

# Winter Olympic Activities

CREATIVE WAYS TO GET MOVING  
WHILE CELEBRATING THE OLYMPICS!

Easy physical activities linked to Olympic sports. They can be done at home or at school.



# ABOUT THIS RESOURCE



We have put together a group of eight easy activities that you can do with your class or at home that correspond to Winter Olympic Sports. These are simple ways for kids to integrate movement and exercise into any day while feeling like they are trying an Olympic sport. Most of these activities can be done in a small space such as a living room or bedroom and will also work in a school classroom or hallway. Some activities can be played alone while others require multiple players. We promise everyone will be tired and laughing after attempting just a few sports.

## What is Active Kids & Minds

Active Kids & Minds (AK&M) is a physical activity program for kids of all ages and abilities designed to get kids active and establish a lifelong commitment to health and fitness. We are on a mission to make physical activity and play a part of every child's day!



## Active Kids & Minds Resources

In addition to this Winter Olympic Resource, you can have access to all of our additional resources and activities in the AK&M Trainer Hub:

- Active Bursts – these are 1-10 minute daily physical activities designed to keep kids moving throughout the day.
- Our flagship full length lesson plans (25 – 45 minutes in length) that are fun and engaging, incorporating functional fitness skills, running, games, cool downs and nutritional talks.
- Active Kids Games Booklet – fun and challenging games, crafts, puzzles, and activities.
- Monthly Fitness Calendars – an easy to follow calendar complete with daily burst activities, weekly challenges, follow along videos, and mindfulness minutes. It is a perfect turnkey document for kids and families.
- Active Kids Bootcamp – a 10-week fitness challenge for kids in Grades 7 through 12.
- Lessons On Demand – full length lessons with follow along videos.
- And much more!

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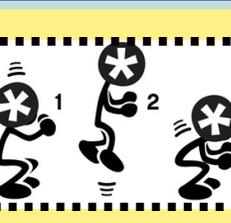
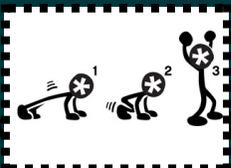
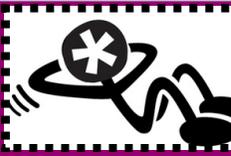


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# FITNESS SKILLS



Before you start these exercises, it's important to make sure that you do the movements properly. These exercises can help develop strength and endurance. See the images and instructions below to learn how to perform them.

<p><b>Running</b></p>		<ul style="list-style-type: none"> <li>● Stand up tall with core tight</li> <li>● Shoulders and arms are relaxed and swing naturally</li> <li>● Breathe rhythmically, filling the belly</li> </ul>
<p><b>Push-ups</b></p>		<ul style="list-style-type: none"> <li>● Keep body in a straight line, with arms a bit wider than shoulder width</li> <li>● Arms fully extended at the top</li> <li>● Chest close to the floor at the bottom</li> </ul>
<p><b>Plank</b></p>		<ul style="list-style-type: none"> <li>● Keep body in a straight line</li> <li>● Keep knees off the ground</li> <li>● Keep weight evenly distributed between elbows/forearms and feet</li> </ul>
<p><b>Donkey Kicks</b></p>		<ul style="list-style-type: none"> <li>● Start from standing position, move hands to the floor slightly wider than shoulder width</li> <li>● Kick the feet off the ground and move them back in the air</li> </ul>
<p><b>Jumping</b></p>		<ul style="list-style-type: none"> <li>● Stand up straight at the end</li> <li>● Start with your feet at shoulder-width and keep heels super-glued to the ground</li> <li>● Bend your knees and squat deep</li> <li>● Use arms by bringing them back and driving them forward to initiate the jump</li> </ul>
<p><b>Burpees</b></p>		<ul style="list-style-type: none"> <li>● Drop into a squat, keep your back straight</li> <li>● Jump up to stand with feet moving between the hands</li> <li>● Stand up tall, jump up and clap hands above head</li> </ul>
<p><b>Squats</b></p>		<ul style="list-style-type: none"> <li>● Keep heels super-glued to the floor</li> <li>● Squat deep to get your knees at a 90-degree angle to the floor</li> <li>● Keep your back arched like a superhero</li> </ul>
<p><b>Crunches</b></p>		<ul style="list-style-type: none"> <li>● Keep core contracted through the entire movement</li> <li>● Elbows are wide, don't pull on your head or neck</li> <li>● Imagine bringing your ribcage toward your hips</li> </ul>

# Winter Olympic Activities



## Bobsled Races

### Set-Up

- Mark a “track” on the floor using cones, floor tape, or poly spots in an oval or zig-zag pattern.
- Divide students into teams of 3–5 (their “bobsled crew”).
- Give each team a scooter board, mat, or simply have them “run the track” depending on available equipment.

