



Healthy soul in healthy body

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Documentation

Activity:

P2

Name of the activity:

History of the Olympic games

Country:

Czech Republic

Pupils age:

7 - 12 years

Place:

Okna – playground

Date:

June 26, 2019

Number of pupils:

70

Subject:

PE

Connection to other subjects:

History, Science, Art and Craft

Preparatory activities:

Talking about the Ancient olympic games, about the needs of harmony of body and soul, about preparation of the Greek soldiers for the war, the importance of the victory in the Ancient Olympics. Drawing the signs for all the disciplines. Preparing of the discipline sites.

Activity:

We organized the Ancient olympic games and invited the pupils of the small school of Staré Splavy to take part in our Olympics. We chose four ancient disciplines and modified them to our possibilities. Children competed in:

- 1) Heavy-armoured run
- 2) Long jump with weights
- 3) Barefoot run
- 4) Discus throw.

Subsequent activities:

Victory ceremony. Watching of the video with the Ancient olympic games (Asterix and Obelix at the Olympics). Filling the quiz test about the Olympic games.

Results:

All the children really enjoyed competing in all of the disciplines, they all tried hard to achieve the best results. They will hopefully never forget what the Olympic games mean and they will remember some of the ancient disciplines.

Comments:

Nice way of joining the history and physical activities.

Opening ceremonial of the Olympic games



Disciplines



First discipline: Heavy-armoured run



Second discipline: Long jump with weights



Third discipline: Barefoot run



Fourth discipline: Discus throw



Closing ceremonial

