

OQS – OVEP activities


Detailed task cards

STATION 1.	FRIENDSHIP
ACTIVITY	CATCH THE BALL!
Aim	Developing cooperative attitude
Method	Movement-based cooperative game
Task	<p>Kids formulate a circle by holding each other's hands. The game starts from one student, who passes the ball to one of his/her teammates. When his/her teammate grabbed the ball, the two teammates next to him/her with the ball has to squat and touch the ground with their hands. After that, they stand up and the one with the ball can pass the ball again to another teammate and the process starts again. The game ends, when everyone touched the ball one time, and with the last pass all of the teammates have to squat and touch the ground.</p> <p>The referee starts the timer before each round, thus monitors the performance of each team. The aim is to do the task as fast as possible within the time limit, which is 8-10 minutes.</p> <p>Questions of the referee:</p> <ol style="list-style-type: none">1. Is it useful the implement one common strategy to make the team more efficient?2. If yes, what is the most efficient way to execute the task?3. Which were the most common mistakes resulted restarting the task?4. Why is it useful to cooperate in our school or in sport?
Equipment	2 volleyballs, 1 stamp
Other	

STATION 2.	RESPECT
ACTIVITY	DIFFCULT DECISIONS IN SPORT
Aim	Strengthening mutual respect
Method	Discussion, enquiry
Task	<p>We formulate four-member groups according to Months of birth.</p> <p>Groups receive the same text separately on one paper: “Imagine, that you are a member in a sport club of your school, which has good results so far. One day, your teammate puts the blame on you after a lost match. He/she continuously blaming you after the match, during the trainings as well. After that, this member, makes fun of you and threatens you, when you try to stop her/him. You are afraid to tell it to your coach, because you think it might can get even worse after. What can you do in this situation?”</p> <p>Discuss this situation and write notes about your ideas and opinions according to the followings:</p> <ol style="list-style-type: none"> 1. Group: From the point of view of the abuser. Why he/she behaves like this? What is his/her aim with this? Is there anything happened, influencing his/her change in behaviour? 2. Group: From the point of view of the victim. How he/she perceives the situation? Is there any reason why he/she is the one, who is abused? What could be those reasons? 3. Group: From the point of view of the teammates. Did they realize anything? How they felt, when they saw the abuser’s behaviour? How can they support their teammate? <p>Time limitation: 5 minutes</p> <p>All groups have to share their findings, and ideas about the solutions.</p> <p>Time limitation: 3*2 minutes</p> <p>At the end, teachers will have to summarize the lesson learned and talk about the responsibilities of the teachers and coaches in this manner.</p>
Equipment	3 task cards with the questions 3 markers, flipchart papers to take notes
Other	

STATION 3	HARMONIOUS BODY, WILL AND MIND
ACTIVITY	PLAN A HOPSCOTCH!
Aim	Developing creativity and cooperation
Method	Movement based learning, enquiry
Task	<p>We formulate pairs with the help of sport cards.</p> <p>Pairs have to plan a hopscotch primarily on paper, and after that they have to draw it on the ground with a crayon. (They receive templates for inspiration.) When they are ready, they have to come up with two rules for that and learn them.</p> <p>Time limitation: 6-8 minutes</p> <p>As next step, one student from each group has to teach their hopscotch rule to another team member.</p> <p>Time limitation: 3-4 minutes</p>
Equipment	Sport cards, papers, markers, crayons, pictures for inspiration
Other	We can give ideas on the form of the hopscotch, so it does not have to be traditional.

STATION 4	HOSTING THE OLYMPIC GAMES
ACTIVITY	ORGANISING THE GAMES
Aim	Strengthening national identity
Method	Circle of sharing, discussion
Activity	<p>We formulate four-member groups according to Months of birth.</p> <p>Imagine, that you would like to introduce your city and your school as a potential organizer of a fantastic Youth Olympic Games.</p> <p>What would you emphasize, what are the characteristics, demonstrating the best your culture and values? Do you know any other mega-events, organized by your city or community?</p> <p>Finish the following sentence: “Our school would be the most eligible to organize this fantastic Olympic event, because, and because.....”</p>
Equipment	A/3 papers and markers
Other	

STATION 5	COURAGE
ACTIVITY	GYMNASTICS
Aim	Developing courage and common responsibility
Method	Movement-based learning
Task	<p>Set a cooperative body sculpture according to the number of participants, where each team member has a task and responsibility.</p> <p>If we are ready, take a picture and build an alternative body sculpture!</p> <p>Example:</p> 
Equipment	Printed body sculpture ideas
Other	


