

The Olympics

introduction

- This is made by Year 4 in Tweedmouth West.
- We are very green and healthy. We do peer massage nearly every day.
- We have an eco-council and eco-warriors. The eco-warriors do the jobs set by our eco-council.
- Jobs our eco-warriors include, collecting compost, emptying paper bins, checking power usage.

Olympic Peer Massage

- Our topic was the olympics in the autumn term. We made up some of our own moves for our own peer massage routing. Hope you enjoy.

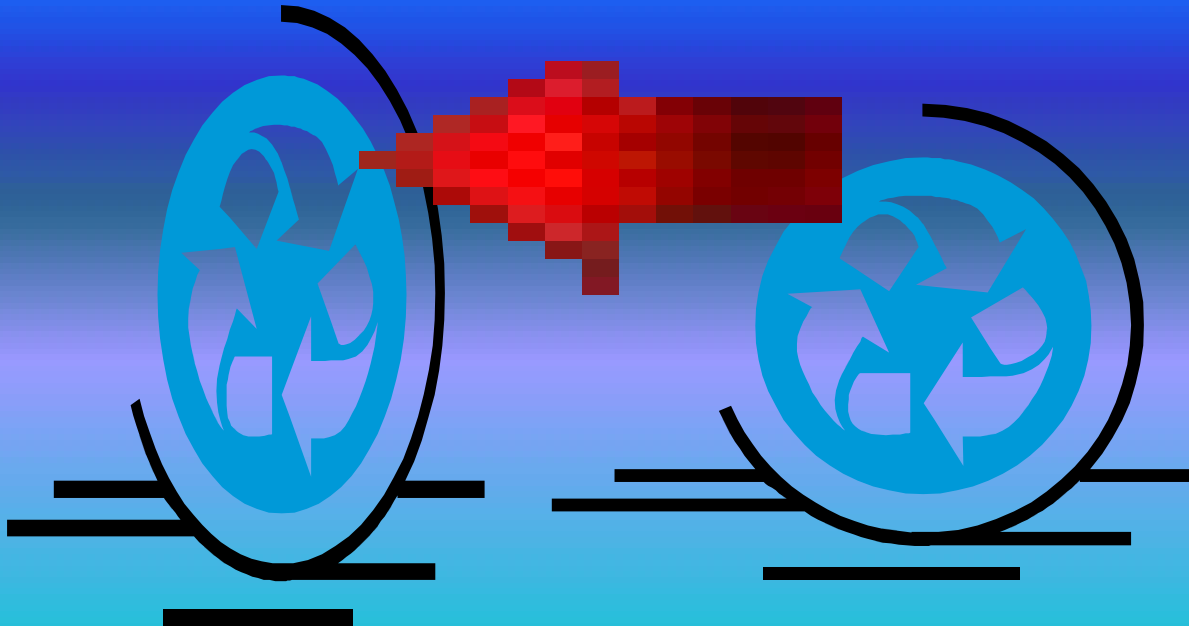
rowing

- row, row, row your boat gently down the stream.
- Start with hands together at the top of your partners back and pull them apart while rowing down your partner's back.



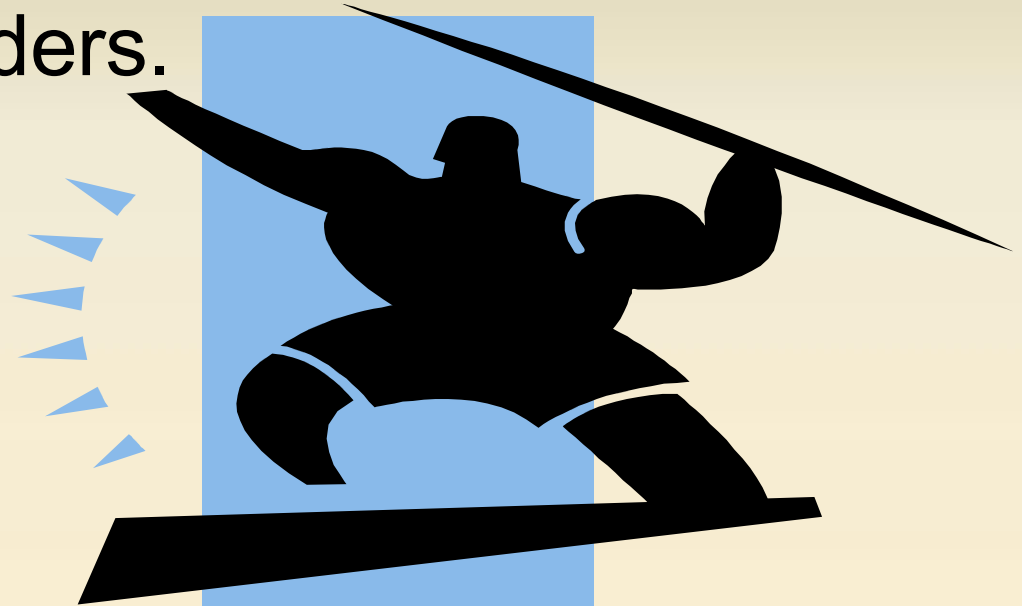
Cycling

- Large circles with the palms of your hands.



javelin

Throw the javelin as far as you can. 📣 Cross 📣
your hands starting at the top of your
partner's shoulders.



Weight lifting

- Pull your partner up!
- Put your hand under your partners armpits and very slowly lift there arms up and down.



Swimming



Do breast-stroke with your arms on your partners back.

The end

say



Thank you

by year 4

