



# LOCKDOWN OLYMPICS



**“Winning doesn't  
always mean being  
first. Winning means  
you're doing better  
than you've ever  
done before.”**

**— Bonnie Blair**

American speed skater and five-time gold medallist

# LOCKDOWN OLYMPICS

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<https://youtu.be/DJ38AeETFxc>

Olympic fever has hit the Springs...  
and we're not letting Lockdown 5.0 get in the way!!  
Time to invent your own Lockdown sport/game  
that you can play at home.



# LOCKDOWN OLYMPICS

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Involve the family.  
Learn new things.  
Join the Springs Community Spirit.  
Get active and have some fun!



# How to do this project...



1. Read through the following activities – there is one per Specialist program
2. Each of the activities link with the overall theme of Lockdown Olympics so you can choose to do all of them or combine a few to create your end result
3. Have fun



01

## SPORT

DEVELOP A  
LOCKDOWN SPORT

# SPORTS

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**WALT:** investigate different elements that make a sport.

This week is such an exciting time...

The Olympics are upon us and we cannot wait to see how the Aussies will go.

The Opening Ceremony will be amazing and a showcase of colour, culture and our first look at the athletes themselves.



# TASK

## Create your own Lockdown Olympic sport or game.

Your **SPORT** needs to include:

- The rules
- How it's played
- Is it an individual or team event?
- The scoring system (points/timed)
- The playing field (where is it played)
- The equipment used (ie: pillows / balls)
- A uniform design (eg: PJ's)







# INSTRUCTIONS

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Your **SPORT** is your very **OWN** creation.

It may include something crazy or something you play against your brother or sister or the entire family!

**Research** some different Olympic sports to provide you with some ideas.

Involve your family. Involve your pets.

**HAVE FUN**

**INSPIRATION:** Here are some videos for potential ideas:

<https://www.youtube.com/watch?v=Ryl37A7RhKw>

<https://www.youtube.com/watch?v=UIKW0HCuTTU>

(this one is hilarious)

**RECORD** your progress.

**WRITE** down your **RULES** and **HOW** the game is played then create a series of photos or a video showing what you have created.

**NOTE:** CHECK MEDIA ARTS TASK FOR VIDEO TIPS



02

**ART**

DRAWING MOVEMENT

# ART

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**WALT:** capturing movement in drawing.

When watching the Olympics, you might notice a great deal of visual art that represents the sports you watch.

How do you express movement in a still drawing?

Check out the coverage of the Olympics on TV and look for the symbols used to indicate each sport. These are used everywhere.

Also look out for the MASCOTS!!



# TASK

**Draw a human figure in movement or create a symbol for your Lockdown Sport.**

The best way to understand the body is to watch it **MOVE** and the Olympics are the perfect way to do this...

Things to CONSIDER:

- Arm and leg placement
- Equipment interaction

You can look at yourself in the mirror or ask a family member to pose for you.





# INSTRUCTIONS



Your **DRAWING** can either be a **REALISTIC** representation of your **LOCKDOWN SPORT** or a **SYMBOL**

- *Start with a simple stick figure in motion*
- *You can then add basic oval shapes for different parts of the body*
- *Then add clothing and equipment*

Use your pencil to help measure and get the angles of the body parts, so they look like they are moving.