### How to Play (Scooter or Mat Version)

- Students sit on the scooter/mat in a straight line, holding the waist/shoulders of the person in front (like a real bobsled).
- The front person steers by leaning left or right.
- The back teammates push to get the sled moving and then hop on when ready (or stay pushing the whole run—your choice).
- Teams follow the track around the marked course without bumping into other sleds.
- Switch roles (driver, pushers, riders) after each lap.

### How to Play (Running/Walking Version – No Equipment)

- Students line up behind each other holding shoulders (their “sled”).
- The first student leads as the “driver,” turning and leaning to guide the sled.
- The group runs or fast-walks the track together as a unit, staying connected.
- After each lap, rotate the driver so everyone gets a turn.

### CHALLENGE:

- Continue for a desired amount of time or have teams race each other in a tournament fashion.
- If they win they will race again against another team that has not raced or won.
- If they lose they are finished or race against a team that has also lost.

# WINTER OLYMPIC ACTIVITIES



## XC SKIING RACES

### Set-Up

- Create a “ski course” in the gym or outdoors using cones, floor tape, hoops, or poly spots.
- Make it a loop with gentle curves, a straightaway, and maybe a “climb” (moving against slight resistance).
- Give each student “ski equipment,” such as:
- Paper plates, carpet squares, or plastic slider discs for skis
- Pool noodles, foam sticks, or no-equipment arm swings for poles
- Play Olympic music for atmosphere!

### How to Do the Activity

- Classic Ski Technique (Basic Version)
  - Students slide one foot forward at a time—step-and-glide.
  - Arms move opposite the legs (right arm forward with left foot forward).
  - Encourage long, smooth glides, not fast choppy steps.
  - Students ski around the marked course.

### Skate Ski Technique (Optional and More Advanced)

- Students push feet outward in a slight “V” pattern, like skating.
- Arms swing powerfully to help drive momentum.
- Use on wider lanes if your space allows.
- Poling (With Noodles or No Equipment) - Students plant imaginary or foam “poles” and push backward.
- Focus on rhythm: push-glide, push-glide.
- Great for full-body coordination.

### Olympic Training Laps

- Students ski the loop once as a “warm-up lap.”
- Complete multiple “race laps,” encouraging improvement each time.
- Announce each lap as if it’s an Olympic heat.

### CHALLENGE:

Have the students do the activity for time, or for a period of 3-5 minutes or have them race. Be sure they maintain proper form.

# WINTER OLYMPIC ACTIVITIES



## BIATHLON RACES

### Set-Up

- Create a “ski course” using cones, floor tape, or poly spots.
- Designate a “shooting range” area with:
  - Bowling pins, cones, buckets, or beanbag hoops as targets
  - Beanbags, foam balls, or soft toss items as the “rifle”
- Give students “skis,” such as:
  - Paper plates, carpet squares, or gliders, or they can simply fast-walk/jog
- Place multiple target stations so students don’t have to wait long.

### How to Run the Biathlon Activity

#### 1. Skiing Portion

- Students start by “skiing” the course using a glide step (paper plates, carpet squares, or imaginary skis).
- Encourage a steady pace, like Olympic cross-country skiing.
- Remind them: the faster they move, the more out of breath they will be for shooting!

#### Shooting Portion

- When they reach the “shooting range,” they must:
  - Stop and take 3–5 calming breaths (just like real biathletes).
  - Toss beanbags or soft balls at the targets.
  - Hit a certain number of targets (ex: 1–3 hits) before continuing.
- If a student misses all shots:
  - They complete a short “penalty loop” (a small cone circle) before re-entering the course.

#### Continue the Loop

- Students repeat: ski → shoot → penalty loop if needed → ski.
- Do 2–3 full loops depending on class time.

