

## **Multi-Sport Week**

### Directions:

- Classes will be challenged to complete as many tasks as possible on the BINGOcard by the end of the week, while also collecting bonus points. Although divided by day, classes may complete the tasks in whichever order they choose.
- As you complete your task, make sure to mark it off on your BINGOcard and keep track of your score.
- At the end of the week, you will submit your BINGO sheet via
- All activities can be done in a gym/classroom/field. Please feel free to adapt exercises as needed for your students.
- Each day is broken down below with scoring rules and explanation of activities.

### Scoring:

- Every time you complete a square on your BINGO card you will be awarded 5 points. (make sure you mark it off)
- Some activities have the opportunity for bonus points. This will be listed in the instructions. Keep track of your bonus points.
- You will also be awarded points for the following:
  - Completing 1 BINGO line in any direction = 10 points
  - Completing 4 corners = 10 points
  - Completing 2 BINGO lines in any direction = 20 points
  - Completing 3 BINGO lines in any direction = 30 points
  - Completing a full BINGO card = 40 points
- At the end of the week you will submit your BINGO card with your point total.

Almost all activities can be done in a classroom. Please see the instruction manual for additional resources and bonus point opportunities! Feel free to modify activities for your students as you see fit.

Class scores are calculated by adding the points from the BINGO card and the bonus points. SOO staff will calculate additional points for receiving a BINGO! Please highlight each activity that you complete and record your score below.

## BINGO

B	I	N	G	O
Completed the Track Warm Up	Completed the Mini Hockey Shootout	Completed the Winter Olympics Sports Warm Up	Completed the Passing Circle Warm Up	Completed the Summer Olympics QOTD
Completed the Volleyball Peppering Drill	Completed the Archery Accuracy Toss	Completed the Hockey Passing Challenge	Completed the Dribble and Freeze Warm Up	Completed the Indigenous/Canada QOTD
Completed Basketball Bounce	Completed the Lacrosse Relay Challenge	FREE	Completed the World Cup Challenge	Completed the Winter Olympics QOTD
Completed the Weightlifting Challenge	Completed Calming Cool Down	Completed the Curling Challenge	Completed the World Cup Cool Down	Completed the World Cup QOTD
Completed the Gymnastics Cool Down	Completed Read a Resource	Completed the Big Air Snowboard Challenge	Completed the Celebrate Canada Soccer Video	Share your Favourite Activity with your Peers!

## BINGO Points

Here you can add up your points from completed BINGO squares. Remember every square is worth 5 points! FREE is an automatic 5 points. So if you do ALL the activities in one day that is max 25 points from the BINGO card for ONE day!

Monday	Tuesday	Wednesday	Thursday	Add up your points!

### Bonus Points!

If you completed a BINGO activity and earned extra points based on the criteria, tally them here!

Monday	Tuesday	Wednesday	Thursday	Add up your points!

### Completed BINGO Card Points!

Finally we need to tally up the EXTRA points you got from completing your BINGO card! Below are how extra points are rewarded. If you fill out the ENTIRE card you can still earn 10 points for completing the four corners

- Completing 4 corners = 10 points
- Completing 1 BINGO line in any direction = 10 points
- Completing 2 BINGO lines in any direction = 20 points
- Completing 3 BINGO lines in any direction = 30 points
- Completing a full BINGO card = 40 points

4 Corners	1 Line	2 Lines	3 Lines	Entire Card!	Total Points!

Total Points: \_\_\_\_\_ (Total points from all the squares + bonus opportunities)

## Monday Challenges: Summer Olympics

Happy Monday everyone! To start off our awesome week we are going to be participating in our own version of the **Summer Olympics**. With summer right around the corner and the last olympics being last year, this feels like a great way to get moving on this monday!

### Question of the Day!

- Which city hosted the very first modern Summer Olympic Games in 1896?
  - A. Paris
  - B. Athens
  - C. London
  - D. Rome
- Make a guess, then google the answer and check off the Summer Olympics QOTD BINGO box.