**INSPIRATION:** Here are some videos for potential ideas:

## Olympics figures

<https://www.youtube.com/watch?v=hHautVYslu4>

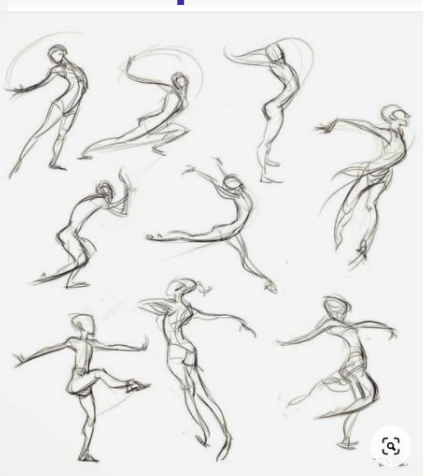
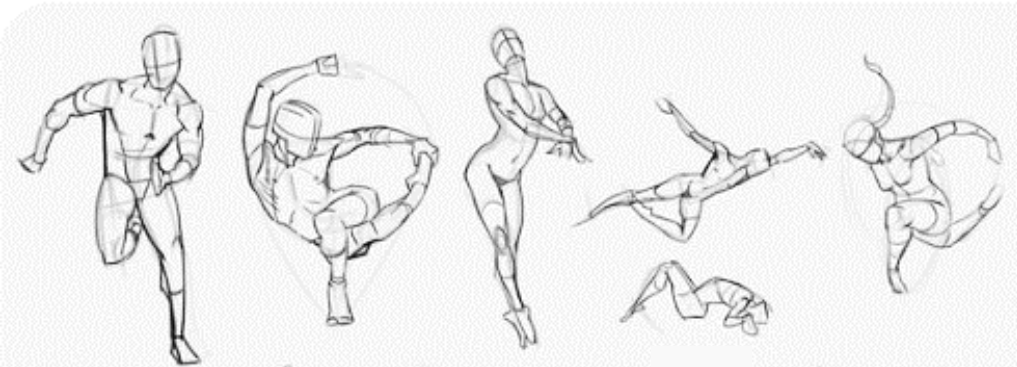
## Running figure video - part 2

<https://www.youtube.com/watch?v=ByUROVG3b9M>

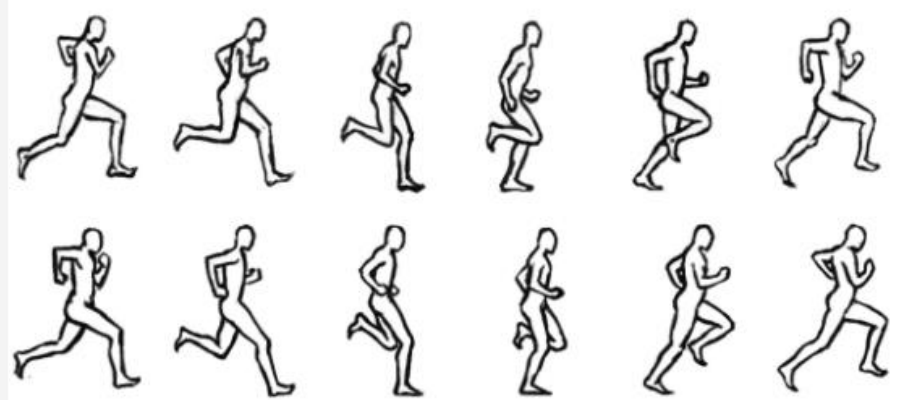
Keep it simple. Do not rub out the guiding lines and let your eyes do the work.

Like our Aussie Olympians...

***The more you PRACTISE the better you get.***



**Gestural  
Movement &  
Sport Symbol  
Inspiration**



## Gesturesfest!

running



jumping



loitering



breaking



ballet dancing



playing



fighting



rioting



walking



showing off



stretching



rocking



working





# 03

## STEM

BUILD A STADIUM **or**  
INVESTIGATE BALANCE



**NOTE:** Younger students in Prep – Year 2 can do this activity if they like but will not be able to access the school Minecraft.

## **STEM 3–6**

Log in with your school Minecraft details and when you are ready, share your join code with Mrs Delport.

### **BUILD A STADIUM TASK**

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**WALT:** describe how the features of technologies can be used to create a sporting arena.

Olympic Games are big business for the country they are held in as it stimulates the economy through the development of infrastructure, such as building sports stadiums, updating transport facilities and the creation and upgrade of accommodation.

Your LOCKDOWN SPORT will need an arena and we're going virtual...



# TASK 3–6

## Design & Create a Sporting Stadium using Minecraft.

### POSSIBILITIES:

- Track and Field stadium
- Basketball or Netball stadium
- Cycling Velodrome or BMX track
- Aquatic Centre etc.

The possibilities are endless.

Think about **your own** LOCKDOWN SPORT/GAME and build a stadium or field to accommodate it, when it becomes a future Olympic sport.





# INSTRUCTIONS



Log into your School Minecraft account (see link below for instructions) and start building your LOCKDOWN SPORT/GAME STADIUM.

INSTRUCTIONS: <https://youtu.be/mqBEFk4F8gg>

## ***Consider these ELEMENTS:***

- *What is the playing field or court like?*
- *Where do the audience sit to watch?*
- *World class modern architectural design*

Plan before you begin. Think about what is needed to play your sport/game.

