

# Faith – Summer Olympics Yoga

This spin off yoga activity is a fun way to bring in the current world events of the Summer Olympic Games into your Primary in a meaningful way!

## How to Play:

Print out the Summer Olympics Yoga cards, either the ¼ page or full-page option. Cut them out into individual cards.

Sing through the Primary song Faith, or whatever Primary song you choose to work on during this activity.

Ask the children what their very favorite summer Olympic sport is to watch or do themselves. You might post a list of sports to choose from, to help them remember some of their favorites. Pick one of the actions named and ask the children if they think they can do that. For example, shall we try swimming like an Olympic athlete?

Have a volunteer child who named that activity as one of their favorites come to demonstrate how to do the action and reveal the yoga card! Have the children mirror you and practice the stance.

Do the action while you sing through the song.

Ask for another favorite summer Olympics sport and add it to the options. Let the kids pick which of the two sports they like best, and model that action throughout the song! Continue revealing and demonstrating new actions and adding them to the choices.

## Extension Activities:

- Let the kids pick and rearrange an order for the 4 yoga stances to rotate through during the song.
- Do one yoga pose on the 1<sup>st</sup> and 3<sup>rd</sup> line, then let the 2<sup>nd</sup> and 4<sup>th</sup> lines be freestyle! Pick any position they'd like or come up with their own!
- Post all of the Summer Olympic cards up on the board face down. Have the children pick a card, and reveal it. Then do that action throughout the song. Pick another action, and then add it to the rotation now doing 2 different poses, switching at the end of each line.
- Have a helper hold the cards and secretly hold four yoga pose cards. Have them hold up their 1<sup>st</sup> choice, then switch between the actions at the end of each line.

## Summer Olympics Yoga Athlete Cards:

- Archery
- Baseball
- Basketball
- Cycling
- Fencing
- Gymnastics
- Swimming
- Tennis

Stand with your body facing sideways but looking towards the front of the room. Hold one arm straight out in front and the other arm pulled back.



# Archery

Stand facing the left side of the room and your head facing the front. Stand with your legs apart and knees bent. Then raise the bat over your shoulder.



# Baseball

Stand with your legs spread about and your knees bent. Spread your arms out wide at your side, trying to block other players. Practice dribbling your ball!



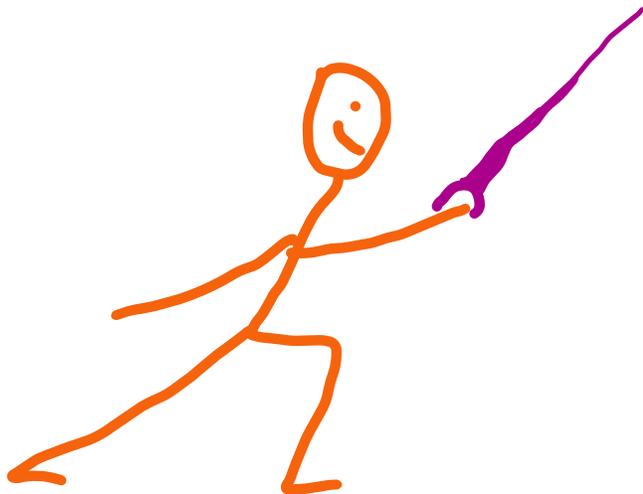
# Basketball

Sit on your chair and lean forward like you are riding a bike. Pedal with both legs spinning in the air in alternate circles.



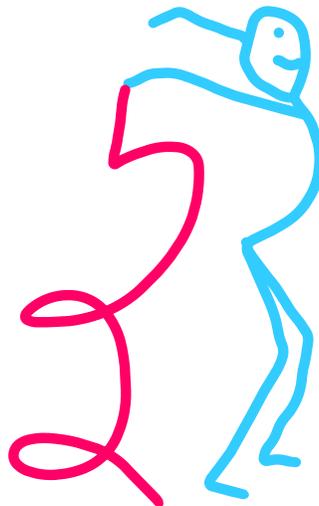
# Cycling

Stand upright, then lunge forward with one knee bent and thrust your arm straight forward saber pointing out. Keep your other arm behind you.



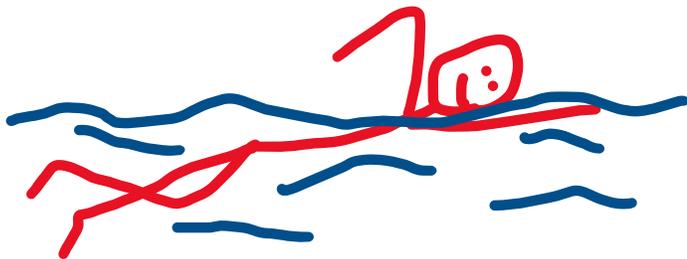
## Fencing

Stand with your knees slight bent, and your back arched backward with your chin tilted up. Hold both arms up high and outward, fingers spread.



