



GET LEARNING



15 MINUTES



IN THE CUPBOARD

OLYMPIC RINGS

PART OF THE OLYMPICS THEMED PROGRAMME



GETTING INTO THE ACTIVITY

Learn some facts about the Olympic rings and then have a go at creating your own rings out of everyday objects.

The Olympic rings have been around for over 100 years and there is a lot of history and meaning behind those 5 rings. Share the facts below and then challenge the group to re-create the Olympic rings using colourful games equipment, bibs, clothing and other items found in your cupboard/ meeting space. If running virtually, challenge children to use objects around their home. Once created, quiz the group on the facts again and see how much they have remembered.

Did You Know?

- There are 5 Olympic rings. They interlock forming 5 connected rings.
- The 5 rings represent the 5 continents that the athletes come from. Africa, America, Asia, Oceania, and Europe.
- The 5 Olympic ring colours are blue, yellow, black, green, and red. These colours were chosen as at least one of the colours feature on the flag of every country taking part.
- The rings were designed in 1913 and first used at the Belgium Olympic Games in 1920, so this summer they are celebrating 100+ years of being used.
- The interlocking rings represent athletes and countries from the 5 parts of the world joining together in sport, friendship and respect.



WHAT YOU'LL NEED

- Games Equipment / Household Objects



KEEPING EVERYONE SAFE

Please maintain social distancing as required. Shared equipment should be kept to a minimum. When using shared equipment, hands should be washed both before and after the activity.