



SCHOOL PROGRAM

OLYMPIC SPORTS DAY

Catch the excitement of the Olympic Games by hosting an Olympic Sports Day.
Turn your next summer adventure into a true Olympic celebration!



PROUD PARTNER | FIER PARTENAIRE

La fête du

CANADA
Day

La fête du
CANADA
Day

OLYMPIC SPORTS DAY

—

This is your chance to experience your own Olympic Games with family and friends at home, or with students in a school. With 14 different challenges, based on the Summer Olympic Games program, you can create a friendly competition that is suitable for all ages.

OPENING CEREMONY

Take the Athlete oath:

At the start of each Olympic Games, every athlete promises to play fairly and obey all of the Olympic rules. One athlete from the host country takes this oath at the Opening Ceremonies on behalf of all athletes. Incorporate the following Olympic Oath in your Opening Ceremony:

“In the name of all competitors, I _____ promise that I shall take part in these Olympic Games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams.”

Singing the National Anthem:

Have all participants stand and sing “Oh Canada” as though they are athletes from Canada who have just won a gold medal. You are also encouraged to raise a Canadian Flag or you can also make your own Canadian Flag.

CLOSING CEREMONY

Medal Ceremonies:

Using the available Points Tracker, keep track of points awarded at each challenge. At the end of the Olympic Sports Day, host a medals ceremony awarding gold, silver and bronze medals. Have participants design their own Olympic medals with art supplies.

Participation Certificates:

Provide participation certificates to all participants. Participant certificates are available free for download at www.olympic.ca/education/olympicsportsday



My Personal Best TRACKER

As participants perform each of the 14 challenges, they can keep track of awarded points using the My Personal Best tracker. By tracking each attempt, participants can strive to achieve their personal best. Through perseverance and dedication, each participant can enjoy the journey on their personal pursuit of excellence.



ARCHERY



From yesterday
to today



Canada's Daniel Desnoyers competes at the 1988 Olympic Games in Seoul.



Crispin Duenas of Canada competes at the Lima 2019 Pan American Games

OBJECTIVE

To accumulate as many points as possible by landing as many objects in the target.

Instructions:

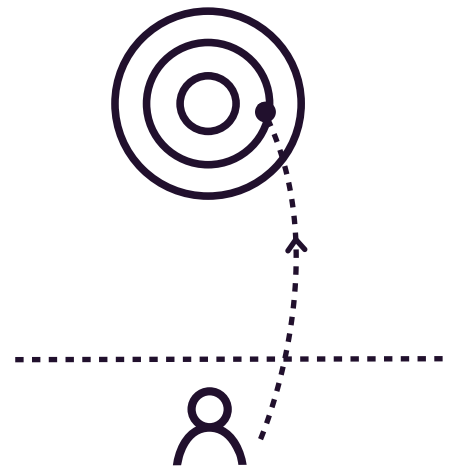
Participants stand behind a line and take turns tossing an object towards the target. Each participant gets three tries. The goal is to land the object as close to the centre of the ring as possible.

Set-up and materials:

Using chalk (or masking tape), mark off archery rings on the ground. You will need three light objects (beanbags, a sock filled with rice)

Scoring:

Assign different points per ring (i.e., one point if in or touching the outer ring, two points if in or touching the inner ring, and three points if inside the center of the target).



FACT

Since ancient times, the bow and arrow have been important hunting tools. Archery has been part of the Olympic Games since 1900 and has seen 83 countries make appearances in that time. Archery is one of the oldest sports still practiced today. The first recorded archery competition was in Finsbury, England, in 1583 where 3,000 archers participated.



SCHOOL PROGRAM

ATHLETICS: SHOT PUT



From yesterday
to today



Georgette Reed competing in the shot put event at the 1992 Olympic Games in Barcelona



Pierce Lepage competes in shot put during the decathlon at the Lima 2019 Pan American Games

OBJECTIVE

Obtain the furthest throw.

Instructions:

Have each participant line up behind the start line. Perform a “shot put throw” with the beanbag. To do a shot put throw, the beanbag should be held in one hand against the neck, elbow at shoulder height out to the side as the participant stands facing sideways, feet should be shoulder width apart and their throwing hand farthest from the front. The beanbag is then pushed with a vigorous forward action. Have the participant in line throw from where the beanbag landed. Mark the total distance achieved after 3 beanbag throws.

