The Agony of "De Feet": Cooperative Activities for the 2010 Olympics

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➢ **Participants form groups of 4.**

➢ **Each event is explained and demonstrated.**

➢ **When music starts, groups travel on own throughout the gym and attempt to accumulate as many medals as possible. The first time the team completes the event, they earn a bronze medal. The second time they complete the event, they earn a silver medal. After the third time they complete the same event, they earn a gold medal.**

➢ **Each team carries a score card to keep track of their medal counts.**

➢ **Teams may not repeat an event in succession. At least one other event must be completed before returning to earn a higher medal.**

➢ **No event may be done more than three times (a gold medal is earned on the third time).**

➢ **Teams continue with events until the music stops.**

➢ **Listed equipment is for 40 participants. If more than 40 anticipated, equipment at each station should be doubled.**

➢ **Lanes for each event can be marked with floor tape, cones, etc.**

Events (Set up throughout the gym)

A. Hockey: Each person on the team must dribble a beanbag the width of the gym and back. Upon completion, each team member must stop at a hot spot and shoot to score a goal.

Need: 4 hockey sticks, 4 bean bags, 1 goal, 4 hotspots

B. **Team Nordic Ski**: All four team members must be on the Buddy Board and travel the width of the gym and back.

Need: 1 4-person Buddy Board

C. **Two-Person Bobsled**: Each pair in the group – one person sits on the scooter and the other person pushes on shoulders. Pusher pushes partner down and back the width of the gym, switch. Both pairs must complete the task.

Need: 2 scooters

D. **Team Figure Skating**: Each member of the team has each foot on a paper plate. The entire team hooks elbows and travels forward one width of the gym and backward one length of the gym.

Need: 8 paper plates

E. **Speed Skating:** Each member of the team has each foot on a carpet square. The team must travel in a line one width of the gym with each person leading. (Team makes two trips down and back, each trip with a different leader.)

Need: 8 carpet squares

F. **Biathalon**: Each member of the team has feet on paper plates and one beanbag. Each member "skis" across the gym and back. When done, each member must stop at a hotspot and throw the beanbag in the target. If there is a miss, other team members must retrieve the beanbag while skiing to return the beanbag to the thrower until the target is hit.

Need: 8 paper plates, target, 4 beanbags, 4 hotspots

G. **Individual Nordic Ski**: Each team member sits on a scooter and uses plungers to move themselves across the gym and back.

Need: 4 scooters, 8 plungers

H. Four Person Bobsled: First person on the team sits cross legged on scooter. Second and third person hook legs around while sitting on their scooters. Fourth person pushes team across the gym and back. Must travel two times with two different pushers.

Need: 3 scooters

I. Luge: Each pair of each team has one person lay on two scooters with feet towards direction of travel. One partner pushes. Each team must travel the width of the gym and back and switch pushers.

Need: 4 scooters

J. Skiing: Each member of each team must complete 100 jumps using "skier" footwork. All four members must complete the task.

Need: 4 jumpropes

Welcome to the Physical Education Winter Olympics!

Country:_____

Olympic Team Members:

1._____

2._____

3._____

4._____

EVENT	BRONZE	SILVER	GOLD
Hockey			
Team Nordic Ski			
Two-Person Bobsled			
Team Figure Skating			
Speed Skating			
Biathalon			
Individual Nordic Ski			
Four-Person Bobsled			
Luge			
Downhill Ski			
Medal Totals			

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