

ACTIVITY

Sports Star Performance and Expressiveness Activity

1

You'll need to choose a discipline and/or apparatus.

For example, an Artistic Gymnast may choose Women's Beam, An RG gymnast may choose Ribbon, An Artistic swimmer might choose Technical Team, a Figure Skater might choose Men's Free Program...etc

2

Next, you will need to go online and determine who won the Gold, Silver and Bronze medals at 1988 Olympic Games, 1992 Olympic Games & 1994 Winter/1996 Summer Olympic Games in your chosen sport/discipline and/or apparatus

3

Watch the routines/program (if there were no ties, you will probably watch 9 performances) and if for any reason you can't find the performances from the actual Olympics, try and see if you can find ANY performances done by the person/team who won the medals.

4

Rank all 9 performances in order of your most favourite to your least favourite of these performances. Without needing to write your reasons on paper, have a thought about WHY the performance was your favourite; what stood out or "spoke" to you as an audience member. Just note in your mind if your favourite routines showed eye contact, facial expressions, body expressiveness, projection of movement and audience connection.