#### Olympic-Themed Options

- Relay Biathlon: Teams of 3–5 ski and shoot in order, passing a baton.
  - Standing vs. Prone Shooting: Stand for first target
  - Kneel for second (like real biathletes change positions)
- Timed Heats: Time each loop, focusing on improving their own time.
- Country Teams: Assign each team a country (USA, Canada, Norway, etc.) and cheer them on.

# WINTER OLYMPIC ACTIVITIES



## HOCKEY

### Set-Up

- Use cones or floor tape to mark:
  - A rink/playing area
  - Two goals (large cones, buckets, or small nets)
- Provide safe PE-friendly gear:
  - Foam hockey sticks, pool noodle sticks, or hand-dribbling balls (no sticks)
  - Soft balls (foam balls or yarn balls)
- Divide class into teams of 4–6 to keep the game moving and safe.

### How to Do the Activity

- Warm-Up (Training Like Olympians)
  - Students move around the gym, gently tapping the ball forward.
  - Passing Practice, in pairs or small groups:
  - Shooting Practice, aim for small cone goals or hoops, focus on accuracy not power.
- Mini Olympic Scrimmage
  - 3–5 minute games between teams.
  - Use simplified rules:
    - No high sticks
    - No body contact
    - Keep the stick below waist height
    - Pass at least once before shooting
    - Rotate teams through “heats” like Olympic matchups.
- Olympic-Themed Variations
  - Relay Hockey: Teams dribble around cones, then pass to the next “teammate athlete.”
  - Shootout Competition: Take turns shooting on a goalie (student or teacher).
  - Country vs. Country Matches: Assign each team a nation and keep track of friendly “medals.”
    - Skill Stations: Passing station
    - Target shooting station
    - Dribbling obstacle course
    - Goalie practice station

# WINTER OLYMPIC ACTIVITIES



## SPEED SKATING

### Set-Up

- Create an oval skating “track” with cones, floor tape, or poly spots.
- Provide students with “skates,” such as:
  - Paper plates, carpet squares, or glider discs (indoors)
  - Or no equipment—just gliding steps
- Space teams or individuals evenly around the oval.
- Optional: Play Olympic or upbeat music for atmosphere.

### How to Do the Activity

- Basic Speed Skating Form
  - Students bend knees into a low athletic stance.
  - Lean slightly forward with hands behind the back (like real speed skaters).
  - Push feet outward in smooth side-to-side glides.
  - Keep movements controlled and rhythmic.

### Practicing

- When reaching corners, students:
  - Stay low
  - Lean slightly inward
  - Take smaller, quicker pushes
  - Follow the curve of the cones like an Olympic track.
  - Practice 2-3 times.
- Students go around the oval 1-3 times.
  - Time individuals
  - Do staggered starts like real speed skating
  - Use small groups to avoid crowding

### Olympic-Themed Variations

- Team Relay: Pass a foam baton after each lap.
- Short-Track Version: Narrower oval + tighter turns = more agility work.
  - Technique Stations: Low skating position
  - Turns and leans
  - Power push practice
  - Balance cones “on one leg glide”

CHALLENGE: Have races and time students, individually or as a relay team that hands off a baton.

# WINTER OLYMPIC ACTIVITIES



## CURLING

### Set-Up

- Use floor tape, hula hoops, or poly spots to create the “house” (target) with rings.
- Assign each team different-colored “stones,” such as:
  - Scooter boards, Small rubber balls, Beanbags, Plastic disks
- For brooms/sweepers, use:
  - Pool noodles
  - Lightweight foam paddles
  - Or students “air sweep” with hands
- Create throwing lines so students release stones from the same spot.

### How to Do the Activity

- Demonstrate the Basic Curling Motion
  - Students kneel or stand behind the throwing line.
  - Push or slide the “stone” forward with a smooth, gentle motion.
  - Aim for the center of the target (the button).
- Sweeper Role (Optional and Fun!)
  - Sweepers move alongside the moving stone.
  - They “sweep” the floor lightly with pool noodles to help it go farther.
- Team Turns
  - Each team gets 4–6 stones per “end” (round), taking turns sliding.
  - Players try to get their stones closer to the center than the other team.
- Scoring (Simplified)
  - Only stones fully inside the target rings count.
  - The team with the stone closest to the center scores 1–3 points per round.
  - Play 3–5 rounds like a mini Olympic match.