### Warm Up:

- Track Warm Up
  - Walking Hurdles: Line up side by side with plenty of space between each person. Begin by taking two walking steps forward, then lift one leg as high in the air as students can, Alternating legs each time. Continue this pattern—step, step, lunge—until you reach the end of the designated area.
  - Race: Using the perimeter of a gym or track, have everyone complete one full lap at a pace of their choice—whether walking, jogging, or running.
  - Long jump: Set up a clear runway where students can take a short run-up before jumping from a marked take-off line. Using a meter stick or tape measure, record the distance from the take-off point to the heel of the back foot upon landing

### Scoring:

- Cross off the Track Warm Up Box on the BINGO card!
- Earn 5 points if more than half of your group completed all three Track Warm-Up activities to the best of their ability.
- Earn 3 points if more than half of your group completed two out of three activities to the best of their ability.

### Activities:

#### 1. Volleyball Peppering Drill

- After dividing into pairs, every pair will get a volleyball
- Each pair will pass back and forth using the Bump, Set, Spike moves in volleyball.
- The following video can be watched to support any students who need a visual [https://www.youtube.com/watch?v=az\\_oouQa6VY](https://www.youtube.com/watch?v=az_oouQa6VY)

- Make sure students count their passes back and forth to get extra points!!
- Set a timer for **5 minutes** and begin

#### Scoring:

- Cross off the Volleyball Peppering Drill on your BINGO Card
- Earn points based on your team's longest streak of passes without the ball touching the ground
  - 40+ = 5 points
  - 30–39 = 4 points
  - 20–29 = 3 points
  - 10–19 = 2 points
  - 5–9 = 1 points

### 2. Basketball Bounce

- Using a court with two nets and a basketball for every player, split your group into two smaller groups
- Everyone will shoot as many baskets as they can in **10 minutes**
- Each player should try and count how many successful baskets were made or a student can be designated this job if they do not want to play

#### Scoring:

- Cross off the Basketball Bounce on the BINGO Card
- Total up the number of baskets from everyone
  - 50+ baskets = 5 points
  - 40–49 baskets = 4 points
  - 30–39 baskets = 3 points
  - 20–29 baskets = 2 point
  - 10–19 baskets = 1 point

### 3. Weightlifting Challenge

- Using light objects (beanbags, dodgeballs, pylons)
- Students squat with their object, then stand and lift it over their head
- The goal is that everyone does their squat and lift at the same time while counting as a group
- Teachers will set a **3 minute timer**
- If a student chooses not to squat they can hold their object over their head or at a comfortable height

#### Scoring:

- Cross off the Weightlifting Challenge on the BINGO Card
- Record the number of squats the group did together and correlate it with the amount of points
  - 50+ squats = 5 points
  - 40–49 squats = 4 points

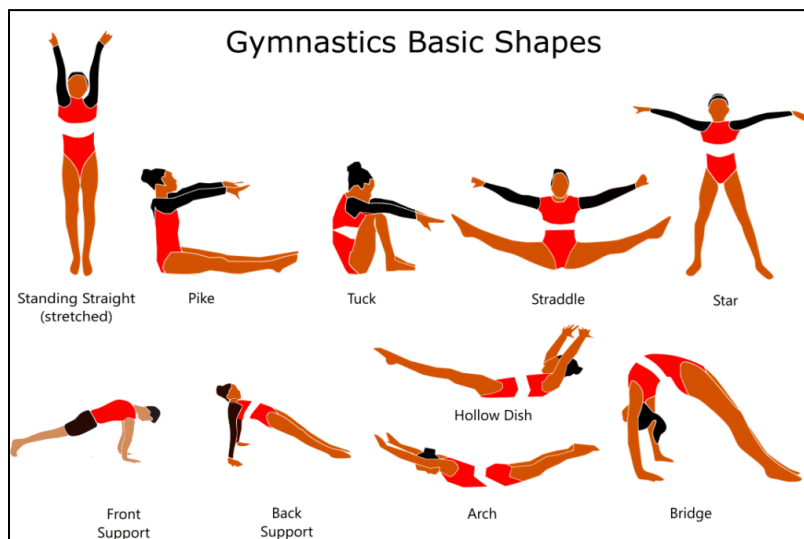
- 30–39 squats = 3 points
- 20–29 squats = 2 point
- 10–19 squats = 1 point

### Cool Down:

- Gymnastics Cool Down
  - Try to do at least 5 out of the 10 following cool down stretches below to the best of everyone's ability!

