

OLYMPICS

SCAVENGER HUNT





TEACHER'S INSTRUCTIONS



WHAT YOU NEED

- 5-10 pool noodles
- 5-10 jump ropes
- 5-10 basketballs and 1 basketball hoop
- 1 chair that can be easily moved around
- Pens or pencils
- 1 printed copy of each Olympics Station Card
- 1 printed Olympics Scavenger Hunt Worksheet per student or team



HOW TO PLAY

1. Print out one copy of each of the Olympics Station Cards on the following pages. Each one contains an important event in Olympics history AND an Olympics skills challenge that your students must complete.
2. Laminate the Olympics Station Cards and place them in different locations around your gym or field. You can simply tape them to the wall, or make it more challenging by hiding them behind equipment, under desks, behind doors etc. Make sure the stations are spread out evenly in your space. You do NOT want all the kids congregating together in one spot. Remember – this is a HUNT!
3. Set up any required equipment in one area of the gym or field where students can retrieve it as needed.
4. Students can perform this activity in small teams or individually. Each team or individual will need a pencil/pen and one copy of the Olympics Scavenger Hunt Worksheet. This worksheet includes a trivia question and a skills challenge for each station.
5. The object of the game is to find all the stations, complete the skills challenges, and answer the trivia questions on the worksheet.



WAY TO ADD INTRIGUE...

Make it a silent hunt! Before students begin, announce that no one is allowed to speak. Any communicating between partners or among teams must be in writing or with hand motions and lip reading.



STUDENT WORKSHEET

INSTRUCTIONS: Find each of the below stations. Answer the trivia question, then complete and check off the Olympics Skills Challenge. **Complete all 10 stations to finish the scavenger hunt.**

192 STRIDES

776 BC - The winner of the first Olympic event

1896 - Number of countries in the first modern Olympics

1900 - Number of women who competed in Paris Olympics

1924 - This country had the most medals in Chamonix

1928 - Number of athletes who competed in Amsterdam Olympics

1936 - Sprinter who won 4 gold medals

1960 - City where first Paralympic Games were held

2016 - The swimmer with the most all-time medals

1992 - Nickname of the USA Men's Basketball Team

1976 - The gymnast who scored a perfect 10



TEACHER'S ANSWER SHEET

INSTRUCTIONS: Below you'll find the answers to the trivia questions and the required skills challenges for each Station.

2016 - The swimmer with the most all-time medals
MICHAEL PHELPS

1992 - Nickname of the USA Men's Basketball Team
DREAM TEAM

1976 - The gymnast who scored a perfect 10
NADIA COMANECHI

1960 - City where first Paralympic Games were held
ROME

776 BC - The winner of the first Olympic event
COROEBUS

1896 - Number of countries in the first modern Olympics
14

1900 - Number of women who competed in Paris Olympics
22

1924 - This country had the most medals in Chamonix
NORWAY

1928 - Number of athletes who competed in Amsterdam Olympics
2,883

1936 - Sprinter who won 4 gold medals
JESSE OWENS

192 STRIDES
Run laps until you take 192 strides

POOL FLOAT
Lie on belly, raise torso off the ground and kick for 1 minute

STRENGTH CIRCUIT
10 lunges, 10 sit ups, 10 squats

FLEXIBILITY CIRCUIT
30 sec quad stretch, 30 sec butterfly stretch, 30 sec hamstring stretch

SKI JUMPS
Jump back and forth over a pool noodle 25 times

ENDURANCE CIRCUIT
30 sec jump rope, 30 sec high knees, 30 sec jumping jacks

GYMNASTICS FLOOR ROUTINE
5 tuck jumps, 5 half turn jumps, 5 star jumps

WHEELCHAIR BASKETBALL
Attempt 5 shots while seated in a chair

100M DASH
Sprint as fast as you can from one end of gym to the other

D-R-E-A-M SHOT
Make 5 shots to spell the word DREAM

OLYMPICS SCAVENGER HUNT



776 BC GREECE

The first Ancient Olympic Games were held during a religious festival honoring Zeus. A cook named Coroebus won the only event – a 192-meter footrace called the “stade” – to become the first Olympic champion.

192 STRIDES

INSTRUCTIONS: Grab a friend and get ready to race! Pretend to be Coroebus and run for 192 strides. Count out each stride as you run! How many laps can you complete?



OLYMPICS SCAVENGER HUNT



1896 ATHENS

After a 1500-year break, the first Modern Olympic Games took place. Fourteen countries competed in track and field, swimming, cycling, weightlifting, tennis and fencing.