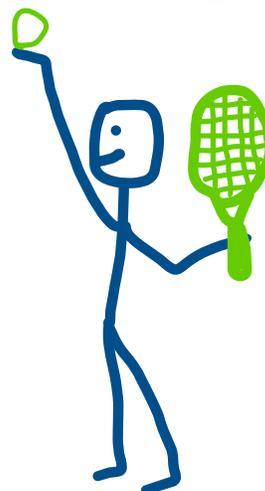
## Gymnastics

Lay on your belly with one arm straight out in front of you. Scoop the water with your other arm and switch. Kick your legs smoothly up and down.



## Swimming

Hold one arm up high with the tennis ball. Bend the other arm back behind you and hold your racket up high. Toss and swing at the imaginary ball!



## Tennis

Stand with your body facing sideways but looking towards the front of the room. Hold one arm straight out in front and the other arm pulled back.



# Archery

Stand facing the left side of the room and your head facing the front. Stand with your legs apart and knees bent. Then raise the bat over your shoulder and swing.



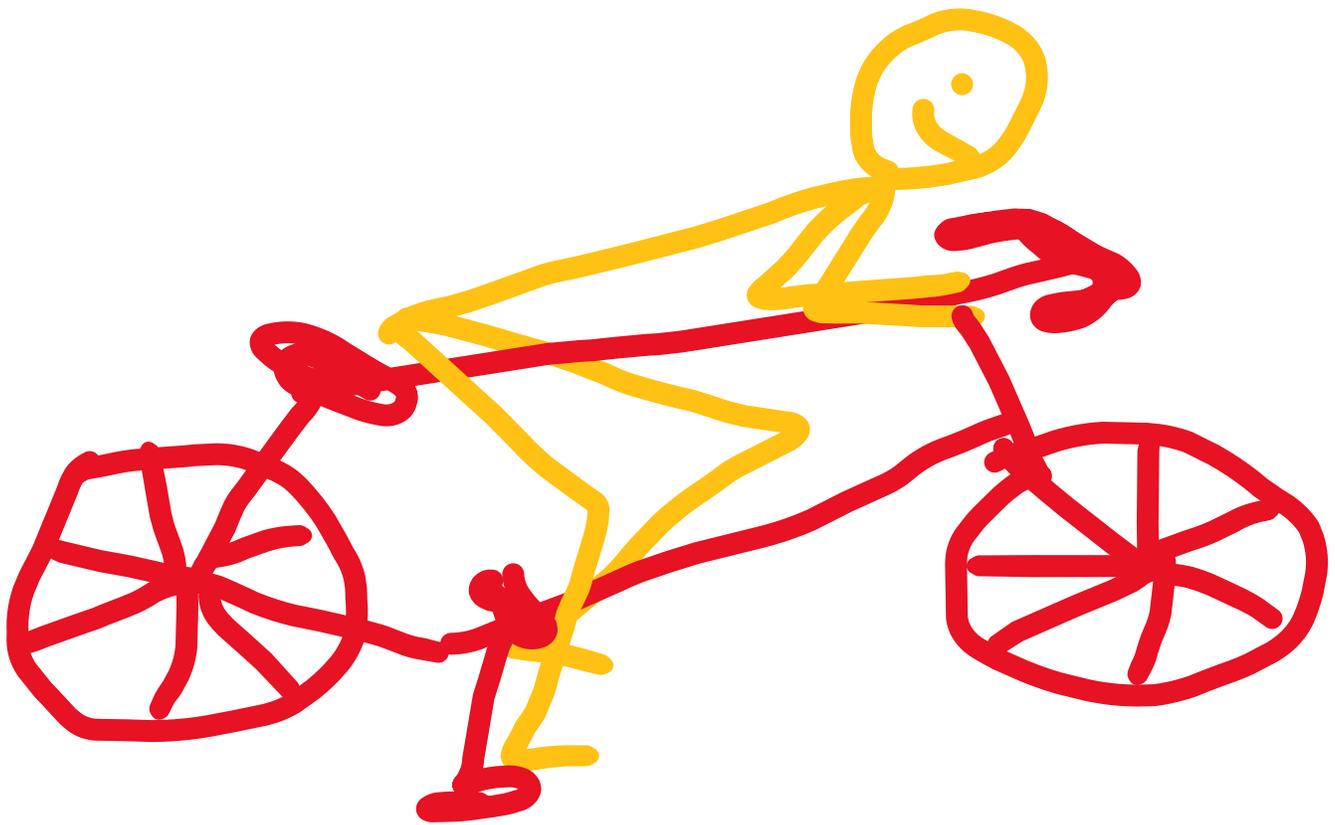
