

AGILITY AND  
COORDINATION

# FROM RESPECT TO GLORY

## FEATURED ATHLETES



SARAH PAVAN AND  
MELISSA HUMANA-PAREDES  
BEACH VOLLEYBALL



ANTOINE VALOIS-FORTIER  
JUDO



*Respect includes “respect for yourself and your body,  
for other people, for rules and regulations,  
for sport and for the environment.”*

*The Fundamentals of Olympic Values Education,  
International Olympic Committee*



SCHOOL PROGRAM

# ICE - BREAKER

## Pass the hoop

Today's Olympic value is respect. The Olympic Games demonstrates respect in sport with athletes congratulating and supporting each other while competing fairly. This is especially true during the Parade of Nations, which is part of the Opening Ceremony.

**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 allow participants the opportunity to work together and problem solve.

**Equipment:** 1 hula hoop, 1 pool noodle for every 2 participants

### BEFORE YOU START

1. Discuss what respect in sport looks like. How might this look differently depending on the type and level of sport?
2. Make sure everyone understands how to play, and remind everyone to be respectful of others' spaces (i.e. be gentle, communicate, work together).
3. The one rule is that you must keep the circle closed by holding onto the pool noodles when moving the hula hoop around the circle. If the instructor sees a participant let go of a pool noodle opening the circle, they can ask the group to "try again."

### SET UP

- Participants should form one large circle holding onto the ends of a pool noodle with one pool noodle between each participant.
- The instructor will ask two participants to release their grip long enough to place their hands through a hula hoop at which point they will be asked to grab the pool noodle again.

## How to Play

- The participants must work together to get the hula hoop to travel all the way around the circle. Then have participants get the hula hoop to travel back the other way (switch direction).
- Depending on age and skill level of participants you can add additional challenge by:
  - more than one hula hoop at one time
  - using different size hula hoops
  - get participants to try different shapes (i.e. instead of a circle try a zig zag line)



# 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

Agility Ladder (Option: use a rope to create agility ladder)

## Warm-Up Like...

A BEACH VOLLEYBALL PLAYER	A TAEKWONDO ATHLETE	A GYMNAST
<p>Set up the agility ladder.</p> <p>Jog through the ladder stepping one foot in each square. Jog back to start. Try it backwards and jog back backwards.</p> <p>If feeling confident, turn sideways and face the right side of the ladder. Jog through on that side stepping one foot in each square. Jog back and try facing the other direction. Try it with high knees.</p>	<p>Line up participants side-by-side and arm's length apart.</p> <p>Start participants standing with legs slightly further than shoulder width apart and arms extended out at their sides at shoulder height (like a star).</p> <p>On "go", participants do 20 seconds of windmills bending at hips to bring the opposite hand to opposite toes keeping arms and legs straight.</p>	<p>Line up participants side-by-side and arm's length apart. Group them into 3s.</p> <p>On "go", the first participant does 20 seconds of tuck jumps, bringing knees to chest during the jump and landing on toes. Once done, the second person in the group goes, followed by the third.</p>



SCHOOL PROGRAM

# FEATURED Athletes

## FROM RESPECTING A SPORT TO RESPECTING YOURSELF TO GLORY

### ANTOINE VALOIS-FORTIER

**SPORT: JUDO**

The notion of respect is at the very heart of the practice of judo. Antoine Valois-Fortier was a fresh face on the international scene when he won a bronze medal in the 81kg class while making his Olympic debut at London 2012. In doing so, he became the first Canadian judoka to earn an Olympic medal since the Sydney 2000 Games where his coach Nicolas Gill was a silver medallist. Since then, Valois-Fortier has become a three-time world championship medallist, taking silver in 2014, bronze in 2015, and bronze in 2019.



## FROM TWO WORLDS TO ONE GOAL TO GLORY

### SARAH PAVAN ET MELISSA HUMANA-PAREDES

**SPORT: BEACH VOLLEYBALL**

Since Melissa Humana-Paredes and Sarah Pavan joined forces in 2017, they have become the Beach Volleyball World Champions. They started strong and won gold at the Gold Coast 2018 Commonwealth Games, but then things got rough. They had some discouraging losses at important events. Forced to work through the disappointments, they forged a stronger team based on respect for each other. They worked it out and now they are the Beach Volleyball World Champions.



