



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.