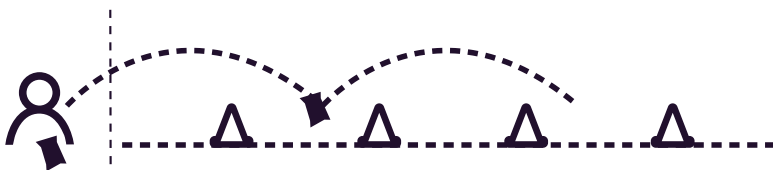
Set-up and materials:

Set out a long line of pylons (or a rock) approximately 3 metres apart. You will need three beanbags (or socks filled with rice).

Scoring:

Award a point for every pylon passed after the 3 throws.

Fun Tip: Mark the “personal best” in the shot put area for the furthest, given the cumulative throws of three throws.



FACT

The men’s shot put weighs 7.26 kg (16lbs) and the women’s shot put weighs 3.99 kg (8.8 lbs).



SCHOOL PROGRAM

ATHLETICS: RELAY



From yesterday
to today



Rosey Edeh competing in the 4x400m relay event at the 1992 Olympic Games in Barcelona



Akeem Haynes competes in the men's 4x100m relay at the Rio 2016 Olympic Games

OBJECTIVE

To complete a race as quickly as possible while holding onto a baton.

Instructions:

Have participants line up behind the start/finish line holding a baton. On “go”, participants run around the marker three times. During the first turn, participants will run forward, next turn they will run backwards, and the final turn will be completed hopping on one leg. Participants must hold the baton at all times.

Set-up and materials:

You will need two pylons. One to mark out a start/finish line, and use the other pylon to mark a turnaround marker. The baton can be replaced by a water bottle, a can or an empty toilet paper roll.

Scoring:

The participant completing the three turns around the marker in the fastest time gets 5 points.



FACT

Athletics is the official name for track and field. In athletics, there are two relay races, each consisting of four team members: the 4 x 100m and 4 x 400m relay.



SCHOOL PROGRAM

BASKETBALL



From yesterday
to today



Canada's Bill Robinson competes in basketball at the 1976 Montreal Olympic Games



Katherine Plouffe during the Toronto 2015 Pan American Games

OBJECTIVE

To move through a course as quickly as possible.

Instructions:

Dribble around each pylon in the course. At the end of the pylons, participants must shoot a basket (into the net or garbage pail) before dribbling back to the start line.

Set-up and materials:

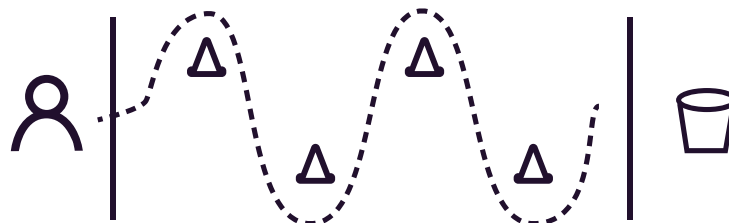
Set up a row of 4-6 pylons in a zigzagging pattern for participants to weave through. You will need a basketball or playground ball and either a basketball net/garbage pail/ laundry basket.

Scoring:

A point is awarded to the participant that completes the course the quickest.

FACT

Basketball is one of the world's fastest growing sports. On the men's side, basketball became an Olympic sport in 1936, but women had to wait until 1976 to play at the Olympic Games. Basketball was created by a Canadian named James A. Naismith in 1891.



BEACH VOLLEYBALL



From yesterday
to today



Mark Heese playing beach volleyball at the 2000 Sydney Olympic Games



Marie-Christine Lapointe competes at the Lima 2019 Pan American Games

OBJECTIVE

To demonstrate control of the volleyball while completing the activity as many times as possible.

Instructions:

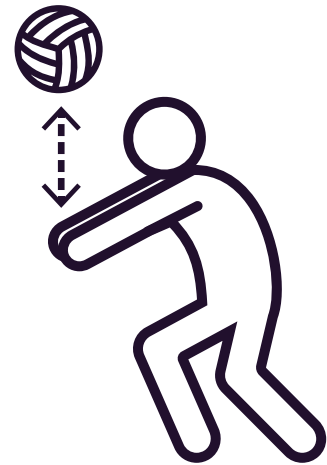
Each participant has a volleyball or balloon. Starting with a light air toss, they must volley or bump the ball/ balloon as many consecutive times as they can.

Set-up and materials:

You will need a volleyball or beach ball or balloon for each participant.

Scoring:

Award one point for every bump and every volley performed.



FACT

In beach volleyball, matches are played best of three sets using the rally point system. The first two sets are played to 21 points, with the final set being played to 15 points. Besides being played outdoors in the sand, beach volleyball differs from its indoor equivalent in that only two players compete instead of a team of six.



