



Athena's Olympics Learning Objectives

Teachers are a HUGE part of the show! It may look like all fun and games, but here are just SOME of the things we're exercising today:

• **hand/eye coordination** • **listening skills** • **sense of rhythm** • **physical strength** • **balance** • **cooperation** • **creative movement** • **self-esteem**

Program Activities

- 1) Song – Born to Move: Children participate in **aerobic exercise**.
- 2) Torch Lighting Ceremony – Children practice **taking turns, working together** as a team, and boost one another's self esteem by cheering on their teammates
- 3) Song - Balancing Act: This is a fun song that has a lot of movement and exercises **gross motor skills, strength and balance**
- 4) Bean Bag Toss: Exercises accuracy, aim, and hand-eye coordination.
- 5) Obstacle Course: Children navigate an obstacle course that requires **motor planning skills**, agility and balance.

Read me, pass me around, return me to prop bag. Thanks!