STATION 6	SPIRIT IN MOTION
ACTIVITY	BLIND SKATEBOARDING
Aim	Understanding the values of harmonious development of body will and mind and mutual respect
Method	Movement-based learning, Experiential learning
Task	<p>We build an obstacle track on the field.</p> <p>We build pairs, then one member blindfolds the other member of the pair. The one, who is blindfolded, pushes the other, sitting on the board and gives the instructions.</p> <p>In the next round they change roles.</p>
Equipment	Obstacles, skateboards, masks.
Other	

STATION 7	STRIVING FOR EXCELLENCE
ACTIVITY	WHAT DO YOU THINK ABOUT THE AIMS?
Aim	Understanding the values of striving for excellence
Method	Word Cloud
Task	<p>Students see posters with famous citations referring to the Olympic values. They can write down anything that come into their minds to the posters. Thus, they produce word clouds on the poster.</p> <p>One group can “decorate” one poster with their ideas.</p> <p>At the end of the task, we summarize the ideas.</p> <p>There will be 2 walls for the posters. One wall will have 4 posters on it. At the end all groups can bring their “tailor-made” poster with a related word cloud with them.</p> <p>We always put new posters on the walls after each round.</p>
Equipment	2 walls, 64 printed posters in A1, markers, stickers
Other	

STATION 8	FAIR PLAY IN LIFE
ACTIVITY	WHAT FAIR PLAY MEANS FOR YOU?
Aim	Understanding the context of fair play
Method	Circle of sharing, word cloud
Task	<p>We formulate four-member groups. Each group receives a photomontage, that supports intuition. Groups produce a word cloud with markers on a flipchart paper. The words are connected to fair play and the pictures what they see.</p> <p>At the end, they show their piece of art to the others. We put the artworks on the wall, so everyone can see them during the day.</p>
Equipment	Markers, flip chart papers, photomontage (5-6)
Other	<p>https://edge.sitecorecloud.io/internation5b29-iwe-production-106c/media/files/resource-library/fair-play/fair-play-et-valeurs-olympiques-en.pdf</p> <p>+OVEP Toolkit</p>

STATION 9	JOY OF EFFORT
ACTIVITY	TORCH RELAY
Aim	Striving for a common goal together during physical activity
Method	Physical coordination, discussion
Task	<p>Students receive an arcade task. They have to balance a ball on a buoy at an obstacle relay race. All students run on one track. We measure the time, and if someone drops the ball, it counts +5 seconds.</p> <p>How long does it take to bring back torch to the starting point? How many minutes was the shortest relay?</p> <p>At the end of the activity, we read the history of the Olympic torch and discuss about the symbol itself.</p>
Equipment	Reading, 2 buoys, 2 balls
Other	

STATION 10	HUNGARY AT THE OLYMPIC GAMES
ACTIVITY	WRITE FUN FACTS!
Aim	Make students aware of the Hungary-related Olympic values
Method	Research, event preparation, collaborative preparation
Task	<p>We formulate four-member groups randomly.</p> <p>Students receive a task via a QR code on their mobile phones. The task is to write fun facts to their group members and then show them to the others as well.</p> <p>Time limitation:</p> <ul style="list-style-type: none"> • 6-8 minutes for research • 3-5 minutes for presentation <p>Questions on the task cards:</p> <ol style="list-style-type: none"> 1. The highest number of gold medals were received by Hungary in (year), in(city). 2. The most successful Olympic Games regarding the Olympic points wereThe number of points were: 3. We have gold medals for women in the history of the modern Olympic Games. 4. We have gold medals for men in the history of the modern Olympic Games. 5. Three Olympic Games in Paris (true/fault) <ol style="list-style-type: none"> a. There will be competitions in Tahiti as well. b. There is no rosette on the Paris 2024 mascot. c. There will be dance competition at the Olympic Games for the first time in Paris 2024.
Equipment	QR codes printed, task cards with the sentences and places for answers
Other	OVEP branded paper

STATION 11	RESILIENCE
ACTIVITY	VERTICAL CLIMBING
Aim	Experiencing resilience and endurance both physically and mentally.
Method	Learning through movement
Task	<p>Students go through an obstacle path, made of hand and feet patches. We build the path in two level of difficulties. The aim is to put the correct feet and hand to a correct patch.</p> <p>Can you do the races without falling down?</p> <p>At the end, pairs can do the task blindfolded as well.</p>
Equipment	<p>Patches, 2 masks</p> 
Other	

STATION 12	SUSTAINABILITY
ACTIVITY	??
Aim	??
Method	??
Task	??
Equipment	??
Other	

STATION 13	OVEP BASE CAMP
ACTIVITY	Digital Olympics
Aim	Connecting digital culture with the Olympics
Method	IT based learning
Task	We formulate four-member groups randomly. They watch a video on a television. After the video, each group play a Kahoot quiz on one tablet.
Equipment	1 tablet / 1 group https://www.youtube.com/watch?v=SJabiVzfcq0&t=320s Questions?
Other	