



# LOCKDOWN OLYMPICS

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Olympic fever has hit the Springs...  
and we're not letting Lockdown 6.0 get in the way!!

Time to invent your own Lockdown sport/game  
that you can play at home.

Involve the family

Learn new things

Join in the Springs community spirit

Get active and have some fun!





# THE LOWDOWN...



## Choose an activity (you can do more than one)

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!

## THE ACTIVITIES

**SPORT** [CLICK HERE](#)

**ART** [CLICK HERE](#)

**STEM** [CLICK HERE](#)

**JAPANESE** [CLICK HERE](#)

**MEDIA ARTS** [CLICK HERE](#)

**Send your submissions via the LEARNING TASK on COMPASS**



01

## SPORT

DEVELOP A  
LOCKDOWN SPORT

# 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 it is played)
- The equipment used (eg. pillows / balls)
- A uniform design (eg. PJ's)

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





# INSTRUCTIONS



RETURN

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=RyI37A7RhKw>

<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 pictures or a video showing what you have created.

**NOTE:** CHECK [MEDIA ARTS TASK](#) FOR VIDEO TIPS



02

**ART**

DRAWING MOVEMENT

# TASK

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

WALT: capture movement in drawing.







# INSTRUCTIONS



RETURN

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

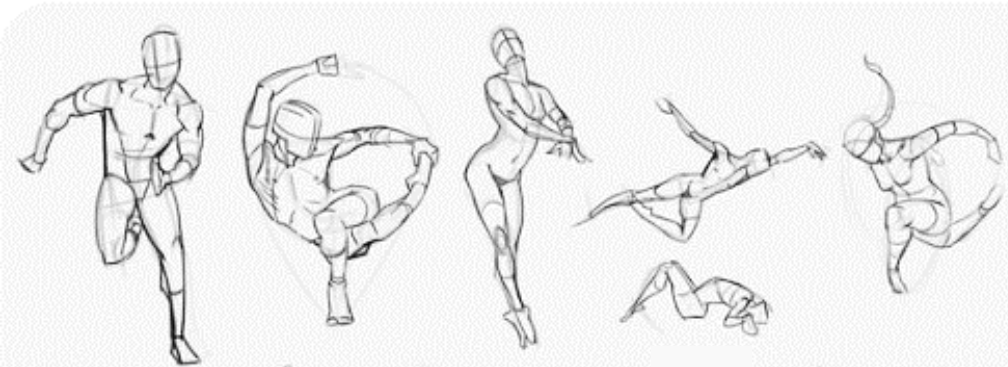
<https://www.youtube.com/watch?v=ByUROVG3b9M>

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

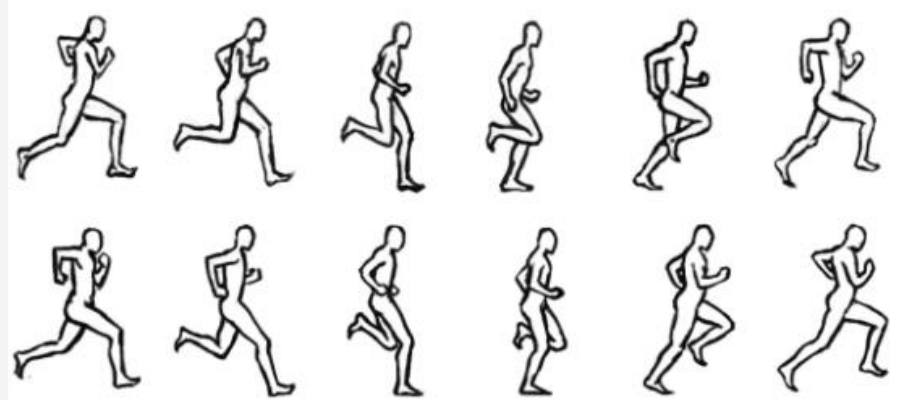
Like our Aussie Olympians...

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





**Gestural  
Movement &  
Sport Symbol  
Inspiration**





03

**STEM**

INVESTIGATE BALANCE

**SPECIAL 3-6**

*JOIN THE  
MINECRAFT  
COMPETITION ON  
WEDNESDAY*

# TASK

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

Things to CONSIDER:

- Which is your left leg and your right leg?
- Are your legs going forward or backward?
- How can you use your arms to maintain balance for longer?
- How long can you last?
- Record your times

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





# INSTRUCTIONS



RETURN

Most balance beam routines are between 60 and 90 seconds. If the routine is over time, 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 Delport'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

# 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!!

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







# 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



RETURN

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



# 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.

WALT: Use media to record an activity.





# INSTRUCTIONS



RETURN

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.

***We're looking forward to seeing the Springs spirit shine.***