

8 RESOURCES PROGRAM

FROM PLAYING TO LEARNING TO GLORY

LEADER'S GUIDE



SCHOOL PROGRAM

OVERVIEW

Every four years, the nations of the world gather for 16 days to celebrate sport and culture. This program aims to share this excitement with participants and give them a chance to engage with Olympic sport, values and ceremony.

The program is divided into eight action packed sessions where participants learn about an Olympic value from profiled athletes. Participants develop physical literacy skills in a fun and enjoyable way that includes sport-specific warmup activities and games. The Opening and Closing Ceremonies and eight activity sessions blend Olympic values and symbols, physical activity and Olympic engagement.

Learn about an Olympic value from a featured olympian

VALUE	ICE BREAKER	FEATURED ATHLETES	PHYSICAL LITERACY TIP	GAMES
Respect	Pass the hoop	Antoine Valois-Fortier Sarah Pavan & Melissa Humana-Peredes	Agility and Coordination	1. Target Tap Relay 2. Spring Cleaning
Teamwork	Feet compete	Quinn Blair Bann	Object control	1. Knock Overs 2. Balloon Battle
Friendship	Fun fact or silly fact?	Claudia Holzner & Jacqueline Simoneau Markus Thormeyer	Swimming	1. Mirror Reflection 2. Team Swimming Pursuit
Perseverance	Chase the podium	Jennifer Abel Damian Warner	Jumping	1. Frog Tag 2. Propeller Jumper
Leadership	Head coach says	Miranda Ayim & Nathan Hirayama	Throwing	1. Bubble Pop 2. Team Knock Overs
Inclusion	Silent ball	Women's Rugby 7s team	Catching	1. Rubber Band 2. Circle Catch
Fun	Sports charades	Annie Guglia Sean McColl	Balance	1. Bumble Bee Tag 2. Balance Relay Race
Excellence	Victory Celebrations	Ellie Black Andre de Grasse	Running	1. Cone Flip 2. Rabbits and Radishes



OPENING CEREMONIES

Recreate the pageantry of the Olympic Games by hosting an Opening Ceremony.

Host a Parade of Nations

Have one team enter at a time to create a long parade of teams coming into your outdoor field or gymnasium. Participants will be encouraged to wear team colours, wave team flags and show the spirit of their country.

Take the Athlete Oath

At the start of each Olympics, 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 Ceremonies:

“In the name of all competitors, the athletes of _____, I promise that we 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.”

Ask participants to discuss in teams what they think this oath means, why it’s important and if they would add or change anything. Consider having a discussion about the importance of following rules as Olympic athletes. Why do we have rules? Why is it important to follow them?

Include an Artistic Routine

No opening ceremony is complete without a cultural dance or experience. Encourage mass participation in a routine such as a drum circle or dance, gymnastics or jump rope routine.

Singing the National Anthem

As a large group, stand and sing “Oh Canada” as though they are athletes from Canada who have just won a gold medal. Ask participants to search for online videos of athletes on the podium and have them reflect on how they think the athlete is feeling during their national anthem.

Light the Olympic Flame

Conduct a torch relay while other participants create a cheer tunnel for the relay. Have the final torchbearer carry a modified version of an Olympic torch into the Opening Ceremony, pretend to light a cauldron and declare the Games open.



CLOSING CEREMONIES

At the end of the eight sessions, host a Closing Ceremony.

Medal ceremonies

Host a medals ceremony awarding gold, silver and bronze medals to the deserving countries. Have participants design their own Olympic medals with art supplies to represent the significance of the Tokyo Games.

Participation certificates

Provide participation certificates to all participants.

Values Ambassador

Have teams vote on who they think was their greatest ambassador of the Olympic Values. Have participants write a reflection or discuss in groups which values they felt they displayed the best and how.

Play a Slideshow

Have a lead volunteer photographer take photos, photo editors tweak photos and have a design team create a



OLYMPIC EDUCATION

The Olympic philosophy of education is about a balance of intellectual instruction, cultural development and physical education. It is about participation, effort, and knowing you have given your all in the pursuit of excellence. Olympic education embraces the concept of Olympism:

Olympic education and Olympian stories of triumph and disappointment can inspire young people to strive to be their best, develop resiliency and adopt an active and healthy lifestyle.

Olympic education is all about engaging young people with the Olympic Games and Olympians. Learning is an active and not a passive activity. Participants need to be actively engaged in discussion, sharing their ideas in small groups and exploring differing points of view. It is about sparking discussions that cause an emotional and intellectual connection.

Here are some tips:

- **Engage the participants** with each session's profiled athletes by asking questions. What do they know about the sport? What does the profiled value mean to them?
- **Ask the participants what they know** about the sport as they are doing the sport-related warm-up activities. What equipment does this sport use? Do they know any of the rules? Have they ever watched or played the sport?
- **Draw a connection** between the fundamental movement skills and the various sports. For instance, tennis requires locomotor skills (running), manipulative skills (striking the ball with the racket), and non-locomotor skills (twisting to reach for the ball). The more confidence a young person has with these skills, the more motivated they are to try new activities and adopt an active lifestyle.
- **Use the Opening and Closing ceremonies** to teach about Olympic symbols. Young people are fascinated by the meaning of the rings and their colours, the torch relay, and the medal ceremony.

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Olympism is a philosophy of life; exalting and combining in balanced whole qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example, and respect for universal, fundamental ethical principles.

Olympic Charter, Fundamental Principles

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Play a modified version of some of the summer sports in the Olympic program, to create a better understanding of the sports, experience Olympic values and be equipped to get behind Canada's Olympic Team during the Tokyo 2020 Olympic Games.

- **Consider grouping participants** and having them adopt a country. Encourage them to learn something about their country's language(s), culture, traditions, cuisine and clothing. Take some time to make flags or uniforms to be used in a formal celebration such as a food festival or traditional ceremony.
- **Create a cheer.** Ask the participants to create cheers for their country. Have teams present cheers to one another and to the other groups. Encourage participants to wear their team's colours and country flag or logo.
- **Encourage the participants** to learn more about each sport. What are the rules? How many countries compete in this sport? What are top ranked countries (previous medalists)? How do teams or athletes qualify for the Olympics in this



ACKNOWLEDGEMENTS

Thank you

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