



Olympic Games Movement Cards

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Basketball

Pretend you are dribbling a basketball across the court, then shoot a goal!



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Boxing

Shadow box for one minute!
This means to punch the air up high,
in the middle and down low.



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Race Walking

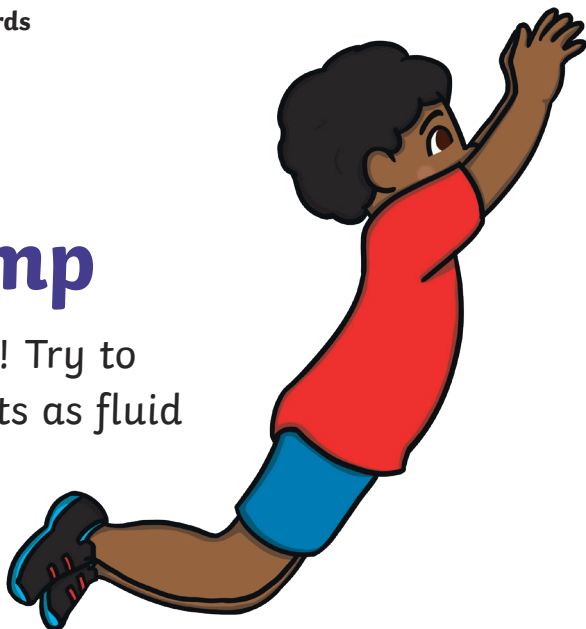
Walk around as fast as you
can, but make sure that one foot is
touching the ground at all times.



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Triple Jump

Hop, step and jump! Try to make the movements as fluid as possible.



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Javelin

Throw your pencil as far as you can. Make sure none of your peers are in the way!



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Weightlifting

Hold a stick over your head with two hands and do as many squats as you can. Bonus points for making it look really heavy!



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Gymnastics

Do a forward roll. Don't forget to stand up, lift your arms to the sky and wait for your applause at the end!



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Swimming

Pretend you are in the water and do as many different swimming strokes as you can.



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Hurdles

Run along and jump imaginary hurdles as you go.



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Artistic Swimming

Move your body in creative ways, pausing for maximum effect.



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100 Metre Sprint

Run as fast as you can from one point to another (it doesn't have to be 100 metres).



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