STRENGTH CIRCUIT

INSTRUCTIONS: Olympic athletes use strength training to help them run faster and jump higher. Can you do this strength circuit?



10 Lunges



10 Sit-ups



10 Squats



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1900 PARIS

Women were allowed to compete in the Olympics for the first time! Twenty-two women participated, along with 975 men.

FLEXIBILITY CIRCUIT

INSTRUCTIONS: Olympic athletes stretch their muscles to improve their mobility, prevent injury, and recover after workouts. Can you do this flexibility circuit?



Quad Stretch 30 seconds



Butterfly Stretch 30 seconds



Hamstring Stretch 30 seconds



OLYMPICS SCAVENGER HUNT



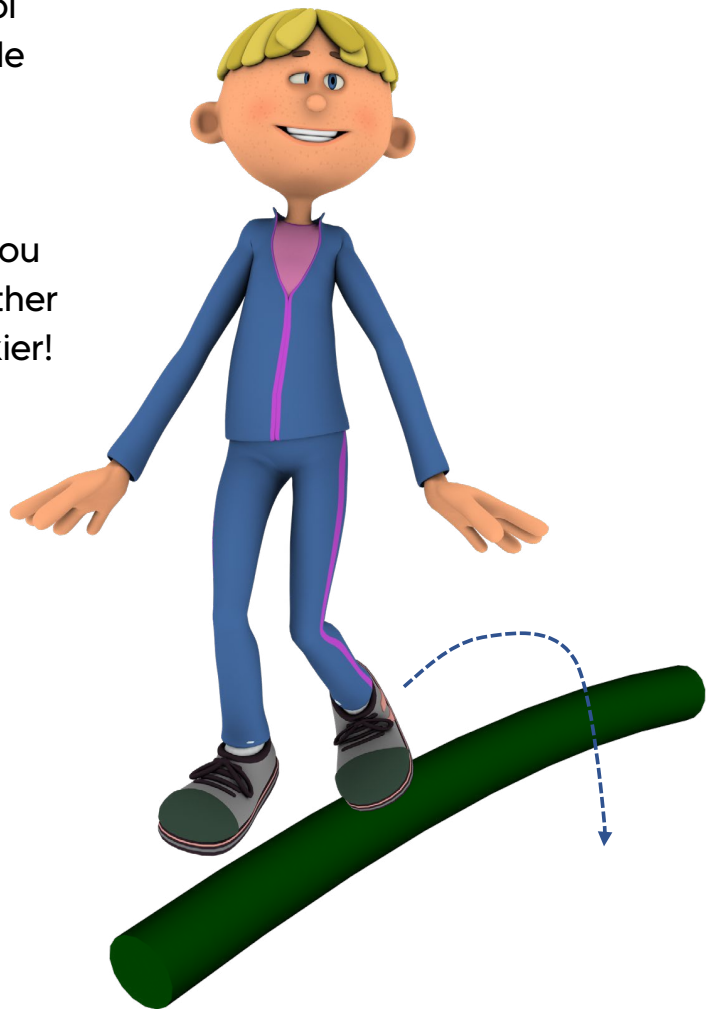
1924 CHAMONIX

The first Winter Olympics began at Chamonix in the French Alps. Norway won the team competition with 17 medals, mostly in skiing!

SKI JUMPS

INSTRUCTIONS: Grab a pool noodle and stand on one side with your feet together.

Jump over the pool noodle from side to side as fast as you can, keeping your feet together and using your arms like a skier! Complete 25 jumps without tripping!



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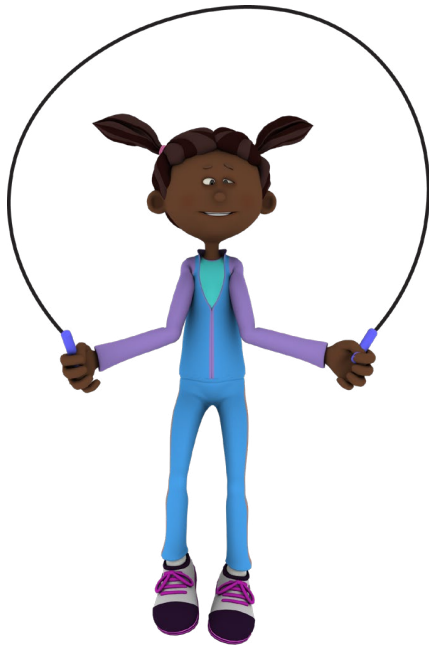


1928 AMSTERDAM

2,883 athletes from 46 different nations competed in over 109 different events. Henry Pearce, an Australian rower, won gold even though he stopped part-way through to let a family of ducks pass by!