**INSPIRATION:** Here are some videos for some potential ideas:

## **A few sports equipment building tips**

<https://www.youtube.com/watch?v=0IHLCFno-Yk>

## **THESE ARE CRAZY (no expectations at all)**

<https://www.youtube.com/watch?v=CppcCwue4gg>

Keep it simple but make sure you consider all of the elements you need to make it succeed.

Good luck.

Mrs Delpont can't wait to see your designs!

# STEM PREP – YR 2

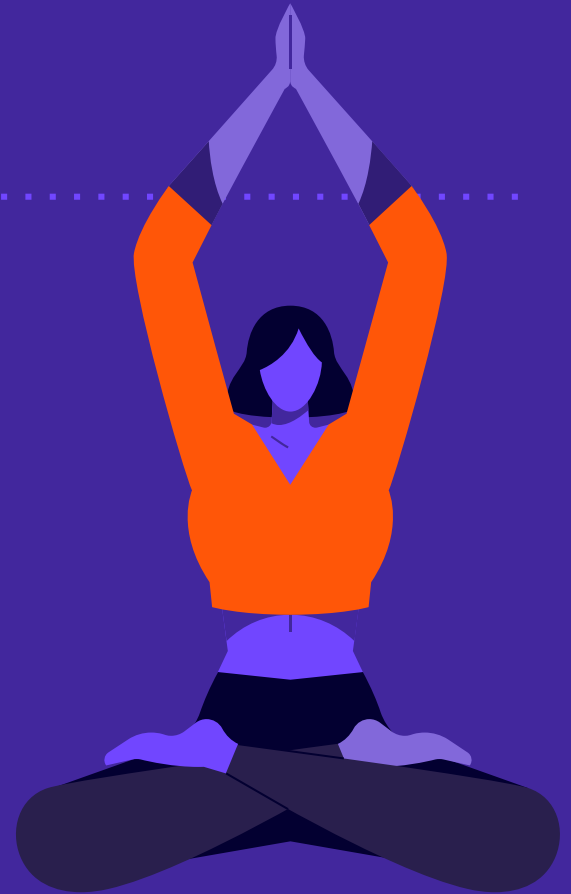
## BALANCE ACTIVITY

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**WALT:** investigate the effect of balanced and unbalanced forces on a moving object.

If you've ever watched the gymnastics, **BALANCE** is a key skill in becoming the best of the best.

Try standing on one leg for more than a minute and you will understand how hard it is, especially when on a thin plank of wood like a balance beam.



# TASK P-2

**Complete the balance activities and record your results.**

Gravity and force is a major part of our everyday life. One of my favourite sports to watch in the Olympics is the gymnastics, so your task is investigate our balance for works by completing the tasks provided.

Things to CONSIDER:

- Which is your left leg and your right leg?
- How do you use your muscles when balancing?
- What helps you balance?
- How long is 90 seconds in minutes?





# INSTRUCTIONS



Most balance beam routines are between 60 and 90 seconds. If the routine is over 90 seconds, the gymnast will have points deducted.

*You are to complete each exercise and try to balance for between 60 to 90 seconds.*

**Check out Mrs Delpont's example video here:**

[https://youtu.be/I4A3WlSt\\_9c](https://youtu.be/I4A3WlSt_9c)

- *Follow her instructions*
- *Record your times and send them through on the Learning Task on Compass*

**INSPIRATION:** Here are some videos showing what it takes to balance:

**Olympic balance beam champ**

<https://www.youtube.com/watch?v=UzmUvvpBcJA>

See how thin the beam is. Imagine trying to balance on that and then doing flips. Crazy!!

**How's this for a bit of fun**

[https://www.youtube.com/watch?v=x04jgjq\\_hLI](https://www.youtube.com/watch?v=x04jgjq_hLI)

Like our Aussie Olympians...

