



Make An Olympic / Paralympic Torch

KEY LEARNING:

The idea for the **Olympic flame** was derived from ancient Greece, where a sacred fire was kept burning throughout the celebration of the ancient Olympics. In Ancient Greek mythology, fire had divine connotations. The tradition of an Olympic fire was reintroduced during the 1928 Summer Olympics.



The **Olympic Torch Relay** happens for every Olympic Games. The relay begins when the flame is lit in Olympia, Greece and then travels to the current year's host city. The Olympic torch relay in the host country ends with the lighting of the Olympic cauldron during the opening ceremony in the central host stadium of the Games.

Just as Olympia, Greece is for the Olympic Flame, Stoke Mandeville also holds a special place in **the Paralympic movement**. The Stoke Mandeville Hospital was where German neurologist Sir Ludwig Guttmann organised the first Para sports competition in 1948.

However, the **Paralympic Torch Relay** didn't come about until Seoul 1988 with a lighting ceremony at Mani Mountain of Kangwa Island. The torch was carried by 282 torchbearers – 111 of which with a disability – on a route of about 105km. Since then, the Flame has become a signal for the start of the Games while the Torch Relay has become a more and more powerful institution, incorporating typical cultural elements of the host country.

GOAL OF ACTIVITY:

Students can make their own Olympic/Paralympic Torch, learn about the history of the use and discuss the symbolism of the flame.

MATERIALS NEEDED:

- A sheet of gold (or yellow) card, any size you like
- A variety of brightly coloured tissue paper sheets
- Paper fasteners or double-sided tape to hold your torch in place



SHOW & TELL

Upload images of students in their victory wreaths to our Dare to Believe Gallery.



Directions:

1. Simply cut out flame shapes from your tissue paper,
2. Twist the flame shapes together and fluff them out, then tape to hold in place.
3. Roll your card into a cone shape and stick or hold with paper fasteners/ tape.
4. Put a dab of glue or piece of tape on the bottom of your flame bouquet and push it down into your cone.



Olympic Torch Relay

Goal:

In this game students work together to quickly pass the Olympic Torch around to all students on their team.

What You Need (Equipment):

- 2 teams (or more!)
- 1 Olympic Torch for each team



How to Play:

1. Divide students into even teams. The aim of the game is for students to pass the torch as quickly as possible to all members of their team without dropping it. Co-operation and communication skills will be vital to their success.
2. Students pass the torch to the next person on the team in the spirit of friendship as quickly as possible. If the torch falls, the player's fire goes out and they must return to the beginning and start over.
3. The first team to have everyone take a turn. For added fun, time the length it takes to pass the torch. Challenge students to beat their time!

Possible Variations:

- Challenge the other classes in your school who are doing Dare to Believe to race your class at passing the torch around. See who's the quickest class in the school!
- Use the torch as traditional relay batters and have students run a marked loop in the school hall or playground before passing it to their teammates.