ENDURANCE CIRCUIT

INSTRUCTIONS: Rowers and other Olympic athletes need great endurance to perform at their best! Can you complete this endurance circuit?



Jump Rope
30 seconds



High Knee Runs
30 seconds



Jumping Jacks
30 seconds



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1936 BERLIN

The Olympic Games were broadcast on television for the first time. African-American sprinter Jesse Owens won four gold medals, embarrassing Adolf Hitler and undermining his racist agenda.

100M DASH

INSTRUCTIONS: Can you run fast like Jesse Owens? Find an empty lane where you won't crash into anyone. Get down into a sprinter's crouch and have a friend say "Ready, Set, Go!" Take off and sprint as fast as you can to the other side of the gym!



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1960 ROME

The first Paralympic Games were held. Four hundred athletes - all in wheelchairs - competed in athletics, wheelchair basketball, swimming, table tennis, archery, snooker, dartschery (a combination of darts and archery) and wheelchair fencing.

WHEELCHAIR BASKETBALL

INSTRUCTIONS: Grab a chair and a basketball and sit down in front of basketball hoop.

Can you make a basket while sitting down (just like a wheelchair basketball player)?

It takes a lot of upper body strength! Take 5 shots and see how many you can make.



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1976 MONTREAL

Fourteen-year-old Romanian gymnast Nadia Comaneci scored the first perfect 10 in Olympic history.

GYMNASTICS FLOOR ROUTINE

INSTRUCTIONS: Gymnasts have to be flexible, strong, and fit! Can you complete this gymnastics floor routine?



5 Tuck Jumps



5 Jumps with Half Turn



5 Star Jumps



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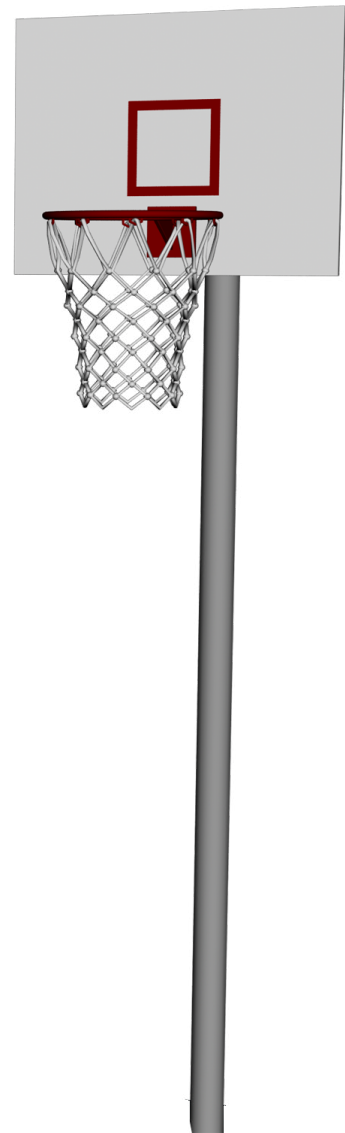
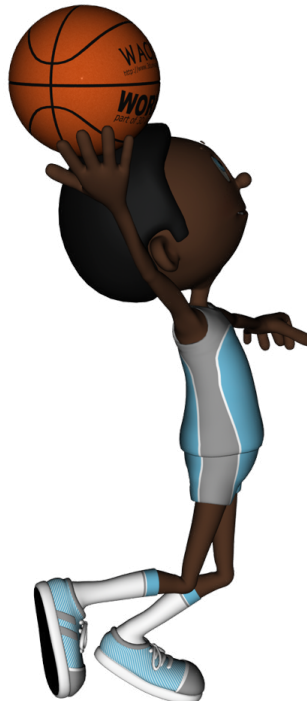
1992 BARCELONA

Pro basketball players were allowed to compete for the first time. The USA Men's "Dream Team" featured superstars like Michael Jordan, Larry Bird and Magic Johnson, and easily won gold.

D-R-E-A-M SHOT

INSTRUCTIONS: Grab a basketball, find a hoop and start shooting! For every basket you make, you get one letter from the word DREAM.

Make 5 shots and spell D-R-E-A-M to complete this challenge!



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2016 RIO DE JANEIRO

American swimmer Michael Phelps won his 28th medal, an all-time record. Phelps won 23 golds, 3 silvers and 2 bronzes across 4 different Olympics.

POOL FLOAT

INSTRUCTIONS: Lie down flat on your belly with your arms by your sides. Bring your chest up off the ground and hold it in place! If that's too easy, you can also start kicking your feet like you are swimming in a pool. Go for 1 minute to complete this challenge!