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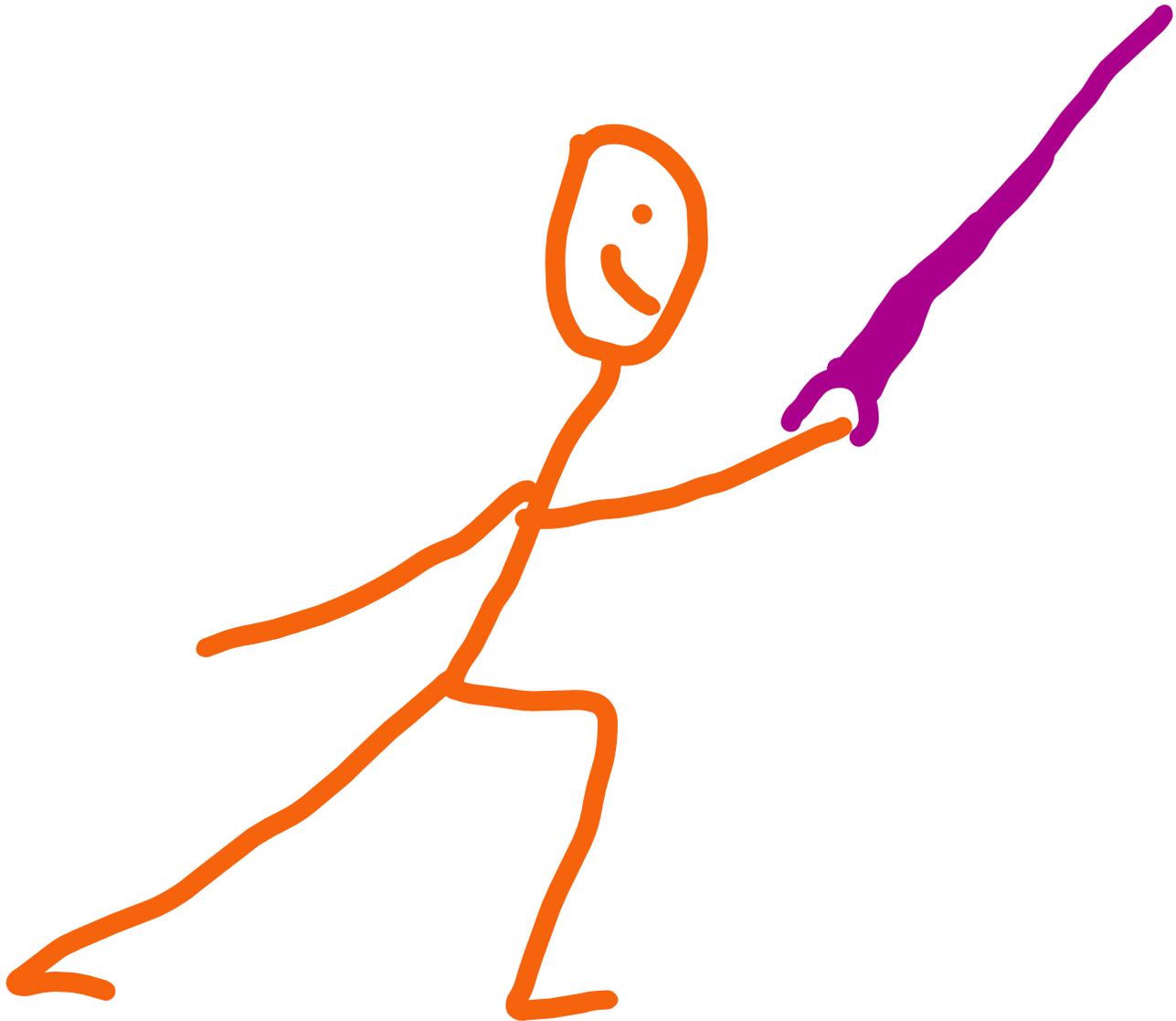
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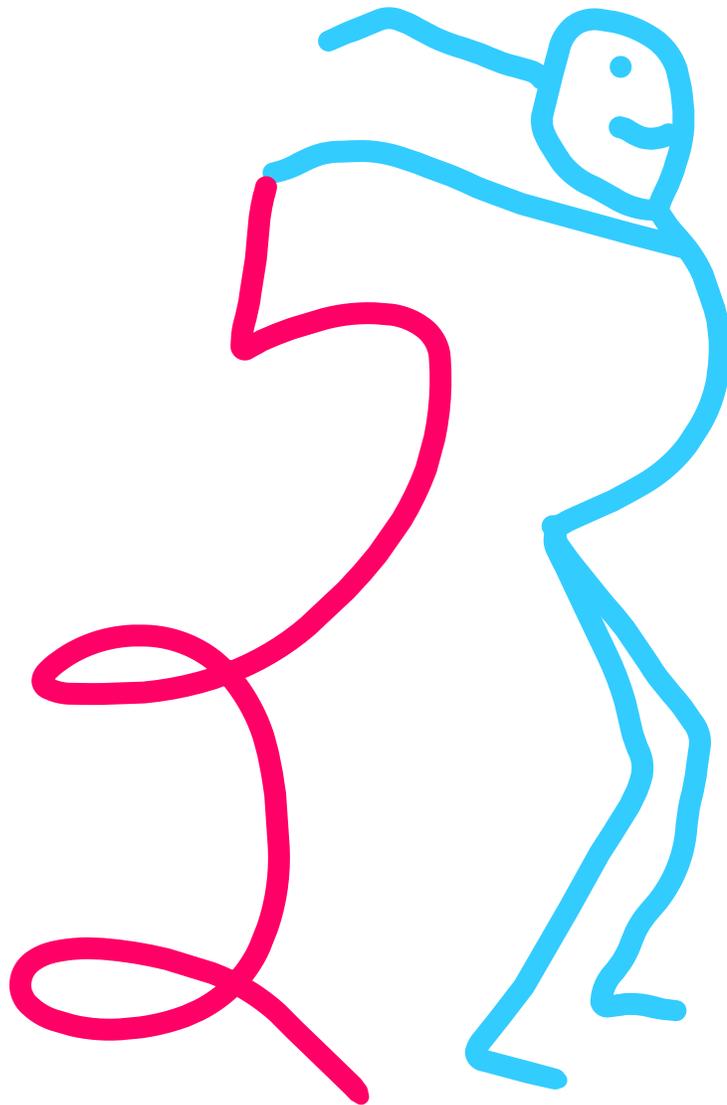
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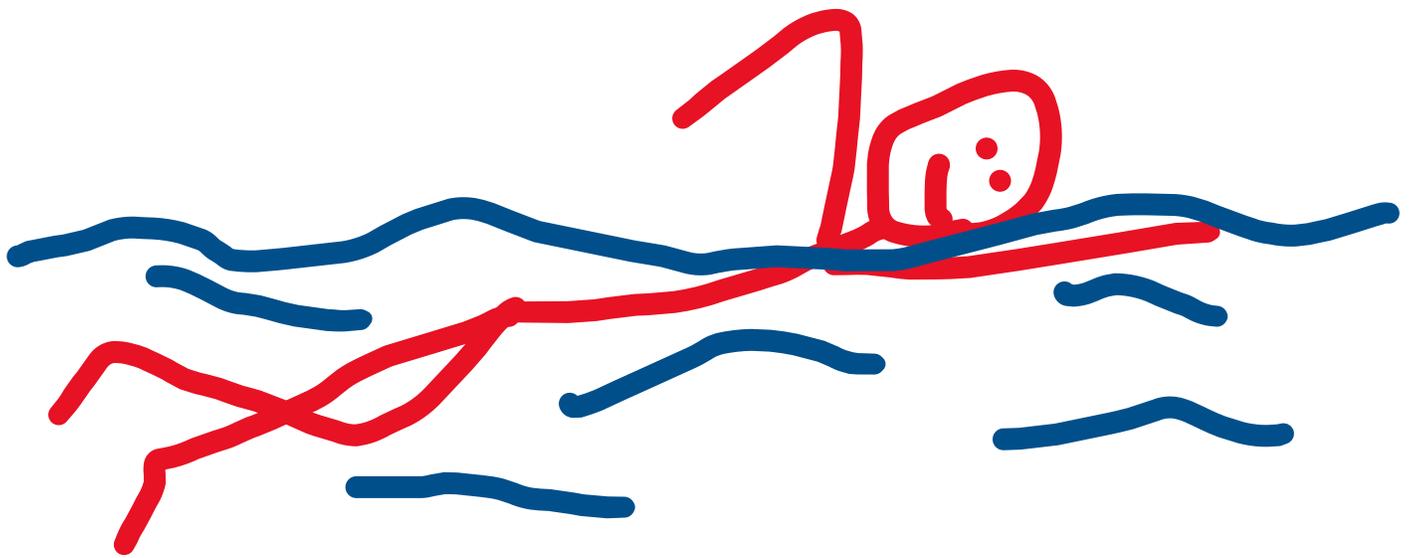


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# Tennis



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