### Scoring:

- Cross off the Gymnastics Cool Down on the BINGO Card
- If the class does (or attempts) all 10 stretches, that equals 5 extra points



## Tuesday Challenges: Indigenous/Canada Sports

Hello everyone! Today we are going to be celebrating the **Indigenous sports** and our **Canadian culture** which is a wonderful mosaic of all who call Canada home. First we will start out with our Question of the Day for that BINGO square and move onto the hockey shootout. Then you'll play archery and lacrosse. Two sports with deep indigenous roots. Attached are some educational links. Reading or watching at least one of the sources below means crossing off the Read a Resources on the BINGO card.

### Question of the Day!

- Which traditional Indigenous game is known as "The Creator's Game" and is considered one of the oldest team sports in North America?
  - A. Hockey
  - B. Lacrosse
  - C. Archery
  - D. Canoeing
- Make a guess, then google the answer and check off the Indigenous/Canada QOTD BINGO box!

Below are three educational videos on Indigenous Sports.

- <https://www.youtube.com/watch?v=UPAS82U8uwE>
- <https://www.youtube.com/watch?v=CISeEFTsgDA>
- [https://www.youtube.com/watch?v=\\_e5Gs\\_oywbk](https://www.youtube.com/watch?v=_e5Gs_oywbk)

### Activity:

#### 1. Mini Hockey Shootout:

- Inspired by: Indigenous contributions to hockey, including players who've shaped the NHL and efforts to decolonize the game. Resources below
  - <https://www.thecanadianencyclopedia.ca/en/article/indigenous-nhl-players>
  - <https://www.queensu.ca/gazette/stories/decolonizing-canada-s-national-game>
  - <https://www.innovation.ca/projects-results/research-stories/indigenous-hockey-history>
- Use hockey sticks (or pool noodles) and soft balls or foam pucks.
- Set up a few mini goals (plastic bins or cones work too).
- Set a 15 minute timer
- Students take turns shooting the ball/puck into the goal from a marked spot.
- Add variations: hit targets in the goal, shoot while moving, or use a goalie (a student in soft gear or a teacher)

### Scoring:

- Cross off the Mini Hockey Shootout on the BINGO Card
- **1 point** per goal scored. (Maximum 3 points per player)

- Bonus: If the entire team scores at least once each, award 2 bonus points.

## 2. Archery Accuracy Toss

- Inspired by: Traditional Indigenous bow and arrow use. Resources below
  - <https://www.sasktoday.ca/north/opinion/a-history-of-bows-and-arrows-4119321>
- Set up 3 targets at different distances (hoops, buckets, or circles). "Arrows" = bean bags or soft balls.
- Each student gets 3 tosses to try hitting a target.

### Scoring:

- Cross off the Archery Accuracy Toss on your BINGO Card
- Add up students scores with the following ifo
  - Closest target = 1 point
  - Middle target = 2 points
  - Farthest target = 3 points

## 3. Lacrosse Relay Challenge

- **Inspired by:** The Creator's Game – traditional Indigenous lacrosse. Resource below
  - <https://indigenouspeoplesatlasofcanada.ca/article/sport/>
- Set up 2–3 obstacle courses a course using pylons and/or any other equipment
- Divide your group into 2-3 teams
- Each team needs a lacrosse stick and a dodgeball
- Using lacrosse sticks or an alternative, the first person of each group will balance the dodgeball in the lacrosse stick for the entirety of the obstacle course
- Once they complete it and return to their line, they pass everything off to the next teammate

### Scoring:

- Cross off the Lacrosse Relay Challenge on the BINGO Card
- Extra points are rewarded as following
  - 5 points if the whole team completes the relay with no dropped balls.
  - 3 points if the team completes the relay with 1–2 dropped balls.
  - 1 point if the team finishes the relay with multiple drops, but everyone tried their best.