SCHOOL PROGRAM

CANOE/KAYAK



From yesterday
to today



Steve Giles competing at the 1992 Olympic Games in Barcelona



Adam van Koeverden during the 2008 Beijing Olympic Games

OBJECTIVE

To row with proper technique for as long as possible.

Instructions:

Have participants sit up straight at a table with their feet held off the floor, extend their arms out in front of them and grasp their hands at chin level. Keeping arms over the top of the table and hands at about chin level, have participants make big figure eights with their hands. Complete 15 figure eights in each direction then take a 10-second break.

Set-up and materials:

You will need a chair and table.

Scoring:

Award 5 points for each set of 15 figure eights in each direction completed.



FACT

The Olympic Games includes two canoe/kayak events: sprint, which is a head-to-head competition on flat water, and slalom, which requires competitors to maneuver around gates in white water. Some kayaks can hold a maximum of three people, but they will commonly only seat one or two people.



DIVING



From yesterday
to today



Anne Montminy competing at the 1992 Olympic Games in Barcelona



Meaghan Benfeito and Caeli McKay of Canada compete at the Lima 2019 Pan American Games

OBJECTIVE

To remain balanced for as long as possible.

Instructions:

On go, participants have to raise their heels and balance on their toes. The goal is to keep standing tall. If their heels hit the ground they have to sit down.

Set-up and materials:

You will need no equipment for this activity.

Scoring:

Award 5 points for every 10 seconds a participant remains balanced.



FACT

There are five categories of dives in springboard diving, labeled by the type of flight: forward, backward, reverse, inward and twisting. It requires acrobatics and coordination for athletes to dive from up to 10m above the water.



SCHOOL PROGRAM

GYMNASTICS



From yesterday
to today



Curtis Hibbert competing in the gymnastics event at the 1992 Olympic Games in Barcelona



Victoria Woo competes at the Lima 2019 Pan American Games

OBJECTIVE

To hold the balance position as long as possible.

Instructions:

On go, participants must perform an arabesque position. An arabesque is a position on one leg while the other leg is extended straight behind and at a right angle. The shoulders are square and the arms are held out to the side.

Set-up and materials:

You will need no equipment for this activity.

Scoring:

Award 5 points for every 10 seconds a participant remains balanced.



FACT

There are four disciplines in gymnastics which include men's artistic, women's artistic, trampoline and rhythmic gymnastics. Each discipline includes different events where athletes compete for both individual and team glory. The first perfect score ever awarded was in women's artistic gymnastics to Romanian Nadia Comeneci, who got the perfect score of 10 at the Montreal 1976 Olympic Games.



ROWING



From yesterday
to today



Canada's 8+ rowing team competing at the 1992 Olympic Games in Barcelona



Team Canada's women's 8 team competing at the 2016 Rio Olympic Games

OBJECTIVE

To pull a heavy object past the finish line the quickest.

Instructions:

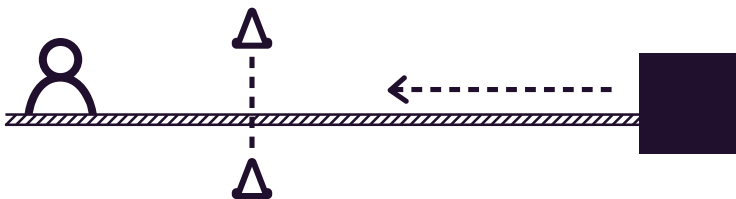
Participants must sit crossed legged holding on to a part of the rope that is tied to a heavy object down the field in front of them. The participant must pull on the rope to move the object towards them. They are not permitted to move from their seated position and should mimic a rowing motion. The participant that pulls the object to where they are seated the quickest wins.

Set-up and materials:

You will need a long rope, a pylon, and a heavy object that the rope can be tied to. The heavy object could be a weighted toboggan, wagon, a small table or chair. Tie the rope to the heavy objects, and lay the rope out straight. Be sure that the rope is tight and tied safely to the object.

Scoring:

Award 10 points to the participant that pulls the object past the pylons the quickest.



FACT

In singles, pairs, fours or eights, rowers use power and stamina to propel their boats over a 2,000 metre course. Physiologists claim that rowing a 2,000-metre race is equivalent to playing back-to-back basketball games.



SCHOOL PROGRAM

SOCCER



From yesterday
to today



Canada's soccer team participate at the 1976 Olympic Games in Montreal



Christine Sinclair competes at the 2012 London Olympic Games

OBJECTIVE

To juggle a ball with your feet as many times as possible.