***The more you PRACTISE the better you get.***

# Balance Activity Results

Name: \_\_\_\_\_ GRD: \_\_\_\_\_

<p>Place your right foot on your left ankle. Do your best to balance. Record your time:</p> <p>_____ seconds</p>	<p>Place your left foot on your right ankle. Do your best to balance. Record your time:</p> <p>_____ seconds</p>	<p>Hop on your left foot. Do your best to balance. Record your time:</p> <p>_____ seconds</p>	<p>Hop on your right foot. Do your best to balance. Record your time:</p> <p>_____ seconds</p>
<p>Pull your left knee into your belly. Do your best to balance. Record your time:</p> <p>_____ seconds</p>	<p>Pull your right knee into your belly. Do your best to balance. Record your time:</p> <p>_____ seconds</p>	<p>Extend your left leg behind you and lift. Do your best to balance. Record your time:</p> <p>_____ seconds</p>	<p>Extend your right leg behind you and lift. Do your best to balance. Record your time:</p> <p>_____ seconds</p>



04

## JAPANESE

BRINGING TOKYO INTO  
YOUR HOME



# JAPANESE

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**WALT:** Use some common Japanese phrases for sports.

The Olympics this year are being held in Japan so what better way to extend on our Japanese L.O.T.E. classes than to learn some common Japanese phrases for sport.

When you create your video for the LOCKDOWN OLYMPICS, make sure you try to use some of these phrases in your commentary or cheering!!



# TASK

**Use some of the common Japanese Sports phrases to tell us about your new sport or game.**

TYPES of phrases:

- Sport name and the equipment you use
- Commentary and instruction
- Cheers and encouragement

If you don't get the video element of the project done, maybe record yourself saying the words when watching the Olympics!!





# INSTRUCTIONS



There are many common phrases you can use when introducing, playing or cheering sports.

**WATCH** Breadon Sensei's video to hear some of the phrases:

<https://youtu.be/9xUjENtnNFE>





# INSTRUCTIONS



**USE** some of these words and phrases when making your Lockdown Olympic sport video.

## Introduce the sport you have created:

*Kore wa \_\_\_\_\_ desu.*

Example:

Kore wa **tennis** desu. = *This is tennis.*

## Tell people what equipment you need:

\_\_\_\_\_ o tsukaimasu.

Example:

**Ball** o tsukaimasu. = I use a ball.

## Ask the audience to watch your demonstration:

mite kudasai = please watch



# INSTRUCTIONS



**Begin by saying get ready, get set, go!**

ichi ni tsuite = *get ready*

yōi = *get set*

don! = *go!*

**Cheer and encourage everyone to do well:**

ganbarimasu = *I will try my best*

ganbare = *go for it*

sugoi = *amazing*

kakkoi = *cool*

hayai = *fast*

tsuyoi = *strong*

daisuki = *I love it*





# INSTRUCTIONS



FINALLY...

Who won the game? Who came 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>?

ichi ban

一番



ni ban

二番



san ban

三番



05

# MEDIA ARTS

RECORD YOUR EVENT



# MEDIA ARTS

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**WALT:** Use media to record an activity.

This will be the final task to show the world your  
LOCKDOWN SPORT/GAME.

The video and images will be collated (with permission)  
into a Olympic style sports coverage of the Springs  
LOCKDOWN OLYMPICS!





# TASK

**Create a Video or a series of Photographs of your sport/game being played.**

Things to CONSIDER:

- Camera angles
- Action shots
- Slow-motion

And the most important thing: THINK of the AUDIENCE and make it fun and exciting!

OH... and try some of the JAPANESE words in your COMMENTRY.





# INSTRUCTIONS



Once you have created your sport or game and played it a few times, we want you to **FILM** it, like it's part of the **OLYMPIC COVERAGE**.

This could include:

- The build up
- The race or competition
- The spectators
- The commentary
- The presentation of medals

**WATCH** some of the Olympics on TV and take note as to how the sports are shot.

- What angles do they use?
- How do they make it interesting?
- Think of slow-motion

**Make it exciting!!**

We would like you to try and use some **Japanese sports phrases** (see section 04) too in your commentary and coverage.

# HERE'S WHAT IT CAN LOOK LIKE

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CHECK OUT THIS FINAL RESULT FROM  
MR HOLMES AND HIS FAMILY

<https://youtu.be/0AlUjPuxW4o>

# Submitting Your Work

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## Learning Task on Compass

You will receive a LEARNING TASK through COMPASS from one of the Specialist teachers.  
Get your Parent or Guardian to upload pictures, files or videos to your Learning Task link.  
The Specialist teacher will respond to your submission through Compass.  
Good luck & have fun!