### Cool Down:

- Deep breathing or calming meditation for 1 minute
- Then you can cross off Calming Cool Down on the BINGO card.



## Wednesday Challenges - Winter Olympics

Today we're jumping into the [Winter Olympics](#)! We'll start with a fun warm-up to get your muscles moving. Then, we'll try out some awesome winter sports! You'll pass the puck in [hockey](#), aim for the target in [curling](#), do cool tricks in [snowboarding](#), and race fast in [bobsleigh](#)!

### Questions of the Day!

- Which country has won the most Winter Olympic medals of all time?
- Where does Team Canada place on the total overall medals list for the Winter Olympics?

Hint: <https://www.topendsports.com/events/winter/medal-tally/all-time.htm>

Scoring: Check off the Winter Olympics QOTD square on the BINGO card!

### Dynamic Warm-Up:

1. Ski Jumps (Mogul Style)
  - a. How to do it: Stand with feet hip-width apart. Jump side-to-side over an imaginary line or small cones, keeping your knees slightly bent and landing softly each time.
  - b. Tip: Pretend you're skiing down a mogul hill, bouncing side-to-side to absorb the bumps. Keep your arms bent in front of you for balance.
2. Speed Skate Strides
  - a. How to do it: Take wide lateral (side-to-side) steps, staying low like a speed skater. Push off one leg and glide to the other side, pumping your arms strongly in sync.
  - b. Tip: Focus on smooth, strong side pushes and keep your chest low and forward to mimic the speed skating stance.
3. Slalom Weaves
  - a. How to do it: Set up cones or markers in a zigzag line. Jog through them, weaving left and right like you're skiing down a slalom course.
  - b. Tip: Stay light on your feet, and use your arms for balance. You can vary speed depending on the group's ability.
4. Hockey Stops
  - a. How to do it: Start by shuffling forward quickly (side-to-side movement with feet never crossing), then suddenly stop and freeze like a hockey player coming to a stop on ice.
  - b. Tip: Emphasize fast feet during the shuffle and fun, dramatic freezing when they stop, like striking a "goalie block" pose.

## 5. Snow Angels

- a. How to do it: Either lie on the ground (if safe/clean space) or stand tall. Sweep your arms up and down in big, controlled circles, mimicking the motion of making snow angels.
- b. Tip: Keep movements slow and wide for a nice upper body stretch. Standing version is great if you're indoors or want to keep everyone on their feet.

### Scoring:

- Cross off the winter dynamic warm-up square on the BINGO card!

### Activities:

#### 1. Hockey

- a. Pass with partner: How many passes can you and your partner complete in 1 minute?
- b. Shot accuracy: How many goals can you score through targets (hula hoops in net, cones, etc.)
- c. Coach Bonus Round: Players shoot blindfolded with a coach guiding you with their voice.

#### 2. Curling

- a. Individual Slide: How many "stones" (can use balls, bean bags, foam pucks, etc.) can you land on the target (hula hoop, floor tape, cones, etc) in 2 minutes?
- b. Teamwork: One player slides, one "sweeps" with a pool noodle (can switch roles)

#### 3. Big Air Snowboarding

- a. Lay out a straight path with cones and a jump zone at the end. Participants jump and while mid-air, they perform a trick/pose.

#### 4. Bobsleigh

- a. Race down the "track" (a straight path of cones in the gym) using seated scooters, just like a bobsleigh team racing on an icy course!