### Olympic-Themed Variations

- Team Countries: Assign teams nations (USA, Canada, Sweden, Great Britain).
- Relay Curling: Slide a stone, run back, tag the next teammate.
- Obstacle Curling: Add cones to curve stones around (like strategic shots in the Olympics).
  - Skill Stations: Aim/accuracy
  - Sweeping practice
  - Power control (short vs. long slide)

CHALLENGE: Keep track of scores and celebrate the winning team at the end.

# WINTER OLYMPIC ACTIVITIES



## LUGE

### Set-Up

- Create a straight “track” using cones, floor tape, or poly spots.
- Optional: Add gentle curves for steering practice.
- Use safe “sleds,” such as:
  - Scooter boards (sit-down luge)
  - Flat gym mats (pull-luge)
  - Cardboard sliders (seated only)
- Set up a start line and finish line.

### How to Do the Activity

- Sliding Position
  - Students sit on the scooter/mat with knees bent and feet slightly lifted or lightly touching the floor.
  - Lean back slightly to mimic luge, hands hold the sides of the sled—not the wheels.
- Starting the Luge Run
  - Push Start: Students push off with their hands to begin sliding.
  - Partner Push: A partner gives a gentle, controlled push from behind.
  - Pull Start: Teacher or peer slowly pulls mat forward, then releases.
- Steering Like an Olympian
  - Students steer by leaning left or leaning right, not by grabbing the ground.
  - Light foot touches can help guide the sled, encourage smooth, controlled gliding—not speed.
- Run the Track
  - Students slide down the marked track, staying inside the lane.
  - At the end, they stop by placing feet on the floor.
  - Walk the sled back and switch roles if working in pairs.

### Olympic-Themed Variations

- Timed Runs: Students complete the course and try to beat their own time (focus on personal improvement).
- Luge Relay: Teams take turns sliding, then tagging the next “Olympian.”
- Doubles Luge: Two students share a scooter/mat and must steer together—great teamwork activity!
- Country Teams: Assign each group a nation (USA, Canada, Germany, Norway, etc.).
- Medal Ceremony: Celebrate effort, teamwork, and technique.

# WINTER OLYMPIC ACTIVITIES



## FIGURE SKATING

### Set-Up

- Use cones or tape to mark a large “rink” in the gym.
- Give students “skates,” such as:
  - Paper plates, carpet squares, slider discs, or just socks on a smooth floor
- Prepare a music playlist for skating routines.
- Split students into groups or partners for choreography sections.

### How to Do the Activity

- Basic Skating Glide (Warm-Up)
  - Students place one foot forward and gently glide the other behind.
  - Practice smooth side-to-side pushes, like slow speed skating but more graceful.
  - Encourage arms out to the sides for balance.
  - Figure Eight Path - Students “skate” around the cones using gliding steps.
- Simple Spins (Safe, Controlled Version)
  - Students stand in place on a stable surface.
  - One foot stays anchored while the other rotates them slowly in a small circle.
  - Try both directions, emphasize spinning with control, not speed.
- Jumps (Small, Safe Jumps) - Practice tiny two-foot jumps or “bunny hops.” Knees bend → gentle jump → soft landing.
- Poses and Gliding Combos: Teach a few signature skating poses
  - T-pose (one leg behind, arms out)
  - “Superhero glide” (arms extended forward)
  - “Star pose” (wide arms/legs)
- Mini Olympic Routine
  - In groups or pairs: Choose 3–5 moves (glide, spin, turn, pose, jump).
  - Create a 30–45 second routine. Perform it for the class as an “Olympic program.”

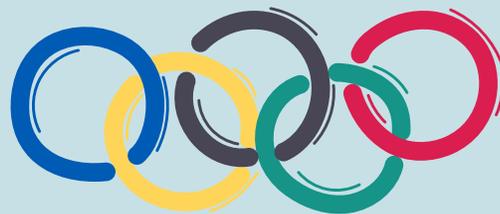
### Olympic-Themed Variations

- Pairs Skating: Students link arms or mirror each other’s moves.
- Ice Dance Relay: Groups complete a choreographed path together.
  - Skills Stations: Spin station, Glide path, Jump/landing prep, Balance poses.
- Country Teams: Students represent Olympic nations (USA, Japan, Canada, Italy, etc.).

### “Judges Panel” Option:

Instead of scoring, judges give positive comments only like “Great balance!” or “Awesome creativity!”

# ENJOY THE OLYMPICS!



[www.activekids.org](http://www.activekids.org)