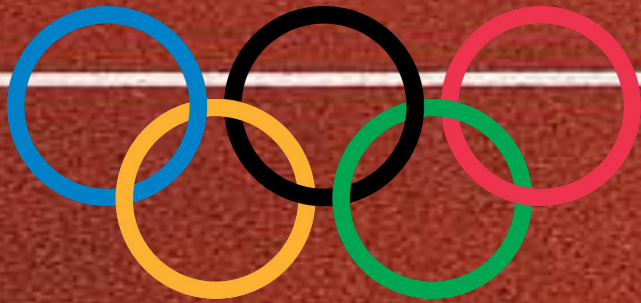


The Olympic Lesson

Active Stories



By Owen Denovan
Primary Steps in PE

1.

Good day everyone, my name is Steve Peaty
The best athlete around, no one can't beat me.

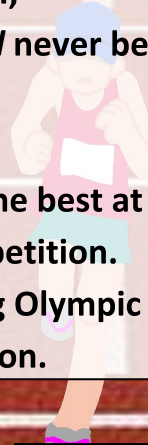
I can swim , I can run. I can jump and throw.
To win every event I just 'give it a go'



2.

There's no one around who is better than I,
You'll never beat me. So don't even try!

I'm the best at it all, there is no competition.
Being Olympic Champion is my next mission.



3.

The first event is The One Hundred Metres.
You don't stand a chance, you'll never defeat us.

You look really nervous. "*Take your marks , get set, go!*"
Can you keep up with me or are you too slow?!

(Sprint on the spot for 10 seconds)

4.

Haha! I beat you! You didn't stand a chance.
Just watch me while I do my victory dance!

The next event is the 1 Kilometre Row,
But with those puny arms it's best you don't show!

5.

Sit in your boat, and wait for the green light
Then pull your hardest, try to get out of sight.

(Seated rows for 30 seconds)

Only ten metres left and our boats are drawing.

If you don't win this then this could get quite boring!**(sprint finish)**



6.

What?!?! You won! This I cannot believe!

How can someone like you beat the mighty Steve?!

It doesn't matter. 3 events to go.
I'll not lose any more. Let's see how you throw.

7.

Pick up the javelin, run up and throw high
(run up and throw 3 times)

Look at it soaring , fast through the sky!

Now pick up the hammer, it weighs such a lot!

Spin around and then throw it. Let's see what you've got.

(spin once and throw three times)

8.

Another victory for me! I'm winning two-one.

It's getting quite easy, soon you'll be gone!

The next event is freestyle swimming.
It's my favourite event. You've no chance of winning!

9.

Stand at the edge and dive in at the beep.
Swim as fast as you can. The water is deep!
(dive in and swim fast front crawl)

Swim hard and swim fast. Reach out, touch the side. (swim and stretch out)

I think that I beat you, but it's nice that you tried!

10.

ARE YOU KIDDING ME?! There must be a mistake,
There's no way they beat me! I demand a re-race!

It's two events each and next is gymnastics.
To beat me here you'll have to do something drastic.

11.

Our final event is to perform our routine on the floor.

Be as precise as you can. You'll need a good score.

I'll go first . I'm more important than you. You should sit there. Take notes while you do.

(teacher performs a basic sequence)



14.

I don't believe it. You've won fair and square!
Three events to two but I don't care!

You've taught be valuable lesson today,
Showing off and being mean is no way to play!

12.

It's time for your sequence, step onto the mat.
You'll need a perfect score to compete with that!

Balance and leap. Spin, balance once more.
Finish with a flourish and wait for your score.

(children plan and perform a sequence using these moves)

15.

I'll see you again at the next Olympics games
I'll have to train harder so the result isn't the same.

Well done on your win and thanks for showing me.
Sportsmanship Is more important than victory.

13.

The judges are back. They've given me a 9.

I'm confident now that victory will be mine!

But wait! No way! Go now and check it again.

I've just seen your score. And you got a 10!!!

