

The Spirit of Olympism and Playing Paralympics Games

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Date: June 28, 2008

Description:

This unit will introduce students to the spirit of Olympism through a unit on the 2010 Winter Olympics and Paralympics. After learning about influential Canadian athletes such as Rick Hansen and Terry Fox, students will experience mock games such as curling, scooter hockey, and bobsledding miniatures. The focus of this unit will be on elements of citizenship such as inclusion, participation, and cooperation.

Grade Level(s):

Suitable for Grades K-6

Subject(s):

Social Studies, Physical Education

Duration:

One 75-minute session or two 35 minute sessions.

Goal:

The goal is to introduce students to the Paralympic Games in Canada and how Canadians have worked to make the games and student housing inclusive to everyone.

Objectives:

The student will:

- Participate in games that promote citizenship characteristics.
- Learn about influential Canadian athletes with physical disabilities.
- Learn about the Olympic and Paralympic Games.
- Create matchbox style "bobsleds".

Standards:

This lesson meets national standards related to citizenship and California state standards:

- K.1 Students understand that being a good citizen involves acting in certain ways.
- Students describe the rights and individual responsibilities of citizenship.
- 2.5 Students understand the importance of individual action and character and explain how heroes from long ago and the recent past have made a difference in others' lives.

Background Information:

Before this activity, students will have already been taught three lessons relating to the topic:

- Lesson One: There will be basic overviews of the Vancouver 2010 Winter Olympic and Paralympic Games, the construction of athlete housing and venues that are handicapped accessible, and the spirit of Olympism with short video clips of curling, hockey, and bobsledding.
- Lesson Two: Stories about Rick Hansen (*Boy in Motion: Rick Hansen's Story* by Ainslie Manson) and Terry Fox (*Terry Fox: A Story of Hope* by Maxine Trottier); a short film about Terry Fox available on Youtube.com.
- Lesson Three: Activity to build wooden soapbox cars/"bobsleds" with PVC bobsled track parts, paints, sandpaper, and glue.

Materials:

Materials for this lesson include:

- Sand
- 2 small brooms
- Medicine ball
- Painter's tape to mark off curling rink
- PVC bobsled track
- Scooters
- Hockey sticks
- Rubber ball
- Hockey nets
- Canadian and US National Anthem CD
- Red maple leaf and blue star die-cuts
- Stopwatch

Procedures:

- 1 Set-up: In this lesson, students will participate in mock Paralympic Winter Games. The class will be divided into a US team and a Canadian team. The US team will have blue star badges and the Canadian team will have red leaf badges. The curling rink will be taped off and prepared outside on the sidewalk following the attached diagram. The bobsled track will be set up nearby. The hockey nets can be set up in the gym.
- 2 Playing the Paralympic Games:
 - Students will complete the bobsled competition by individually sending down their cars. All the times will be averaged on each team with medals for the top three speeds individually and the top team average.
 - The curling competition will be completed in groups of four with one thrower and two sweepers. Students will roll a medicine ball towards the sand hill. The sweepers, hopping on one foot, will have to quickly sweep sand out of the way forming a path towards the circles (for KG, they can jump with two feet). See curling attachment for rules and points.
 - For the hockey game, all students will play at once. They must sit on one foot on the scooters and only use their non-dominant leg to mobilize. They will play two ten-minute periods.
 - All students will receive either a gold or silver medal depending on the winning team. There will be medals for the groups with the top three scores as well as a combined team score.
 - The national anthem of their team will be played before each medal ceremony.

Assessment:

The teacher will assess students' learning by:

- Observed student participation, sportsmanship, and teamwork during the games.
- Students will be divided into small groups (4-5) and describe on paper how their teams engaged in citizenship qualities such as caring, responsibility, courtesy/respect, peacefulness, patience, kindness and trust.
- Students will write a journal entry describing their experience playing the games with a physical limitation.

Possible Extension:

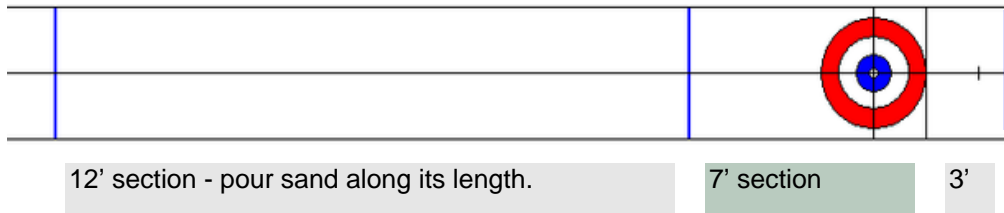
- Students can describe how they could make their school or community more accessible to all people.
- For a math activity, students can compute the averages for scores or place themselves according to ordinal numbers.
- For music, they can learn to sing the Canadian National Anthem.
- For art class, they can make their own game medals.

CURLING

[Note: Rules and diagram are from Wikipedia but the actual curling measurements have been altered.]

Length and Width of Playing Surface:

- Make three lines 22' long with black tape from blue line on left to thick blue line on right. See diagram to see how the 22' gets subdivided by tape into 12', 7' and 3' sections.
- 2 sections that are 2' wide each will be formed. The blue thick tape at end should be 4' across.



Circle Diameters: The outer red circle is 3' 8". The blue circle is 18".

How to play: (altered from actual rules)

- Curling is played between two teams of four curlers each.
- The *lead* plays first (rolling two balls), then the *second* (3rd and 4th balls), the *third* (5th and 6th), and finally the *fourth* (7th and 8th).
- Sweepers are to quickly sweep the sand out of the way so the ball continues rolling toward the circle.
- The *lead* sweeps for the 3rd, 4th, 5th, 6th balls, the *second* sweeps for the 5th, 6th, 7th, 8th), the *third* sweeps for the 1st, 2nd, 7th, 8th). and finally the *fourth* sweeps for the (1st, 2nd, 3rd, 4th).

Scoring:

- After both teams have delivered eight rocks, the team with the rock closest to the blue circle (button) is awarded one point for each of its own rocks that is closer than the opponent's closest rock.
- Rocks that are not in the house (further from the center than the outer edge of the red ring) do not score even if no opponent's rock is closer.
- A rock is considered in the house if any portion of its edge is over any portion of the red ring. The team with the most points at the end (maximum of eight) wins.
- If a team feels it is not possible to win, they can shake hands with the opposing team to end the game.
- Hands are also shaken before the game, accompanied by saying "Good curling!" to the opposing team. Unlike other sports, there is not a negative connotation associated with conceding in curling. In fact, in some situations it is expected, and it is a breach of etiquette (or at least looked down upon) to keep playing when the game is well out of reach.