Instructions:

Using a ball or balloon, participants must juggle the ball with their feet as many times as possible. Have participants count out loud.

Set-up and materials:

You will need one ball (soccer ball or multipurpose ball) or balloon.

Scoring:

Award 1 point for every juggle performed.



FACT

Football, known in North America as “soccer,” became an Olympic sport in 1900, and was the first team sport to be included. One of the world’s most popular sports, soccer has been part of the Olympic Games program on the men’s side since the Paris 1900 Olympic Games.

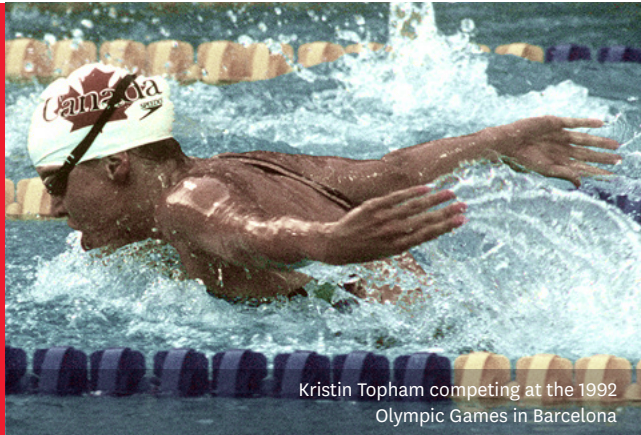


SCHOOL PROGRAM

SWIMMING



From yesterday
to today



Kristin Topham competing at the 1992 Olympic Games in Barcelona



Brittany Maclean competing at the 2016 Rio Olympic Games

OBJECTIVE

To perform as many Streamline Burpees as possible in a certain amount of time.

Instructions:

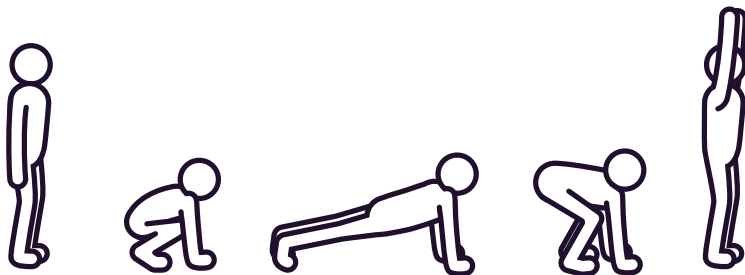
A Streamline Burpee begins with participants jumping up in a streamline stance (arms raised up above head, palms together reaching as high as possible, while squeezing legs together tightly). Following the jump, lay on the ground then push themselves up to repeat. Have participants perform as many Streamline Burpees as possible in 5 minutes.

Set-up and materials:

You will need no equipment for this activity.

Scoring:

Award 1 point for every Streamline Burpee performed.



FACT

Egyptians made a picture or symbol for swimming as far back as 2500 ad. Swimming has been a part of the Olympic Games since 1896! Swimming is one of the most popular spectator sports at the Olympic Games, likely because so many people worldwide play in rivers, lakes, oceans and pools.



SCHOOL PROGRAM

TABLE TENNIS



From yesterday
to today



Barbara Chiu competes at the 1992 Olympic Games in Barcelona



Anqi Luo competes at the Toronto 2015 Pan American Games

OBJECTIVE

To complete a course as quickly as possible, balancing a ball.

Instructions:

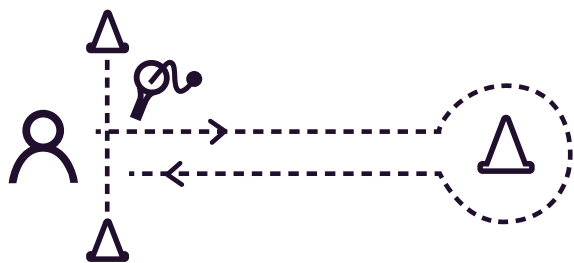
Participants line up behind the starting line pylon. Each participant runs to the turnaround marker while bouncing the rubber ball on their paddle. If they miss a bounce on their paddle, they must stop, do a 360 degree turn, and continue on bouncing the ball on the paddle.

Set-up and materials:

You will need two pylons, one for the start line and one for the turnaround marker, and a paddle and rubber balls attached with an elastic band (available at most dollar stores). As a substitution, participants can hit a balloon in the air.

Scoring:

Participants earn one point for each time they complete the course in 3 minutes.



