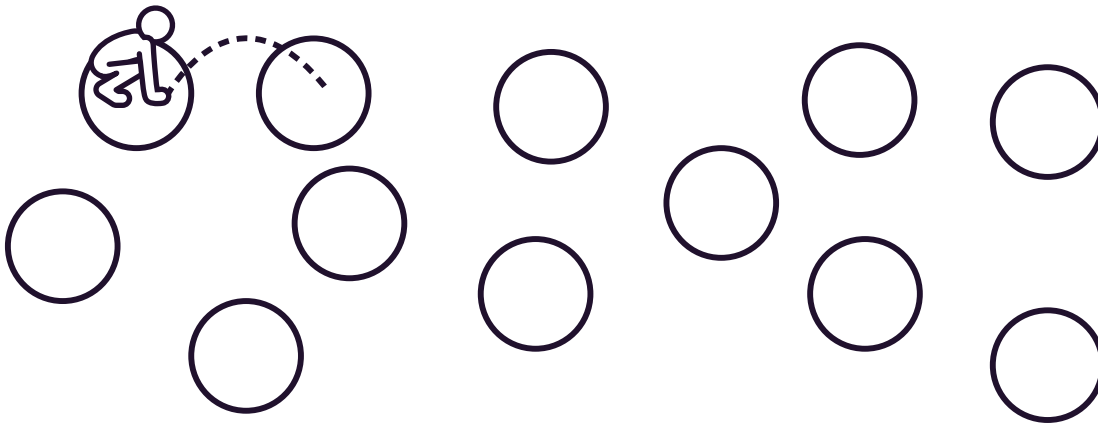
### RULES

You cannot tag the same person twice in a row.

## How to Play

- Participants will pick a hoop to stand in to start.
- Participants pretend to be frogs jumping from hoop to hoop to avoid getting tagged.
- If you get tagged by a tagger you must do three vertical jumps in your hoop.
- Change taggers every two minutes.

### DIAGRAM



### COACHING

Good cue words to coach jumping are “bend your knees”, “swing your arms back”, “push off from the balls of your feet”, and “land softly”.



# GAME # 2

## Propeller Jumper

### OBJECT

To jump over the swinging rope.

### MATERIALS

- Long jump ropes.

### SET UP

- Divide participants into groups of 8-10.
- Designate 1 rope swinger to turn the rope.
- Someone stands in the middle of the group with a long jump rope.

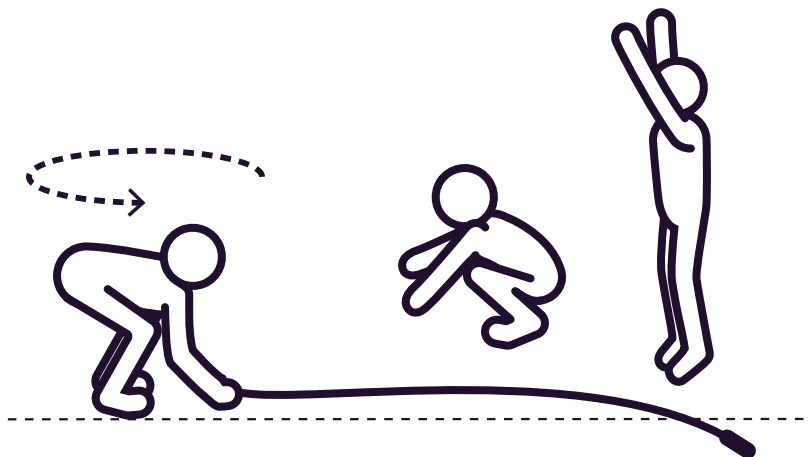
### RULES

The rope swinger must swing the rope at a steady pace.

## How to Play

- The person with the rope swings it on the floor in a low circular fashion.
- Participants try to jump over the rope as it approaches them.
- If they hit the rope with their feet, they simply join a different circle and resume playing.
- Change rope swingers every two minutes.

### DIAGRAM



### COACHING

Good cue words to coach timing your jump are “watch the rope” and “time your jumps.”

