

## **PE 5/4-5/8**

### **Grades K-2**

I would like parents to explain that in the Olympics, there are many events. We sometimes as kids think most events are just running. There are events like swimming, diving, etc, but in track and field events, the "SHOT PUT" is a track and field that doesn't require running. It's sort of like throwing, but it's actually pushing a heavy ball out into the field, and it's measured how far it's thrown. I would like to have each student use some type of ball the size of a soft ball, and actually from behind a line, push the ball into the field. Have the student measure it, teach them about measuring, and let come up with the correct distance they threw it. Great math lesson in measurement, with some fun involved. Challenge them to see if they can increase their distance, and measure it. For the students that are grasping math at a higher level, have them go 3 times, and see if they can figure out the "average distance". Have fun, be creative, and give them a good understanding of the Olympics. I wish I could be there in front of each class doing this, as I have a lot of passion for the Olympic games.

---

### **Grades 3-6**

After last week's lesson, I would like to build on this lesson with the Olympics. I did not have you do the pole vault, as that's an event that requires quite a bit of danger, obviously having the right amount of equipment, matts etc. So we left out the 10<sup>th</sup> event. What I would like you to do is, be creative, think of a summer type of event/sport, and how can you make that a summer Olympic event. Have fun with this, many games I play throughout the year are ones I make up by taking other games, sports etc, and develop a new game. I actually enjoy seeing if you like those games that I created. I want you to do the same. Feel free to post it on google classroom, perhaps other students will want to try it. I may steal it and use it next year in PE.