

Mini Olympics activity ideas



The Summer Olympics are scheduled to be held in Tokyo, Japan, from 23rd July to 8th August. This is a great chance to run a mini Olympics event in your service to encourage physical activity and get in the Olympic spirit!



Key points

- Discuss the Olympics with children, including some of the events that are held.
- Set up a variety of activities or stations. The activities could help children to practice the fundamental movement skills (FMS) they have learned throughout the term.
- To encourage children to be involved, be enthusiastic with lots of cheering, clapping and motivation!

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See the resources below for activity ideas:

- Munch & Move manual (p. 123 includes ideas for a mini Olympics event).
- FMS with Franky & Friends (p. 8)
- Everybody Energise cards



Links and resources

- Australian Olympic Committee
- Tokyo 2020 Olympics
- Yulunga Traditional Indigenous Games: (note that these games have been developed for school age children).