FACT

The racquet is permitted to be any size, weight or shape, as long as it is flat, rigid and of even thickness. Table tennis is the largest participation sport in the world and has a similar concept to tennis, but with a different scoring system.



SCHOOL PROGRAM

TENNIS



From yesterday
to today



Daniel Nestor competes in Men's Doubles with Fred Niemeyer at the 2004 Athens Olympic Games



Jada Bui competes at the Lima 2019 Pan American Games

OBJECTIVE

To hit as many bean bags as possible into hoops placed on the ground in a fixed amount of time.

Instructions:

Each participant stands behind the pylon with their striking implement. Each participant tries to hit as many of the five bean bags into the hula hoops as possible.

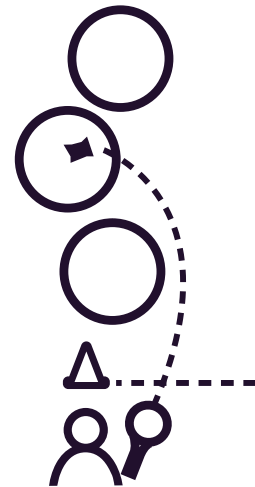
Set-up and materials:

You will need three hula hoops (or chalk, tape or rope can be used to create the outline of a circle), 5 beanbags (or a sock filled with rice), a pylon and a striking implement (ex: a tennis racket, a foam noodle, foam frisbee, ping pong paddle, badminton racket or a bowling pin).

Set up the pylon a good distance away from the hoops. Behind each pylon, place five beanbags and a striking implement. Place three hoops in front of each pylon.

Scoring:

Award 1 point for each beanbag that gets into the hoop.



FACT

Tennis was part of the first Olympic Games in 1896, but was dropped after the 1924 Olympic Games to return as a full medal sport in 1988. Venus and Serena Williams became the first sisters to ever win Olympic gold medals in tennis.



TRIATHLON



From yesterday
to today



Simon Whitfield at the 2004 Athens Olympic Games



Joanna Brown competes in the women's triathlon at 2015 Pan American Games in Toronto

OBJECTIVE

To complete the triathlon course as many times as a team as possible during a fixed amount of time.

Instructions:

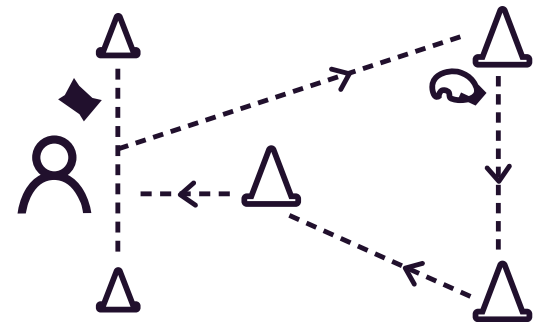
Beginning from the start line, participants will balance a beanbag on their head as they do a forward crab crawl (Walking on the heels of your feet and palms of your hands, face up) to the pylon #1. At the pylon #1, they must put on a helmet and balance the beanbag on their head as they walk backwards and turnaround pylon #2 until they reach pylon #3. They then take off the helmet, and run balancing the bean bag on their forehead to the finish line. If the bean bag falls off at any point during the challenge, participants must stop and return to where the beanbag fell, replace the beanbag on their head, and continue.

Set-up and materials:

You will need a beanbag (or a sock filled with rice), a helmet (or a hat) and 5-10 pylons.

Scoring:

Award 1 point to all participants that complete the course, and 5 points to the quickest participant.



FACT

Triathlon is a multi-event sport where athletes swim, bike and run their way to the finish line. At both the Olympic and Pan American Games, triathlon comprises a 1,500-metre open water swim, 40 km of cycling, and a 10 km run.





My Personal Best TRACKER

Keep track of awarded points at every sporting event using the tracker. Through perseverance and dedication, not only can you achieve your personal best, you can strive to reach your personal level of excellence.

EVENT NAME	Attempt #1	Attempt #2	Attempt #3	My personal Best SCORE
ARCHERY				
SHOTPUT				
RELAY				
BASKETBALL				
BEACH VOLLEYBALL				
CANOE/KAYAK				
DIVING				
GYMNASTICS				
ROWING				
SOCCER				
SWIMMING				
TABLE TENNIS				
TENNIS				
TRIATHLON				
TOTAL POINTS				



OLYMPIC SPORTS DAY

**IN RECOGNITION OF YOUR PARTICIPATION IN
THE 2021 OLYMPIC SPORTS DAY**

This certificate is awarded to

Date :



Marnie McBean
Chef de Mission, Tokyo 2020