Photo by Darren Calabrese/COC

## Physical Literacy Tip

## AGILITY AND COORDINATION

Footwork is a key component of many sports and physical activities. It's especially important when playing volleyball.

A good volleyball player needs to be able to start, stop, and change directions efficiently so they can react quickly to ever-changing situations. They need fast feet.

Having fast feet will help you become a better athlete. One way to practice fast feet is by performing various shuttle runs. Place two cones 20 meters apart and run forwards, backwards, and laterally from cone to cone. Do these six to eight times and focus on technique paired with speed. Practice this drill a few times a week and see how much faster you become.

Once you have increased your ability to move quickly and efficiently you will be able to participate in a wide array of physical activities and sport. You will now have the confidence and motivation to try activities like volleyball, tennis, martial arts and soccer.

# GAME #1

AGILITY AND  
COORDINATION

## Target Tap Relay

### OBJECT

To tap targets of various heights while working in a team relay.

### EQUIPMENT

- Any object that can be used as a wall target (e.g. floor tape, chalk, taped paper, etc).

### SET UP

- Divide participants into small groups of 3-4 participants. Make sure the participants in each group are similar in height.
- Groups line up on one end of the gym or field.
- Place three targets (low, medium, and high) on the wall opposite each group. Make sure the participant's feet can reach the targets. Adjust target heights based on heights of participants.

### RULES

You must tap a target with your foot before tagging your teammate.

## How to Play

- On "go", the first person in line runs to the wall and taps one of the targets with their foot. Once they tap the target, they race back to tag the next person in line who performs the same action. Once all group members have had a turn the round is over.
- For the next round, repeat the process above, but choose a different locomotor movement for the participants to perform such as skipping, galloping, jumping, etc.
- For the third round, the instructor chooses a new locomotor movement and challenges them to tap the target with their non-dominant foot.
- If participants seem able, challenge them to tap all three targets before returning to tag the next player in line.

### DIAGRAM



### COACHING

- "Remember you are tapping the target not kicking it."
- Good cue words to coach balance on one foot and targeting are
  - "eyes on target",
  - "bend standing leg",
  - "use arms to help balance".



SCHOOL PROGRAM

FROM RESPECT  
TO GLORY

# GAME # 2

AGILITY AND  
COORDINATION

## Spring Cleaning

### OBJECT

To get more objects on the other team's side when time is up.

### EQUIPMENT

- 15 to 20 soft objects such as balloons, beach balls, foam balls, soft volleyballs, etc.

### SET UP

- Divide participants into two teams and place them on opposite sides of the gym or field.
- Place several soft throwing objects randomly around the playing space.

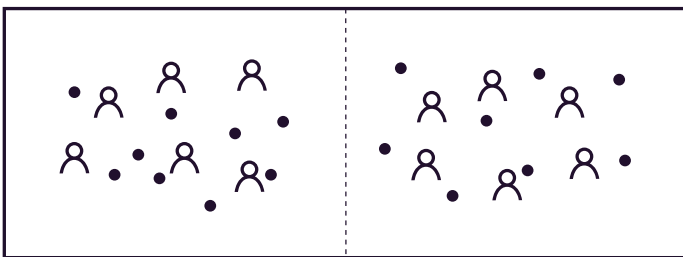
### RULES

- Participants are not allowed to cross over the centerline.
- Participants try to toss the objects over the centre line and into open space. They are not to throw the objects at their opponents.

## How to Play

- "On "go", teams try to get all the objects on their side onto the other team's side.
- If playing with younger (age six to eight) participants, have them roll or toss the objects.
- If playing with older participants (age nine to 12), have them try tossing it up to themselves and volleying it to the other side.
- When time is up, the team that has the least number of objects on their side wins the game. Reset and start a new round.

### DIAGRAM



### COACHING

- Good cue words for coaching throwing are "Point at target with non-throwing hand", "bring throwing hand back behind the ear", and "Step with opposite foot toward target" and "rotate hips and shoulder as you release object".
- Good cue words for coaching volleying are "Open fingers wide and make triangle at forehead level", "Bend knees", "Push ball upward and forwards".



SCHOOL PROGRAM

FROM RESPECT  
TO GLORY