### Scoring:

- Cross off the winter olympic sports square on the BINGO card if you completed at least 2 sports!
- 5 points awarded for making more than 10 passes (hockey) with your partner in under 1 minute.
- 5 points awarded for successfully scoring while blindfolded being guided by a coach's voice.
- 2 points awarded for every participant that comes up with a unique pose for Big Air snowboarding.
- 5 points awarded for landing 1 or more stones in the targets for curling.

### Cool Down:

1. In a circle, everyone shares their favourite winter sport

2. Seated forward fold: sitting with legs extended and reach towards your toes
3. Standing quad stretch: Reach for your heel and hold
4. Cross-body arm stretch: reach one arm across body, and hold with opposite arm
5. Or have each participant lead a stretch in the circle.

Scoring:

- 2 points awarded for every stretch initiated/led by a participant.

## Thursday Challenges: World Cup

With the **World Cup** just around the corner, we're going to get into the spirit by playing our own version of the tournament today! We'll kick things off with a fun warm-up to get those muscles moving, then we'll break into teams. Each team (2 players per team) will pick a country to represent and work together to score goals, stay in the game, and try to make it to the final round!

Examples of Countries to Represent at the World Cup:

- |             |            |             |
|-------------|------------|-------------|
| - Canada    | - Spain    | - Belgium   |
| - USA       | - France   | - Japan     |
| - Mexico    | - Germany  | - Morocco   |
| - Argentina | - Italy    | - China     |
| - Brazil    | - Portugal | - Sweden    |
| - England   | - Croatia  | - Australia |

**Get in the soccer spirit: watch this fun video and cheer on Team Canada!**

<https://youtu.be/U3ZYj46q99o?si=Aznzlo3LmWvVV9>

Scoring:

- Cross off the Celebrate Canada Soccer Video square on the BINGO card!

### Questions of the Day!

- Which country has won the most FIFA Men's World Cup titles in history?
- Which country has won the most FIFA Women's World Cup titles in history?

Hint: <https://www.olympics.com/en/news/most-fifa-world-cup-football-wins>

Scoring: Check off the World Cup QOTD square on the BINGO card!

### Warm-Up:

1. Passing circle: form a circle with all players, pass the ball back and forth. How many passes can you make in 1 minute?
2. Dribble and freeze: Players dribble the ball down the field/gym, teacher/coach yells freeze, players must stop the ball and stand in place. Practice control

Scoring:

- Cross off the passing circle and dribble and freeze warm-up squares on the BINGO card!

- 2 points awarded for making more than 5 passes in the passing circle.

### Activity:

#### How to Play World Cup:

1. Divide players into teams of 2 or 3.
2. Teams choose a country for their team name.
3. All teams start on the field, spread out.
4. The coach throws a ball into the playing area.
5. Teams try to get the ball and keep control until they can shoot and score a goal.
6. When a team scores, they leave the field and wait for the next round.
7. The coach throws in a new ball, and the game keeps going.
8. Teams that don't score stay playing until only one team is left without a goal, that team is out
9. Play more rounds the same way.
10. In the final round, the first team to score wins the World Cup!

#### Pro tips:

- If the ball goes out, the coach throws in a new one.
- If the goalie saves the ball, they roll or kick it back to the coach for another throw-in.
- The coach always has many balls ready to keep the game moving fast!

#### Scoring:

- Cross off the world cup square on the BINGO card!
- 5 points awarded for naming the current men's FIFA World Cup champions.
  - ANS: Argentina
- 5 points awarded for demonstrating excellent teamwork, such as a well-coordinated pass or strategy that leads to a successful goal.
- 2 points awarded for each team's creative goal celebration.

### Cool-down:

- Light jog or skip across the width of the gym/space/field
- Seated forward fold: sitting with legs extended and reach towards your toes
- Standing quad stretch: Reach for your heel and hold
- Cross-body arm stretch: reach one arm across body, and hold with opposite arm
- Or have each participant lead a stretch in the circle.

#### Scoring:

- Cross off the world cup cool down square on the BINGO card!
- 2 points awarded for every stretch initiated by a participant.

Thank you for joining us in our Multi Sport Week! Don't forget to fill out  
and submit all of your points!