Intermediate

Carrying the Torch

Facilities
- Gymnasium
- Outdoors

Equipment
- 2 items to represent a torch (e.g., toilet paper roll, baton)
- 2 pinnies, shirts or flags
- Appendix B
- Appendix C
- Appendix J

Physical Activity Level
- Moderate Vigorous

Safety Considerations
Before starting, inspect activity area to ensure it has safe traction and eliminate any potential hazards. When outside, be prepared for the weather conditions; remind students to wear hats and sunscreen on sunny days. Clarify what areas of the body may be tagged (e.g., arms, back, legs). Tell students that a tag is a touch, not a push, punch or grab.

Overview
Students will actively and safely explore activities connected to sporting events.

WARM UP
Torch Tag
- Ask for 2 volunteers to be Torch Bearers, who are “It” and try to tag the other students. Give the volunteers a “torch”.
- Students move around activity area, gradually increasing the intensity of their movements (e.g., walk, to march, to gallop, to jog).
- When a Torch Bearer tags another student, they “pass the torch” to the tagged student, who becomes the new Torch Bearer and is now “It”.
- Continue until end of warm-up (1-2 minutes).

GETTING ACTIVE
Carrying The Torch
- Post a copy of the Olympic Torch Relay Route map (Appendix C) for the class to see.

To begin, talk to students about the 2010 Vancouver Olympics and the Olympic Torch Relay Route, particularly the First Nations communities that were visited in Ontario. This activity could be modified to include information on other major sporting events such as the Pan-Am Games or the North American Indigenous Games. You could also encourage students to research and discuss Aboriginal athletes who participate in these games.
- Divide students into groups of 3-4, and each group focuses on one Aboriginal athlete who has completed at the Olympics, Pan-Am Games or NAIG (see Appendix J for examples).
- Identify a route (inside or outside the school) that students will travel to represent the distance of the 2010 Olympic Torch Relay Route through First Nations communities in Ontario.
- Decide the number of laps students will need to complete to represent 1 km of the Torch Relay Route (e.g., 5 laps around the route represents 1 km on the map).
- Students should jog or speed walk the route, keeping a mental note of the number of laps they have completed.

COOL DOWN
Winter Olympics Sports Tag
- Ask for two volunteers to be “It”. Those students wear a pinnie (or alternative) and try to tag other students.
- When students are tagged, they perform the action of a winter or summer Olympics/Pan-Am/NAIG sport of their choice.
- Students move around the activity space, gradually lowering their heart rate by decreasing the intensity of their movements (e.g., run, to gallop, to march, to walk).
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• Appendix C
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Other Considerations
• Prior to activity, ask students to research one of the First Nations communities through which the Olympic torch passed.
• Discuss how gaining knowledge of the various Olympic sports could help to create an “Olympic Spirit” ad campaign. Ask students to develop media texts, such as a public service announcement on the Olympics to be presented during morning announcements, a magazine ad for a particular Olympic, Pam-Am or NAIG sport, or a one-minute video advertising Olympic events.
• If available, use pedometers to track the number of steps taken throughout the activity.
• As a class, highlight on a map of Ontario the distance travelled.
• Consider posting the map in a central area of the school, and hosting a school-wide challenge to see who can complete the route first.

• Frequently signal for new volunteers to become “It”.
• Finally, lead students through a series of static stretches (see Appendix B for ideas).