

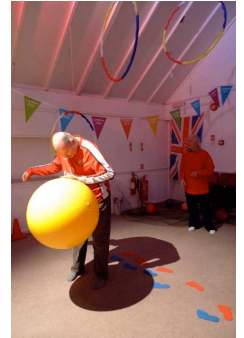
Olympiad

Environment Bunting and flags. Ballpool shelter, giant exercise balls, soft basketballs, variety small soft balls, beanbags, hoops, baskets, tubes, tennis/football nets. Rubber footprints and arrows on floor, polystyrene javelins. Blue voiles for swimming pool, 400m relay race projection, mat podium, flags, hand clappers, gold medals. Satsumas.

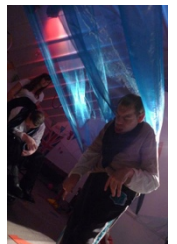
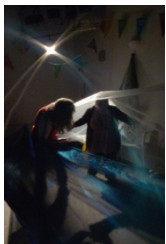


Greeting 100m semis and final on TV. PE kit of appropriate. Physical warm-up/exercise

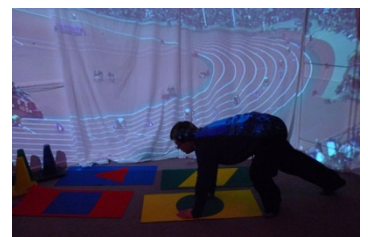
Balls Free play with all the balls - safe in ballpool shelter, bounce/roll/pat rhythms on giant balls, throw balls into/over/under nets, kick/bounce/roll balls, play individually/in pairs/teams. Play tennis, footie, volleyball, basketball. Roll balls down tubes, throw through hoops/into baskets/to each other. Have fun!



Swimming Pull blue voiles out across studio. Swim along, under, through - backstroke, crawl and butterfly. Roll balls down the water. Splash and kick legs, wave arms as you pass each other.



The Race On your marks, get set, go! Run with the greets, making shadows across the projection as you race round the track as your peers cheer you on, waving flags and clappers.



Medals Every one's a winner. Enter the spotlight with pride to receive your medal, to the cheers of the crowd Then taste satsuma and process home.

Observations Surprisingly successful workshop! High energy, fun, enjoyed by all abilities/ages, each person finding their own preferred 'sport' and engaging in focused, enthusiastic ways. Swimming the voiles section brought a welcome change to the dynamic of the workshop before the excitement of 'The Race'. Clients fascinated by projection - watching, copying, doing slow-motion replays, winning with pride. All loved receiving medals for individual prowess, but also shared the celebrations with their peers.

