



Pan Am Games Lesson Plan

Target Age Group: School Age

Group Size: 10 to 30 children

Equipment: bouncy balls or basketballs, painters tape,

Teams: Divide children into teams of 2 to 3 to represent different nations competing in the Pan Am Games. Children can choose to be Canada, USA, Dominican Republic, Chile, Peru, Brazil, Argentina, etc.

Extension: Have an opening and closing ceremony. Children can create flags and posters to showcase pride to their nation.

Point System: Teams can win points by competing in different events. The point system can change based off how you wish. For the purpose of this lesson plan, we will score a first place victory as 3 points, second place as 2 points, and third place as 1 point.

Events:

Basketball

Equipment: 1 basketball or ball and a net.

Objective: Score as many baskets as possible.

How to Play: Every team is given 10 shots to hit as many baskets as possible. Whichever team has the most baskets wins this event.





Relay Race:

Equipment: N/A

Objective: Be the fastest team.

How to Play: Run around the gym once, high five your partner, then they run around the gym once. Race against other teams. Whichever team is the fastest wins this event.

Long Jump:

Equipment: Painters Tape

Objective: Jump the farthest.

How to Play: Place painters' tape on the floor. Teams are given 3 jumps to get the furthest distance. They can record their names on the painter's tape to showcase where they landed.

Adaptation: If you have a child in a wheelchair, have them complete a one arm push to be their jump.

Rhythmic Gymnastics

Equipment: N/A

Objective: Come up with a 20 second routine with your team.

How to Play: Teams come up with a 20 second gymnastics routine with different levels and body shapes. To receive 3 points they must have a jump, a tumble (ie. log roll), and be at least 20 seconds long. To receive 2 points, they only have 2 parts. 1 point means one part.





Soccer

Equipment: 1 soccer ball and net

Objective: Score points by kicking the ball in the net.

How to Play: Play 2 minute games of team vs. team soccer. Because the teams are so small, decrease the playing area and do not use nets. Play games in a round robin tournament.

Equestrian

Equipment: Scooters & Cones

Objective: Be the fastest around the course.

How to Play: Set up the area so that each team has a starting cone, a scooter, and cone obstacles. On go, teams race to go through the obstacles with one teammate on the scooter and one team mate pushing.

Hockey

Equipment: Pool Noodles, Small Ball, & Cones

Objective: Score points by striking the ball in the net.

How to Play: Team vs. team mini games of pool noodle hockey. Play 1 to 2-minute games in a round robin tournament!

Sprints

Equipment: N/A

Objective: Be the fastest runner

How to Play: Set up the boundaries. Race other teams to see who is the fastest!





Team Name:	
Teammates:	
EVENTS	SCORE
Soccer	
Basketball	
Equestrian	
Rhythmic Gymnastics	
Long Jump	
Relay Races	
Sprints	
Hockey	
	Total Points:

