



2013 OLYMPIC DAY TOOL KIT MINI OLYMPIC GAMES RESOURCE

Catch the excitement of the Olympic Games and Olympic Day by hosting a school /club-wide Mini Olympic Games. Enjoy the fun of 30 modified versions of the summer and winter sports in the Olympic Games programme.



SCHOOL PROGRAM
PROGRAMME SCOLAIRE





EDUCATORS / CLUB LEADERS GUIDE

This is your chance to let your club, school or team members experience their own Olympic Games. By participating in modified versions of some of the summer and winter sports in the Olympic Games program, participants will gain a better understanding of different sports, experience the Olympic values and be pumped and ready to cheer on Canada's Olympic Team as they prepare for the next Olympic Games.



Kaillie Humphries and Heather Moyse Vancouver 2010

Depending on the amount of time you have allotted to hosting an Olympic Games experience, you may choose to engage your whole club/school in the following activities:

PREPARATION ACTIVITIES

- **Adopt a country:** Divide the group into countries and have each team learn more about their adopted country. Have participants conduct research on their country's language(s), culture, traditions, cuisine and clothing. Participants should use graphic organizers such as a KWL chart (Know, Want to Know, Learned) to track learning goals and achievements. Participants can also make flags or uniforms to be used in a formal celebration such as a food festival or traditional ceremony. Create

Olympic Village displays on the walls and have the participants present research findings to the group.

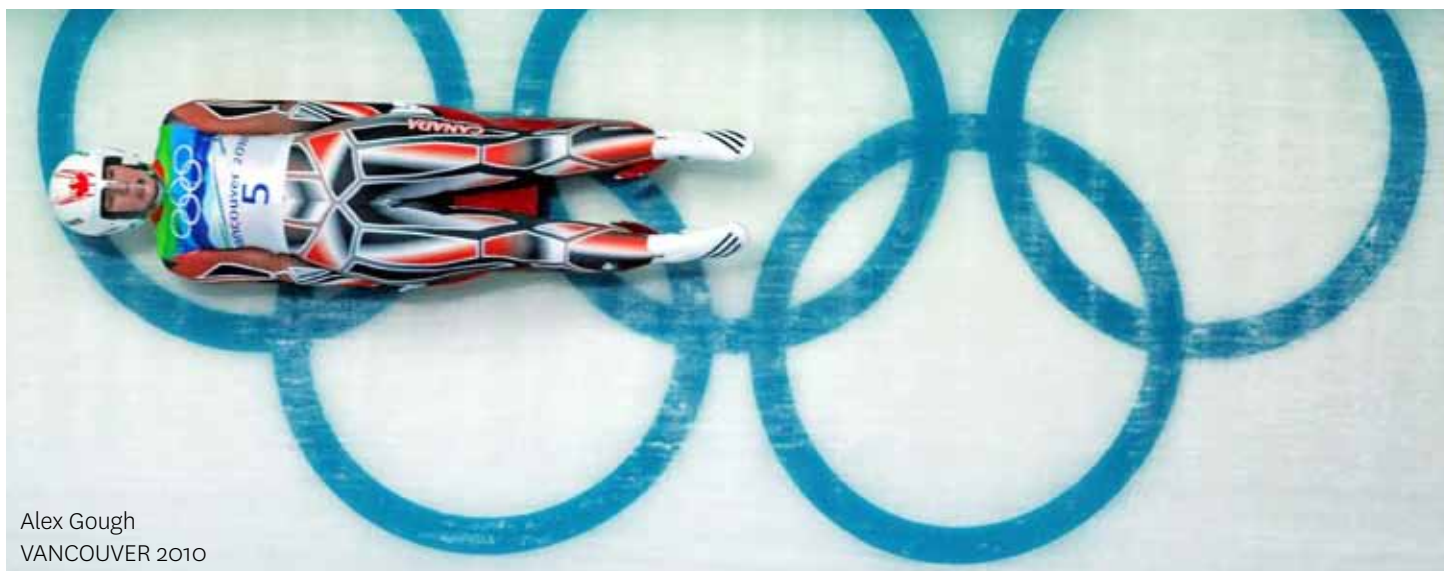
- **Get to know the Olympic values:** Use the Athletes' Stories found at www.olympicschool.ca to teach Olympic values such as *excellence*, *friendship* and *respect*. Try having participants do role-playing or charades to see if others can guess the selected Olympic value. Encourage older participants to use details such as particular sports and Canadian athletes. Consider having an *Olympic value of the Day* or month in your school or club, and try integrating the value into your school or club's shared values' initiatives such as bullying prevention, safety, connectedness and inclusion. Have a group discussion about the importance of these values in sport, in school, and in life.
- **Become the Canadian Olympic Team:** Research the Canadian Olympic Team at olympic.ca. Assign each participant an athlete and tell them that they are representing that athlete for the day. Participants can learn about athlete's home town, sport, training routine, best results, favourite foods, hobbies, etc.
- **Learn the sports:** Go to www.sochi2014.com and www.rio2016.com to have participants learn more about each sport: what are the rules, how many countries compete in this sport, what are the top ranked countries (previous medallists), and how do teams or athletes qualify for the Olympic Games in a particular sport?
- **Decorate your school, club or gym:** Create the Olympic rings with various art or sports materials. Create a miniature version of Sochi or Rio de Janeiro sites with art supplies (Olympic Village, The Summer Theater and Sochi Arboretum, Barra da Tijuca).
- **Create a Cheer:** Ask the participants to create cheers for their team/country and for the Canadian Olympic Team. Have the teams present their cheers to one another and to the other groups. Encourage participants to wear their team's colours and designated country's flag or emblem.
- **Pin Trading:** One of the favorite activities in the Olympic Village is trading pins. Have the participants design their own pins for their country, using cardboard and art supplies. Participants can trade them with other teams and try to get a pin from every nation.





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 Olympic Games, every athlete promises to play fairly and respect all of the Olympic rules. One athlete from the host country takes this oath at the Opening Ceremony on behalf of all athletes. Incorporate the following Olympic Oath in your Opening Ceremony:
"In the name of all competitors, the athletes of <<INSERT: Your school / club's name>>, 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 write a reflection or discuss in groups what they think this oath means, why it's important and if they would add or change anything. Consider having a group discussion about the importance of following rules as Olympic athletes and as participants in a club. Why do we have rules? Why is it important to follow them?
- Consider inviting the club president, school principal or Mayor of the city to officially open the 'Games'.
- **Include an Artistic Routine:** No opening ceremony is complete without a cultural dance or experience. Encourage mass participation in a routine learned previously or led by an educator or a staff member, such as a drum circle or dance, gymnastics or jump rope routine.
- **Singing the National Anthem:** As a large group, stand and sing "O 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 the playing of their national anthem, in celebration of the gold medal. Educators or club leaders are also encouraged to raise a Canadian Flag (participants can also make their own Canadian Flag).
- **Lighting the Olympic Flame:** Conduct a torch relay around the school / club with club torch bearers, 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; light an imitation cauldron and declare the Olympic Games open.



Alex Gough
VANCOUVER 2010





CLOSING CEREMONY

- **Medal Ceremony:** Host a medal ceremony awarding gold, silver and bronze medals to the deserving countries. Have participants design their own Olympic medals to represent the significance of the Olympic Games.
- **Participation Certificates:** Provide participation certificates to all participants. Participation certificates are available for download at www.olympicschool.ca.
- **Values (excellence, friendship and respect)**
Ambassador: Have teams vote on who they thought was the 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 and videos, photo editors tweak photos and a design team create a slideshow of the Olympic Sports Day. Try to include as many participants as possible, including educators, club leaders and all participating 'countries'. Please submit photos to cosp@olympic.ca, visit www.olympicschool.ca to download a media release form.

OLYMPIC SPORTS DAY ACTIVITIES GUIDELINES:

- Divide the group into 'countries'. Each country should have 6-8 participants, and ideally they should be evenly numbered and comprised of participants from different age groups.
- For the activities described, each activity station will require participants from two different country teams and groups should be rotated as such. Indicate the time for activity rotation using a bell or whistle. Allow time for teams to move between stations before initiating the activity start bell.
- To ensure clear delivery of instructions and participant safety, have an adult, educator or leader facilitate each activity station. Be sure that each activity station is free from safety hazards. Explain and emphasize the Olympic values that participants should remember while participating in events.
- There are 30 modified sports activities provided; however, typically sports days will only have enough time to complete 8-12 activities. Select the activities that best-suit your resources and meet your participant needs, or consider hosting a two day event.



Jayna Hefford
VANCOUVER 2010

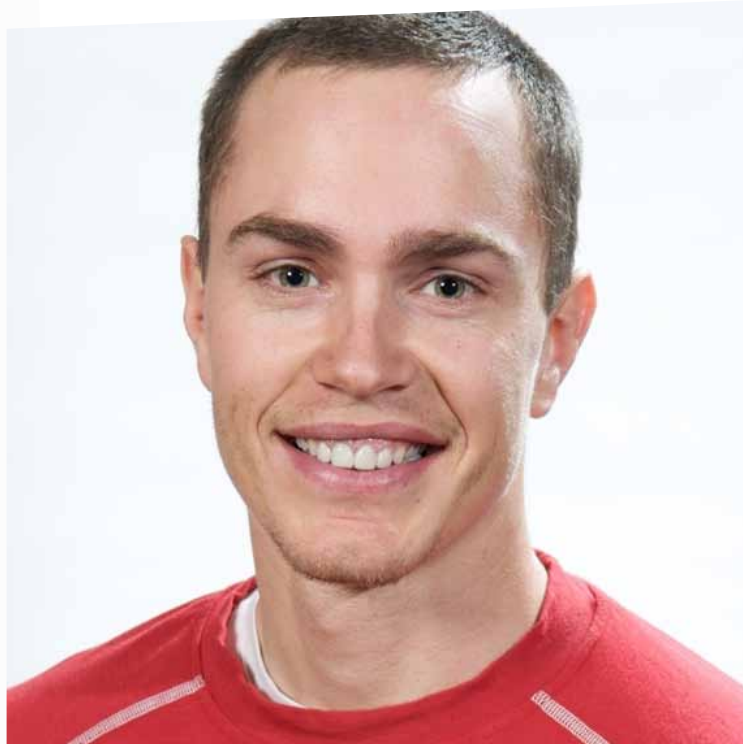




ALPINE SKIING

ERIK GUAY

Two-time Olympian Erik Guay of Mont-Tremblant, QC is one of the most successful Canadian alpine skiers ever. The 2011 World Champion in the men's downhill also won the Crystal Globe in 2009-10 as the overall World Cup champion in the super-G. He's looking for his first Olympic medal at Sochi 2014 after three top-five finishes. It takes nerves of steel to be a downhill skier, who can reach speeds up to 130km/hr as they travel down steep, turning slopes.



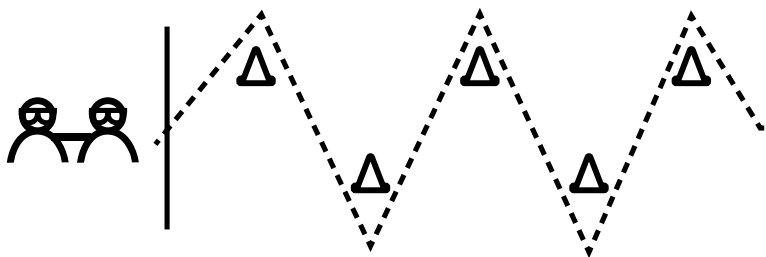
OBJECTIVE – To have participants move through the course in pairs, as many times as possible, over the activity time.

INSTRUCTIONS

Line up participants in pairs. With their hands on the backs of the partner's shoulders, participants move through a zigzagging course. Teams must stay connected. If they come apart, have them return to the spot in which they came apart, reconnect and continue. If ski goggles are available, have the participants put them on prior to "skiing" the course.

SET-UP & MATERIALS

Set up 3-5 pylons in a zigzagging pattern for participants to weave through. Ski goggles (2 or 4 pair) are optional and can be made by participants.



SCORING

Teams will work to move through this course in pairs. Award one point for every time a pair completes the course.

FACT

IN ALPINE SKIING, RACERS CAN REACH SPEEDS OF MORE THAN 130 KILOMETRES AN HOUR, TRAVELLING DOWN A VERTICAL DROP THAT RANGES FROM 180 METRES (SLALOM) TO 1,100 METRES (DOWNHILL) FOR MEN AND 140 METRES (SLALOM) TO 800 METRES (DOWNHILL) FOR WOMEN.





ARCHERY

CRISPIN DUENAS

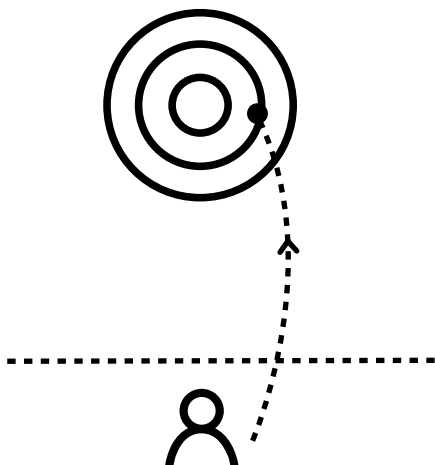
Since ancient times, the bow and arrow have been important hunting tools. Perhaps best associated with the folk character Robin Hood, archery has gained mainstream popularity most recently thanks to The Hunger Games books and movies. Two-time Olympian and 2011 Pan American Games silver medallist Crispin Duenas had his passion for the sport sparked by Robin Hood. He also uses his physics major to help him with his technique.



OBJECTIVE – To accumulate as many points as possible by throwing beanbags into the target.

INSTRUCTIONS

Participants stand behind a line and take turns tossing a beanbag towards the target. Each participant is permitted three attempts. The goal is to land the beanbag as close to the centre of the ring as possible.



SET-UP & MATERIALS

Using chalk, masking tape or hoola hoops, mark off a large archery target on the ground. You will need three beanbags.

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). The team's points are totaled for a final event score.

FACT

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.





SHOTPUT

DYLAN ARMSTRONG

Shot putter Dylan Armstrong of Kamloops, BC became the first Canadian to win a world championship medal in a throwing event when he won silver in 2011. The Canadian record holder in the shot put also won gold at the 2007 and 2011 Pan American Games as well as the 2010 Commonwealth Games. Standing 193cm (6ft 4in) tall and weighing 154kg (340lbs), Dylan needs about 8,000 kcals/day to replace the energy used in his rigorous daily training schedule that prepares him to throw the 7.26 kg (16lbs) metal ball (shot) the length of almost two school buses.



OBJECTIVE – Obtain the furthest distance combining the throws of 15 participants.

INSTRUCTIONS

Have each team line up behind the start line. Have the first person in 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 participants stand 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 next person in line throw from where the last person’s beanbag landed. Mark the total distance that the line of participants achieved after 15 beanbag throws as a team. Have the line of participants start again and see if they can beat their record from their last attempt.

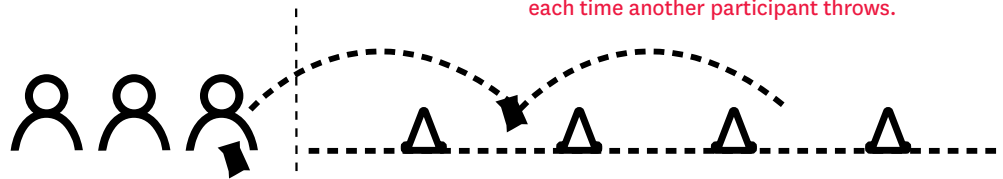
SET-UP & MATERIALS

Set out a long line of pylons approximately 3 meters apart. You will need two beanbags. Alternatively, use a shot put, and set out the pylons 1 meter apart.

SCORING

Award a point for every pylon passed by each team in their longest throw.

Fun Tip: Mark the “world record” in the shot put area for the team that made it the furthest, given the cumulative throws of 15 participants. Have teams call out the numbers 1 through 15 each time another participant throws.



FACT

THE MEN’S SHOT PUT WEIGHS 7.26 KG (16 LBS) AND THE WOMAN’S SHOT PUT WEIGHS 3.99 KG (8.8LBS). DYLAN ARMSTRONG IS THE CANADIAN RECORD HOLDER IN THE MEN’S SHOT PUT (22.21M); HE WON THE SILVER MEDAL AT THE 2011 WORLD CHAMPIONSHIPS AND THE GOLD MEDAL AT THE 2011 PAN AMERICAN GAMES.





RELAY

4X100M RELAY TEAM (LONDON 2012)

At the London 2012 Olympic Games, Canada was represented in the 4 x 100m relay by Gavin Smellie, Jared Connaughton, Oluseyi Smith and Justyn Warner, coached by Glenroy Gilbert. This team has been compared as one of the best relay team since their coach Glenroy along with his teammates, Donovan Bailey, Robert Esmie and Brunie Surin won a gold medal in the 1996 Atlanta Olympic Games. Despite the 2012 relay team disappointment of having their bronze medal taken away as they were disqualified for a lane violation, this team stuck together and as teammates, fully supported each other. This team certainly showed what true teamwork looks like.



OBJECTIVE – To complete a relay as quickly as possible.

INSTRUCTIONS

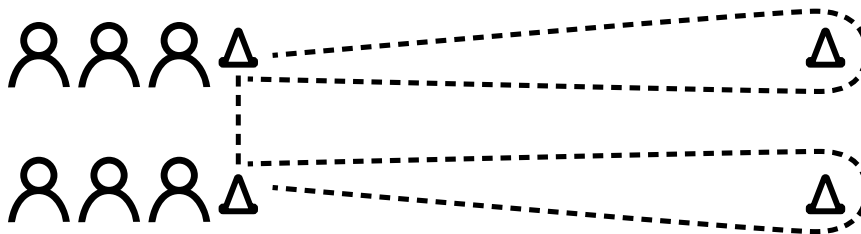
Each team lines up behind the start/finish line. The first runners race to their team's turnaround marker and back to the start line. They tag the next runner who repeats the course. The first team to complete the course with each of their runners wins. Conduct three relay races: one running forward, one running backwards, and one hopping on one leg.

SET-UP & MATERIALS

You will need four pylons. Using two pylons, mark out a start/finish line, and use the other two pylons to mark a turnaround marker for each team.

SCORING

The winning team for each relay gets 5 points.



FACT

ATHLETICS IS THE OFFICIAL NAME FOR TRACK & FIELD. IN ATHLETICS, THERE ARE TWO RELAY RACES, EACH CONSISTING OF FOUR TEAM MEMBERS; THE 4 X 100M AND 4 X 400M RELAY.





BASKETBALL

KIM SMITH

Kim Smith of Mission, BC knew that she wanted to be an Olympian after watching the Canadian women's basketball team play at the 2000 Games in Sydney. Twelve years later she helped get Canada back to the Olympic Games as one of the country's top players. A former star at the University of Utah where she holds several school records, Kim has played professionally in both the United States and Europe.



OBJECTIVE – To have participants move through a course as a team, as quickly as possible.

INSTRUCTIONS

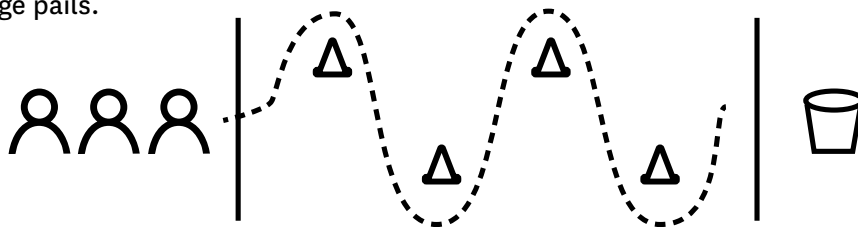
Line up participants in two equal lines and have participants dribble around each pylon. When they reach the end of the pylons, they must shoot a basket (into the net or garbage pail) before dribbling back to the start and pass the ball to the next participant in their line.

SET-UP & MATERIALS

Set up two rows of 4-6 pylons in a zig-zagging pattern for participants to weave through. You will need two basketballs or playground balls and either a basketball net or two garbage pails.

SCORING

A point is awarded to the group that completes the course first.



FACT

BASKETBALL WAS CREATED BY A CANADIAN NAMED JAMES A. NAISMITH IN 1891. ORIGINALLY PEACH BASKETS ATTACHED TO THE WALL WERE USED AS NETS. 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 COMPETE AT THE OLYMPIC GAMES.





BEACH VOLLEYBALL

MARTIN READER

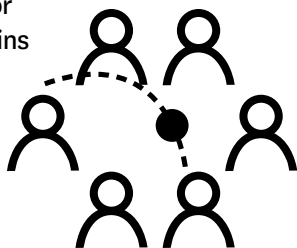
2012 Olympian Martin Reader of Comox, BC fulfilled his childhood dream of representing Canada at the Olympic Games when he competed in London with partner Josh Binstock. As a professional, Martin had played around the world for years. Martin was an all-around talented athlete since his youth, but his 6'6" body made him well-suited for beach volleyball.



OBJECTIVE – To demonstrate control of the volleyball while completing the activity as many times as possible, as a team.

INSTRUCTIONS

Each team forms a large circle and is provided with a volleyball or beach ball. Younger participants might find it easier to use a balloon. Teams are instructed to volley the ball/balloon to keep it in the air for the most bumps possible. One player per team starts by tossing the ball into the air slightly, clasping their hands together with thumbs side by side and pointing up and using her wrists to gently perform a volleyball bump (forearm pass). Each team gets 5-10 "sets" and the set with the most successful bump counted for scoring, wins the point.



SET-UP & MATERIALS

You will need two volleyballs or beach balls for older participants and four balloons per group for younger participants.

SCORING

Award one point for every bump.

FACT

IN BEACH VOLLEYBALL, MATCHES ARE PLAYED IN "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.





BIATHLON

JEAN-PHILIPPE LE GUELLEC

Jean-Philippe Le Guellec of Shannon, QC made history in December 2012 when he won World Cup gold, becoming the first Canadian man to win a World Cup biathlon medal. It was the breakthrough he had been hoping for since he posted the best-ever Olympic results by a Canadian man at Vancouver 2010. He got started in the sport at 13 when he was a member of the Royal Canadian Air Cadets. In the beginning he didn't like to cross-country ski, but the fun of shooting at targets made the skiing worth it.



OBJECTIVE – To accumulate as many beanbags in the target as possible in the activity time. If you have snow, consider having the participants make snow balls to throw to their target.

INSTRUCTIONS

Divide each team into two groups. The event works like a relay. One participant from each group runs around the oval to the target range, lies on their stomach and throws the three beanbags at the hula hoop. Once their throws are taken, they run back to the start line and tag the next runner who goes.

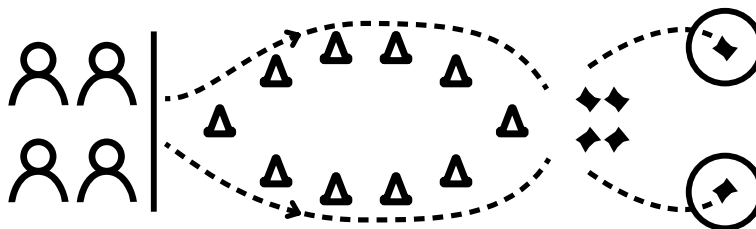
SET-UP & MATERIALS

Place 10 pylons in an oval shape. On one side of the oval, arrange two sets of 3-5 beanbags and two hula hoops as a target. An extra volunteer will be required to pick up all the beanbags and return them to the “target range” after the participants take their throws.

SCORING

Every beanbag that is in the hula hoop scores a point. Total the number of points for the two groups and this becomes the team score.

Fun Tip: Participants can keep count out loud of the cumulative number of beanbags that have hit the target.



INDOOR ADAPTATION

HAVE PARTICIPANTS WEAR A PAIR OF WOOLEN SOCKS OR STAND ON JAY CLOTHS OR FACE CLOTHS TO HELP THEM SLIDE THROUGH THIS ACTIVITY LIKE AS IF THEY WERE CROSS-COUNTRY SKIING. DEMONSTRATE HOW TO SLIDE SAFELY.





BOBSLEIGH

KAILLIE HUMPHRIES

In Vancouver 2010, Kaillie Humphries of Calgary, AB made history by becoming the first Canadian woman to win Olympic bobsleigh gold. In 2012-13 Kaillie was again the best in the world, winning her second straight world championship gold medal along with the overall World Cup title. As the pilot, Kaillie is responsible for steering the sled through the turns of the ice track at speeds upwards of 140km/hr. But she couldn't get the 170kg (375lb) sled moving without the strength of her brakeman pushing it at the start.



OBJECTIVE – To have participants move through the course in groups of 2-4 as many times as possible over the activity time.

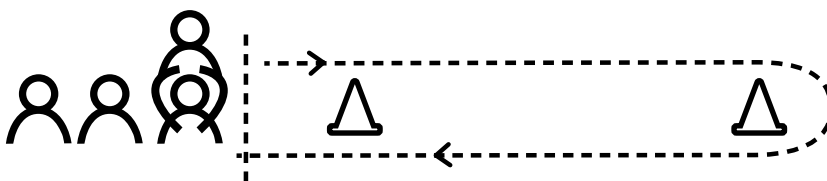
INSTRUCTIONS

Make groups of 2-4 participants. Participants sit on their backsides and hook their legs around the person's waist in front of them. Groups shuffle out to the turn-around point and back, tagging the next group. Teams continue to rotate through for a fixed amount of time. You will need a stopwatch.

Fun Tip: Have the participants say "go" each time they put their hands on the ground, lift and push themselves forward at the same time. This will help coordinate their movements.

SET-UP & MATERIALS

Mark the start and turn around point with pylons. The course should be approximately 5 meters out and back.



SCORING

Award one point for every time a group completes the course in a fixed amount of time.

INDOOR ADAPTATION

HAVE PARTICIPANTS PROPEL THEMSELVES THROUGH THE COURSE LINKED TOGETHER IN THE SAME FASHION BUT SITTING ON SCOOTER BOARDS.





CANOE/KAYAK

MARK OLDERSHAW

Mark Oldershaw of Burlington, ON is the fifth member of his family to compete at the Olympic Games, but at London 2012 became the first one to win an Olympic medal when he captured bronze. The family legacy began with his grandfather Bert when he competed at London 1948. He later gave his grandson the paddle he used. Mark's father and two uncles are also Olympians. As a canoeist, Mark needs a lot of full body strength to paddle 1000m while kneeling in his boat.



OBJECTIVE – To complete a relay as quickly as possible.

INSTRUCTIONS

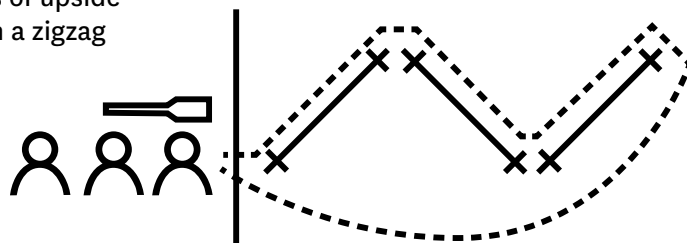
The two teams line up at the end of the first bench. The teams race in relay fashion, each participant stepping and balancing their way across the narrow edge of the upside down bench as they carry the “paddle” (plastic bar or wooden doweling). Participants are to simulate paddling a kayak as they go. At the end of the zig-zag course, they disembark from the bench, and run back to the start, giving the next participant in line the “paddle.” The winning team will be the one whose members complete the course the quickest. Be sure that the bench is solid and will not tip.

SET-UP & MATERIALS

You will need two bars or poles of approximately a meter in length each (for example, two plastic floor-hockey sticks or pieces of wooden doweling). Arrange two parallel sets of upside down wooden benches in a zigzag formation.

SCORING

Award five points to the team that has all their members complete the course the quickest.



FACT

SOME KAYAKS CAN HOLD A MAXIMUM OF THREE PEOPLE, BUT THEY WILL TYPICALLY ONLY SEAT ONE OR TWO PEOPLE. 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.





CROSS COUNTRY SKIING

ALEX HARVEY

Alex Harvey of St-Ferreol, QC is a second-generation Olympian who competed at Vancouver 2010. His father, Pierre, is a Canadian legend who competed in two Olympic Games as a cross-country skier and two Games as a cyclist. Both father and son are in the Canadian record books. Pierre was the first Canadian to win a World Cup event, but Alex has done even better. His team sprint gold in 2011 with Devon Kershaw was the first ever medal by Canadian men at the cross-country world championships. In 2013 Alex added an individual world championship bronze medal in the sprint.



OBJECTIVE – To complete the course as many times as possible as a team.

INSTRUCTIONS

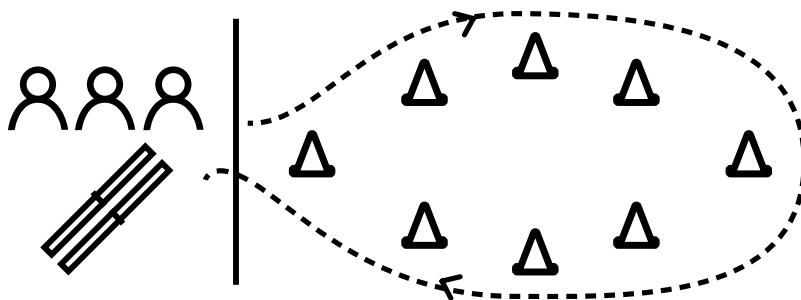
Line up participants in teams of four at the start line. Walking in their “skis”, have participants “cross country skiing” around the outside of an oval indicated by pylons. The team members who are not skiing remain waiting at the start line. When their skier completes the oval, he or she will tag the last person in the line, who will tag the next person and so on until on the first person in line receives the tag to start skiing for their team. You will need a stopwatch.

SET-UP & MATERIALS

Mark a winding, oval course using 5-10 pylons. Using two to three-foot pieces of “2x4” wood, create foot holds for participants to mimic wearing skis.

SCORING

Award one point for every time a group completes the course within a fixed amount of time.



INDOOR ADAPTATION

HAVE PARTICIPANTS WEAR A PAIR OF WOOLEN SOCKS OR STAND ON JAY CLOTHS OR FACE CLOTHS TO HELP THEM SLIDE THROUGH THIS ACTIVITY. DEMONSTRATE HOW TO SLIDE SAFELY.





CURLING

BRAD JACOBS

Brad Jacobs of Sault Ste. Marie, ON had a career-year in 2013 when he won the national championship known as the Brier. His team was the first from Northern Ontario to be the best in Canada since 1985. The team went on to win silver at the world championships. As the skip, it is Brad's responsibility to give direction to his teammates on what shots they should make when they throw the 20kg (44lb) stones at the set of rings known as the house.



OBJECTIVE – To accumulate as many points as possible by landing as many balls or Frisbees in the target.

INSTRUCTIONS

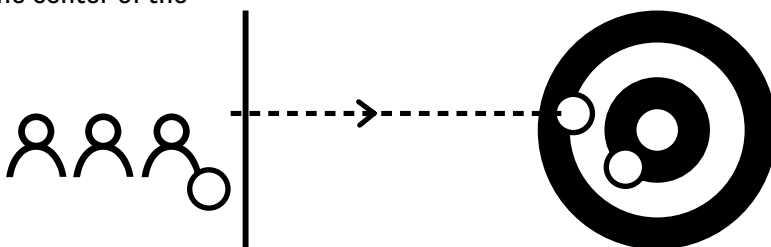
Participants take their turns either rolling the gym balls or throwing the frisbee toward the house. Each participant gets three tries. The goal is to have the ball or frisbee land as close to the center of the rings as possible.

SET-UP & MATERIALS

Using tape, paper or paint, mark off curling rings (the “house”) on the ground. You will need three gym balls or frisbees.

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 3 points if inside the centre of the house). The team's points are totaled for a final event score.



INDOOR ADAPTATION

CREATE THE RINGS USING MASKING TAPE. HAVE THE PARTICIPANTS SLIDE THE FRISBEES ACROSS THE GYM FLOOR. EMPHASIZING SAFETY, AS FRISBEES CAN JUMP UP VERY QUICKLY.





CYCLING

TARA WHITTEN

Tara Whitten of Edmonton, AB is one of Canada's top track cyclists. A former cross-country skier, she made the right move to switch sports because at London 2012 she won a bronze medal in the team pursuit, where she raced around the velodrome with two teammates. Tara is also a two-time world champion in the omnium, an event that includes six different types of races testing both her speed and endurance. Cycling isn't her only passion, though. Tara is also a PhD student in the area of neuroscience.



OBJECTIVE – To demonstrate balance on a bike with participants cycling through a course as many times as possible over the activity time.

INSTRUCTIONS

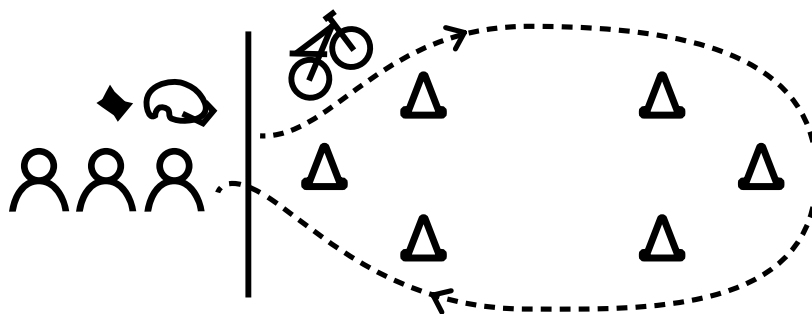
Each team lines up behind the starting line. Riding as a relay team, and wearing helmets, each of the two participants rides around an oval. While cycling, they will each balance a beanbag on the top of their helmet. If one of the beanbag falls, both riders must return to where it fell, and place it back on the helmet from which it fell before cycling to the finish line. Teams continue to rotate through for a fixed amount of time.

SET-UP & MATERIALS

You will need two bicycles, two bike helmets, two beanbags, 5-10 pylons and a stopwatch. If no bicycle is available, consider using a "scooter board".

SCORING

Award one point for every time a team member completes the course during a fixed amount of time.



FACT

IN THE OLYMPIC GAMES, THERE ARE FOUR CONTESTED DISCIPLINES IN CYCLING: BMX, MOUNTAIN BIKE, ROAD AND TRACK.





DIVING

ÉMILIE HEYMANS

Émilie Heymans of Brossard, QC is one of Canada's most decorated Olympians, winning four Olympic medals over four straight Games. She made her first Olympic team at age 18 and won silver at Sydney 2000. She added a bronze at Athens 2004 and another silver at Beijing 2008. She ended her Olympic career at London 2012 with another bronze at age 30. When Heymans isn't dressing herself with Olympic medals she is planning wardrobe combinations for her future career in fashion design.



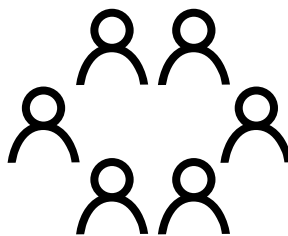
OBJECTIVE – To have a member of your team be the last one balancing with raised heels.

INSTRUCTIONS

Each team stands in a circle holding hands or joining elbows. On a signal, they have to raise their heels and balance on the balls of their feet. The goal is to have them work with each other to not put too much pressure on their teammates and keep standing tall. If their heels hit the ground they have to sit down, emphasize safety and encourage participants not to pull too hard. The last team that has a member standing up balancing is awarded a point.

SET-UP & MATERIALS

You will need no equipment for this activity.



SCORING

Award ten points to the team that has the last player balancing on their toes.

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.





EQUESTRIAN

IAN MILLAR

Ian Millar of Perth, ON has competed at more Olympic Games than any other athlete in the world. At London 2012 he made his 10th Olympic appearance at age 65. He had competed in his first Games at Munich 1972 when he was just 25. Ian won his first Olympic medal at Beijing 2008 when at age 61 he helped the jumping team win silver. He also has nine Pan American Games medals. Ian is best known for competing with his horse Big Ben in the 1980s and 1990s.



OBJECTIVE – To have participants move through the course in pairs as many times as possible over the activity time.

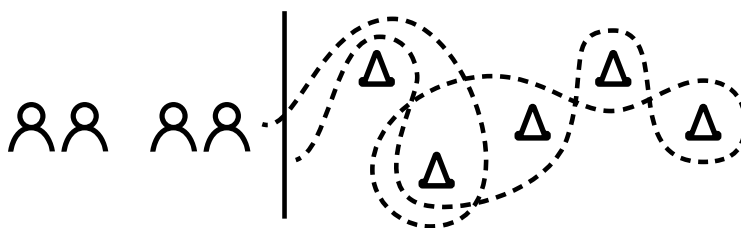
INSTRUCTIONS

Each team divides into pairs. If there are odd numbers in a team, someone will have to double up to partner with the odd numbered participants. Line up participants in pairs.

Before commencing the course, each pair should be positioned with one person directly in front of the other. The person standing behind places their hands on the back of the partner's shoulders. Participants move through an obstacle course requiring them to jump over certain pylons and zig-zag through the other pylons. Teams must stay connected. If they come apart, have them return to the start line, reconnect and continue. Pairs continue to rotate through for a fixed amount of time. Each team counts the number of times they complete the course.

SET-UP & MATERIALS

Set up 4-6 pylons in a staggered and zigzagging pattern for participants to weave through and jump over.



SCORING

The team gets one point for every time a pair completes the course during a fixed amount of time.

FACT

THE SPORT OF EQUESTRIAN INCLUDES THREE DISCIPLINES: DRESSAGE, JUMPING AND EVENTING. ORIGINATING BACK IN ANCIENT TIMES, EQUESTRIAN WAS FIRST INCLUDED IN THE PARIS 1900 OLYMPIC GAMES. ALONG WITH MODERN PENTATHLON, IT IS THE ONLY EVENT IN THE OLYMPIC GAMES WHERE AN ANIMAL IS INVOLVED. THE HORSE IS CONSIDERED AS MUCH AN ATHLETE AS THE HUMAN RIDER. EQUESTRIAN IS A TRADITIONAL OLYMPIC SPORT WHERE THE RIDER AND HORSE ARE SCORED FOR POINTS IN THEIR QUEST FOR TEAM AND INDIVIDUAL MEDALS.





FENCING

SANDRA SASSINE

Sandra Sassine of Chibougamau, QC was once told by her coach and father Henri that if she worked hard one day she would go to the Olympic Games. Her dream came true when she competed at Beijing 2008 and London 2012. It was only natural for Sandra to become a fencer at age six, following her father who had been an African Games champion before immigrating to Canada from Egypt.



OBJECTIVE – To capture as many flags as a team as possible in a fixed amount of time.

INSTRUCTIONS

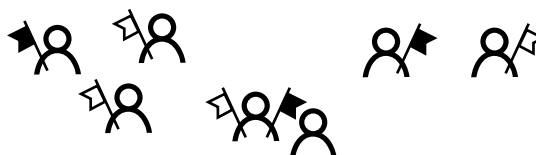
Each participant receives a flag to attach to their waist or their jersey. With one hand behind their back, each participant tries to capture as many flags from the other team as possible. When they approach an opponent, they must say “En Guard!” If they use the hand from behind their back, the opposing team wins a point and they must give back the flag.

SET-UP & MATERIALS

You will need flags to attach to every participant. Ideally, each team is given a distinct colour of flag.

SCORING

At the end of the activity time, each flag captured is counted as one point. The team with the most points wins.



FACT

FENCERS HAVE TO WEAR SPECIAL PROTECTION TO WITHSTAND THE SWORDS USED DURING COMPETITION. THEIR JACKETS ARE MADE OF DOUBLE THICKNESS COTTON CLOTH OR KEVLAR. THE MASKS ARE MADE OF WIRE MESH WITH 2.1-MILLIMETER (WHICH IS LESS THAN 1/10 OF AN INCH) GAPS AND WITH A MINIMUM GAUGE OF 1MM IN DIAMETER. THE WIRE USED IN THESE MASKS IS USUALLY MADE OF STAINLESS STEEL. FAR MORE THAN A SWORD FIGHT, FENCING IS A SPORT REQUIRING SKILL, COORDINATION AND BALANCE, AND HAS BEEN A PART OF EVERY MODERN OLYMPIC GAMES PROGRAM SINCE THE FIRST IN 1896.





FREESTYLE SKIING

ALEXANDRE BILODEAU

At the Vancouver 2010 Olympic Winter Games, Alex Bilodeau entered the history books by being the first Canadian to win an Olympic gold medal on home soil. As a child, Alex was an avid hockey player. But he started skiing because it was an activity the whole family, including younger sister Béatrice and older brother Frédéric, could do together. Frédéric is one of Alex's idols for persevering in life despite his cerebral palsy and was Alex's biggest supporter in Vancouver. Alex's other idol is Jean-Luc Brassard, who won moguls gold at Lillehammer 1994, inspiring Alex to give the sport a try.



OBJECTIVE – To complete the course as many times as possible as a team.

INSTRUCTIONS

Line up participants at the start. Explain that in freestyle skiing there are many flips, turns, jumps and acrobatics involved. Then explain the course that they are required to complete, emphasizing that safety is of the utmost importance. For example, participants could complete two foot hops over a series of pylons, hop back and forth over the length of a skipping rope, and then do their own freestyle jumps in the air at each pylon. Consider including twisting, somersaulting, jumping, spinning and jumping over, under and around items. One participant at a time completes the course. Once finished, the participant tags the next participant in line and the team attempts to complete the course as many times as possible in a fixed amount of time.

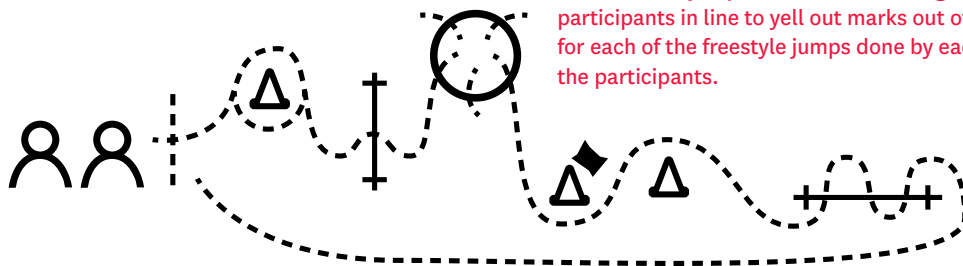
SET-UP & MATERIALS

Set up a course using soft objects to jump over, under or around such as pylons, skipping ropes, beanbags, flags, etc. You will need a stopwatch.

SCORING

Award one point to the team for every time a participant completes the course.

Fun Tip: Have participants make up names for some of their jumps in the air. Encourage the participants in line to yell out marks out of ten for each of the freestyle jumps done by each of the participants.



FACT

IN FREESTYLE SKIING, ATHLETES ARE JUDGED ON THE QUALITY OF TAKE OFF, HEIGHT GAINED, FORM AND BODY POSITION, AND HOW THEY MAINTAIN BALANCE UPON LANDING.





GYMNASTICS

ROSIE MACLENNAN

Rosie MacLennan of King City, ON was the only Canadian to win Olympic gold at London 2012. Those were her second Olympic Games after Beijing 2008. A former dancer, she took her greatest inspiration from her grandfather who had been a gymnast but was unable to compete at the 1940 Olympic Games when they were cancelled due to World War II. Rosie won her Olympic gold by performing the most difficult, high-flying routine of all the competitors.



OBJECTIVE – To complete the course as many times as possible as a team.

INSTRUCTIONS

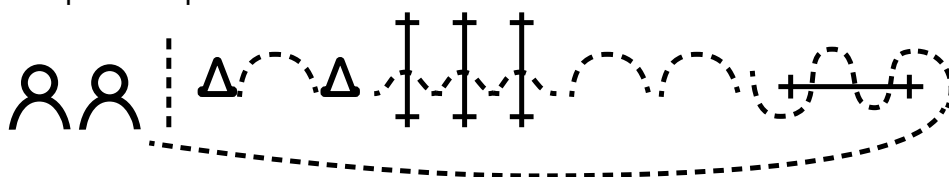
Line up the teams at the start line. Explain that in Gymnastics there are many acrobatic movements, jumps and turns involved. Then explain the course that they are required to complete, emphasizing that safety is of the utmost importance. For example, they can somersault (forward roll); spin, jump and twist as they move through the course; they can jump over and move under the objects as well. Participants complete the course one at a time. Once completed, a participant tags the next participant in line and the team attempts to complete the course as many times as possible in a fixed amount of time.

SET-UP & MATERIALS

Set up a course using soft objects to jump over, under or around such as pylons, small hurdles, ropes, and beanbags. Establish a start line. You will require a stopwatch.

SCORING

The team is awarded one point for every time one of its members completes the course in a fixed amount of time.



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 1976 MONTREAL OLYMPIC GAMES.





ICE HOCKEY

JAYNA HEFFORD

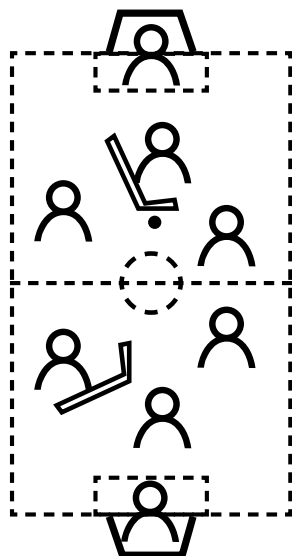
Jayna Hefford has competed at all four Olympic Winter Games in which women's ice hockey has been included. She won silver at Nagano 1998 and since then has won three straight gold medals. At Salt Lake City 2002, she scored the gold medal-winning goal. Jayna has been part of the national team since 1997, winning seven world championship gold medals.



OBJECTIVE – Get everybody playing a great game of hockey!

INSTRUCTIONS

Split the participants into two groups and have them play according to the traditional rules of floor hockey.



SET-UP & MATERIALS

Set up a traditional hockey game. This will require two nets, hockey sticks and a tennis ball or soft ball.

INDOOR ADAPTATION

Set up benches and goals in the hall way. Play short games of two on two, rotating the participants in and out of the game so that everyone gets to play.

SCORING

This will be a participation event to get everybody moving and active. Include all of the team.

Fun Tip: Make it a game where everybody plays all the time. Add a third or even a fourth net and make it so that participants can try to score on any net.

FACT

AT THE SOCHI 2014 OLYMPIC WINTER GAMES THERE WILL BE TWO HOCKEY VENUES. THE BOLSHOY ICE DOME HAS A NAME THAT MEANS “BIG” AND IS THE LARGER OF THE TWO. THE SHAYBA ARENA HAS A NAME THAT FITTINGLY MEANS “PUCK”.

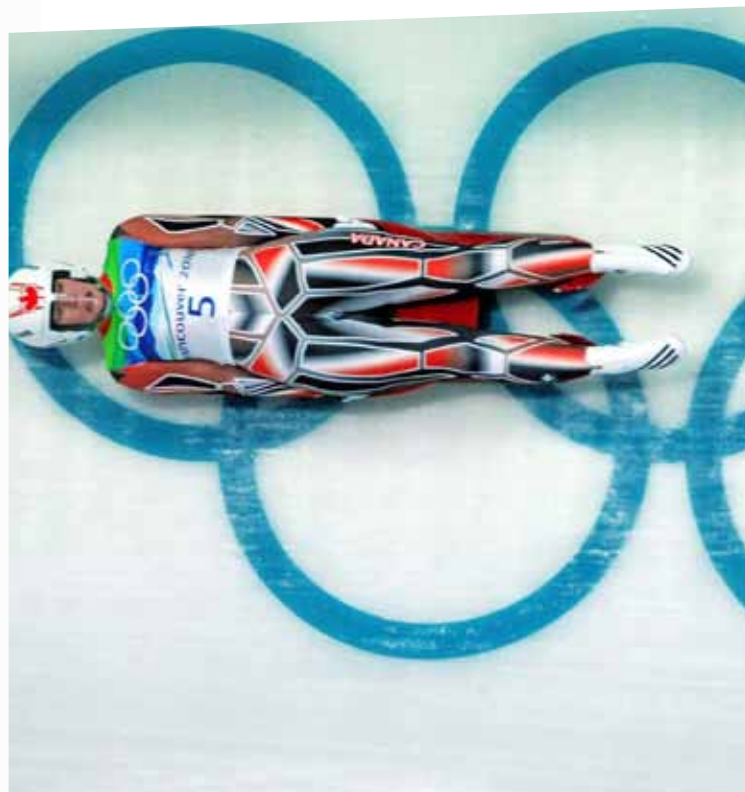




LUGE

ALEX GOUGH

Alex Gough was a skier until her mother signed her up to try luge at Canada Olympic Park in Calgary when she was 13. Now racing down an ice track on her back, Alex has become a trailblazer for Canadian luge. In February 2011 she won her first World Cup gold medal and ended a 105-race World Cup winning streak by German women that had lasted more than 13 years. A two-time world championship medallist, Alex is ready to step on the Olympic podium when she makes her third Games appearance at Sochi 2014.



OBJECTIVE – To complete the course as many times as possible as a team.

INSTRUCTIONS

Divide the participants into two equal-sized groups. For each group, lay out an old sheet with a gym mat in the middle. One participant rides the “luge” (the gym mat) by laying belly-up in a stiff body position. Have the participant hang onto either side of their “luge” with their chin tucked in. The other group members grab the corners of the sheet and pull it around the course. (Note: there is no lifting involved, but rather pulling so the mat slides.) Rotate luge athletes after each trip around the course. Continue for a fixed amount of time.



SET-UP & MATERIALS

Use pylons to mark two courses. Design the courses to include a start, finish and a series of sharp turns and corners. You will need two old sheets or plastic tarps, small gym mats, and a stopwatch.

SCORING

Award one point for every time a group completes the course. Both groups' points are totaled for the team's score.

Fun Tip: Give the participants the choice as to whether they want to pull or slide and do not make anyone slide that does not wish to be pulled. Allow the participants that are the luge athletes, and being pulled, to yell “switch” to switch places with one of the teammates holding their legs at any time. Ensure the comfort of participants at all times!

INDOOR ADAPTATION

IF AVAILABLE, PARTICIPANTS COULD ALSO USE SCOOTERS TO PROPEL THEMSELVES THROUGH A COURSE. WATCH OUT FOR FINGERS AND EMPHASIZE SAFETY.





ROWING

MALCOLM HOWARD

Malcolm Howard of Victoria, BC stood on the podium in both of his Olympic appearances. He won gold at Beijing 2008 and silver at London 2012 as a member of the men's eight. To be successful in that event, the eight rowers need to work in perfect sync to get the maximum speed and power. The eight features some of the largest athletes and Malcolm is a perfect example at 6'6" and 235lbs. A graduate of Harvard, Malcolm is now studying at Oxford University in England.



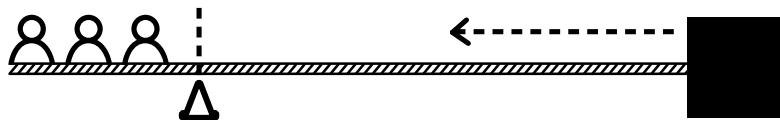
OBJECTIVE – To be the first, as a team, to pull a heavy object past the finish line.

INSTRUCTIONS

Each team sits cross-legged in a line one after another. Each player holds on to a part of the rope that is tied to a heavy object down the field in front of them. Explain that the sport of rowing relies on teamwork and every person working together towards a common goal. When instructed, each team pulls 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 first team to pull the object to where they are seated wins.

SET-UP & MATERIALS

You will need 2 10-15 meter long ropes, two pylons, and two heavy objects that the ropes can be tied to. The heavy object could be a weighted toboggan, wagon, or an upside-down desk. Tie each rope to one of 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 team that pulls the object past the pylons the quickest.

FACT

PHYSIOLOGISTS CLAIM THAT ROWING A 2,000-METRE RACE - EQUIVALENT TO ALMOST 2.5KM- IS EQUAL TO PLAYING BACK-TO-BACK BASKETBALL GAMES.





SPEED SKATING

DENNY MORRISON

Denny Morrison of Fort St. John, BC loves long track speed skating because it is the fastest human-propelled sport, with skaters reaching speeds of 60km/hr. Canada's most successful active male speed skater, Denny has competed at two Olympic Games, winning silver at Turin 2006 and gold at Vancouver 2010 in the team pursuit. He loves speed outside of his sport, including fast cars and motorcycles.



OBJECTIVE – To complete the course as many times as possible as a team.

INSTRUCTIONS

Line up participants in teams of four at the start line. By sliding or striding their feet along the ground, have participants “skate” around the outside of an oval indicated by pylons. At specially indicated pylons, have participants put one hand on the ground and complete a 360 degree turn with their hand on the ground. This will simulate the tight turns and leaning that short track speed skaters make.

Fun Tip: Make a tighter course and space for participants to move through. Short track speed skating gets very tight in the corners so it may be fun to simulate this for participants. In doing this, please advise them of being cautious and mindful of one another. Use your discretion and judgment of team size to ensure a fun and safe environment.

SET-UP & MATERIALS

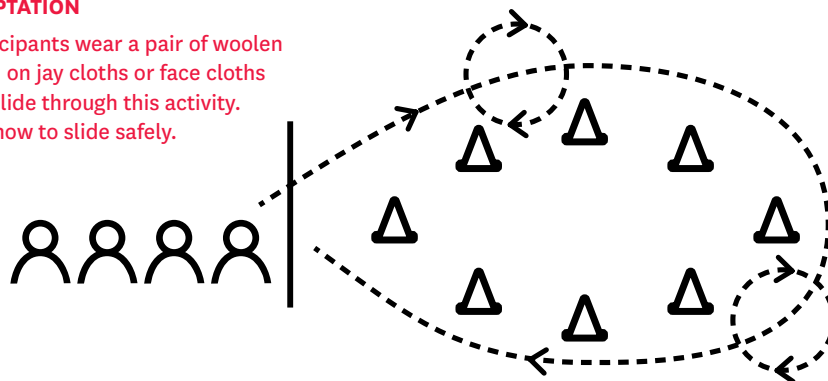
Use pylons to mark a speed skating oval.

INDOOR ADAPTATION

Have the participants wear a pair of woolen socks or stand on jay cloths or face cloths to help them slide through this activity. Demonstrate how to slide safely.

SCORING

Award one point for every time a group completes the course.



FACT

LONG TRACK SPEED SKATING TAKES PLACE ON A 400 METER OVAL ICE RINK. SHORT TRACK SPEED SKATING TAKES PLACE ON A 111.12 METER OVAL TRACK WITHIN AN ICE HOCKEY RINK.





SKELETON

MELLISA HOLLINGSWORTH

Mellisa Hollingsworth grew up on a ranch in Eckville, AB where she spent much of her time riding horses and watching rodeo. Her cousin, Ryan Davenport, introduced her to the sport of skeleton in which she rides head first on a sled down an ice track. Mellisa is the only Canadian woman to win an Olympic skeleton medal, taking bronze at Turin 2006.



OBJECTIVE – To have participants move through the course in groups of three as many times as possible over the activity time.

INSTRUCTIONS

Divide the team into two equal groups, and line up the groups on the start line. While one person lies headfirst on the towel/sheet/mat, their teammate has to pull them around the course.

FACT

SKELETON GOT ITS NAME FROM THE SLED USED; ORIGINALLY METAL, NOW FIBERGLASS AND METAL; AS IT RESEMBLES A HUMAN SKELETON.

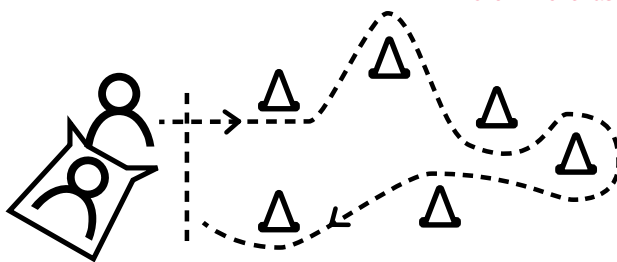
SET-UP & MATERIALS

Use pylons to mark two courses, including start/finish lines and the turnaround points. You will need two beach towels, tarps, sheets or mats. You will also require a stopwatch.

SCORING

Award one point for every time a group completes the course.

Fun Tip: Allow the participants who are the skeleton athletes to use their hands to help them move faster.



INDOOR ADAPTATION

USE SCOOTERS AND HAVE THE PARTICIPANTS USE THEIR FEET TO PROPEL THEMSELVES THROUGH A COURSE. WATCH OUT FOR FINGERS!





SKI JUMPING

MACKENZIE BOYD-CLOWES

Mackenzie Boyd-Clowes got his start in ski jumping at age seven after his mother saw an ad for a summer camp that he thought he would like. Even as a small kid he was never terrified standing atop the jump, instead getting an adrenaline rush as he flies through the air. In 2013 he became the first Canadian to jump further than 200m. He looks to compete at his second Olympic Games at Sochi 2014.



OBJECTIVE – Achieve the longest total ski jump distance utilizing the jumps of 15 participants.

INSTRUCTIONS

Have participants line up at the start line in equal-sized lines. Have the first person in line do a standing long jump. Have the next person in line jump from where the last person ended their jump. Mark the total distance that the line of participants achieved after 15 jumps as a team. Have the line of participants start again and see if they can beat their record from their last attempt.



SET-UP & MATERIALS

Set out a long line of pylons approximately 3 meters apart each.

SCORING

Use the longest jump by each line of participants in the given activity group. Award a point for each pylon passed in their longest jump.

Fun Tip: Mark the “world record” in the ski jumping area for the team that made it the furthest, given the cumulative jumps of 15 participants. Have teams call out the numbers 1 through 15 each time another participant jumps.

FACT

AN ATHLETE SKIS DOWN A LONG RAMP, REFERRED TO AS THE IN-RUN, AND LAUNCHES INTO THE AIR AT SPEEDS OF UP TO 95 KILOMETERS PER HOUR.





SOCCER

CHRISTINE SINCLAIR

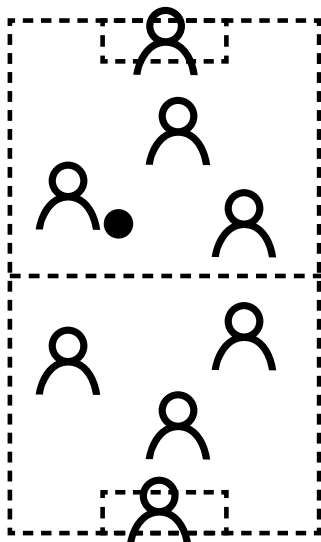
Christine Sinclair of Burnaby, BC was the captain of the Canadian women's soccer team that made history by winning the bronze medal at London 2012. It was the first Canadian medal in a traditional Olympic summer team sport in 76 years. Christine was the tournament's leading scorer with six goals and was given the honour of carrying the Canadian flag at the Closing Ceremony. In 2012 she won the Lou Marsh Award as Canada's athlete of the year and is continually recognized as being one of the best women's soccer players in the world.



OBJECTIVE – Get everybody playing a great game of soccer!

INSTRUCTIONS

Using the country teams, participants will play a timed game of soccer on a small field. Traditional rules of soccer apply.



SET-UP & MATERIALS

Set up a traditional soccer game. This will require two nets, and a soccer ball.

SCORING

This will be a participation event to get everybody moving and active. Include all of the team.

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.





SWIMMING

RYAN COCHRANE

Ryan Cochrane of Victoria, BC excels at one of swimming's most grueling events, the 1500m freestyle, which takes more than 14 minutes to complete. Since winning a somewhat surprising bronze medal at Beijing 2008, Ryan has established himself amongst the world's best. He added a silver medal at London 2012 and in between Games won silver at the 2009 and 2011 World Championships.



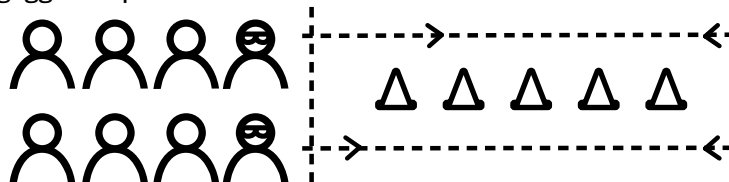
OBJECTIVE – To complete a relay as quickly as possible imitating the four strokes in competitive swimming: freestyle, backstroke, butterfly and fly.

INSTRUCTIONS

Teams line up behind the start line and on opposite sides of the pylons. Number the participants between 1 and 4, with each number representing a different swimming stroke. Depending on the number, each participant will put on the goggles and simulate the stroke as they run down the line of pylons and back to their teammates. Until the goggles have been passed to the next participant and put on, they cannot start their stroke. Number 1 is butterfly, number 2 is backstroke, number 3 is breaststroke and number 4 is freestyle (front crawl). If a participant is not performing the right stroke or is not performing it properly, they have to start back at the beginning of the line.

SET-UP & MATERIALS

You will need a set of pylons and 2 pairs of goggles (can be purchased or made) for the teams. Set up the pylons in a straight line separating the two teams. Each team receives goggles to pass to each other during the relay.



SCORING

The team gets one point every time it completes the course in a fixed amount of time.

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.





SYNCHRONIZED SWIMMING

ÉLISE MARCOTTE

When she was in grade two, Élise Marcotte of L'Ancienne-Lorette, QC had to draw what she wanted to do when she grew up. She drew herself on an Olympic podium because she knew she wanted to be an Olympian. Élise competed at Beijing 2008 and London 2012 Olympic Games. She stood on all the other international podiums, Junior Worlds, FINA Championship, World Cup, including at the 2011 Pan American Games where she won gold in both the duet and team events. She has a pool with her name in her home town : L'AquaGym Élise Marcotte L'Ancienne-Lorette.



OBJECTIVE – To perform a set of movements “in sync” as one group.

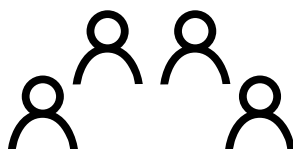
INSTRUCTIONS

Each team goes separately; one team performs while the other team observes. Each team positions themselves in a semi-circle. The first participant is asked to perform a movement for the group for example: a vertical jump. The entire group then repeats the movement together. The next participant then adds a movement to the sequence (e.g., three claps). The entire team then repeats the movements from the beginning (e.g., a vertical jump and three claps). By the time the final participant performs their movement, the entire team should be performing a set of movements “in sync”. The team then performs this sequence as many times as possible without making a mistake. The team receives three chances to perform the full sequence without error (three strikes and they are out). Once complete, the other team has an opportunity to complete the challenge. You may want to add music and provide practice times to the teams.

30

SET-UP & MATERIALS

No materials required.



SCORING

The team gets one point for each time it can complete the full sequence without making a mistake. Invite guests to help out as ‘Judges’.

FACT

DURING COMPETITION, THE SWIMMERS ARE PROHIBITED FROM TOUCHING THE BOTTOM OF THE POOL. DUE TO THIS RULE, SWIMMERS ARE FORCED TO DEVELOP THEIR EGGBEATER SKILLS, WHICH IS A FORM OF TREADING WATER THAT ALLOWS FOR STABILITY AND HEIGHT ABOVE THE WATER LEAVING THEIR HANDS FREE TO PERFORM MOVEMENTS. SYNCHRONIZED SWIMMING APPEARS GRACEFUL; A SORT OF BALLET IN WATER. BUT MANY SPECTATORS FAIL TO REALIZE THE STRENGTH, STAMINA, AND ENDURANCE REQUIRED BY SYNCHRO ATHLETES.





TABLE TENNIS

MO ZHANG

Mo Zhang of Ottawa, ON is Canada's top-ranked female table tennis player. Born in China, the hotbed of her sport, Mo competed in her second straight Olympic Games at London 2012. She won her first major international medal at the 2007 Pan American Games with a silver in the women's team event. She did even better at the 2011 Pan American Games, winning gold in the women's singles event.



OBJECTIVE – To complete a relay as quickly as possible, balancing a table tennis ball (or tennis ball).

INSTRUCTIONS

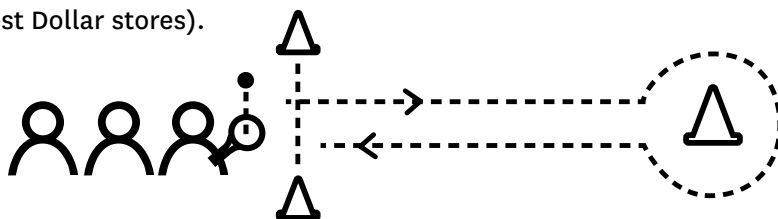
Teams line up behind the starting line pylons. Each team member in turn runs to the turnaround marker while bouncing the rubber ball on their paddle. If they miss a bounce on their paddle, they must stop, do a 360 degree turn, and continue bouncing the ball on the paddle. When they return to the starting line, they give the paddle to their teammate who continues the relay. Consider using a larger ball for the younger participants.

SET-UP & MATERIALS

You will need four pylons: two for start lines and two for turnaround markers; and four sets of paddles and rubber balls attached with an elastic band (available at most Dollar stores).

SCORING

Teams earn one point for each person who completes the course within a fixed amount of time.



FACT

TABLE TENNIS IS THE LARGEST PARTICIPATION SPORT IN THE WORLD AND HAS A SIMILAR CONCEPT TO TENNIS, BUT WITH A DIFFERENT SCORING SYSTEM. THE RACQUET IS PERMITTED TO BE ANY SIZE, WEIGHT OR SHAPE, AS LONG AS IT IS FLAT, RIGID AND OF EVEN THICKNESS.





TENNIS

MILOS RAONIC

Milos Raonic of Thornhill, ON has been a trailblazer for Canadian tennis since he burst onto the international scene by reaching the fourth round of the 2011 Australian Open. He finished 2012 ranked 13th in the world, the best ever by a Canadian singles player, and at age 22 was the youngest player in the top-20. Raonic's Olympic debut at London 2012 was an eventful one, as he lost his second round match after a 25-23 deciding set that was the longest in Olympic history.



OBJECTIVE – To hit as many beanbags as possible into hoops placed on the ground, in a fixed amount of time.

INSTRUCTIONS

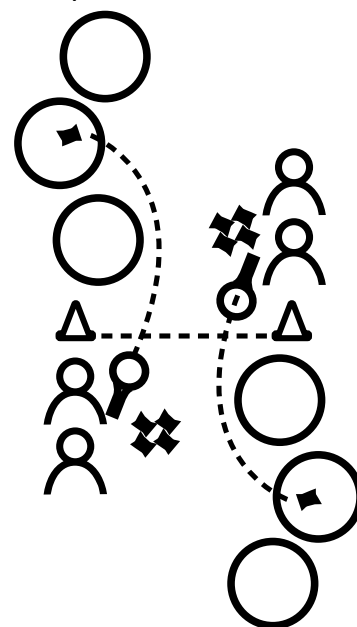
Each team lines up behind their pylon. Each participant tries to hit as many of the five beanbags into the hula hoops as possible. When complete, they run to get the beanbags and return them for the next person in line. Teams rotate through their line-up for a fixed amount of time.

SET-UP & MATERIALS

You will need six hula hoops, 10 beanbags, two pylons and two tennis rackets. Set up the two pylons a good distance away from the hoops. Behind each pylon, place five beanbags and a tennis racket. Place three hoops in front of each pylon. It is recommended that the teams face in different directions.

SCORING

Teams earn one point for each beanbag that their team gets in a hula hoop.



FACT

TENNIS WAS PART OF THE FIRST OLYMPIC GAMES IN 1896. DROPPED AFTER THE 1924 OLYMPIC GAMES, IT RETURNED AS A FULL MEDAL SPORT IN 1988. LONDON 2012 MARKED THE RETURN OF MIXED DOUBLES TO THE OLYMPIC GAMES FOR THE FIRST TIME IN 88 YEARS. TENNIS CAN BE PLAYED ON SEVERAL DIFFERENT SURFACES. AT LONDON 2012 TENNIS WAS HELD ON THE TRADITIONAL GRASS COURTS OF WIMBLEDON, HOME TO ONE OF THE MOST PRESTIGIOUS TOURNAMENTS IN THE WORLD WHICH HAD ALSO HOSTED OLYMPIC TENNIS IN 1908.





TRIATHLON

PAULA FINDLAY

Triathlon has only been an Olympic sport since the Sydney 2000 Olympic Games, where Canada's Simon Whitfield took the first ever men's gold. Following in his winning footsteps has been Edmonton's Paula Findlay. She went from unknown to medal contender in 2010 when she won back-to-back races on the world's most elite circuit and added three more victories in 2011. Injuries hurt her preparations for London 2012, but she endeared herself to Canadians by finishing her Olympic debut, despite the challenges.



OBJECTIVE – As a team, to complete the triathlon course as many times as possible during a fixed amount of time.

INSTRUCTIONS

Each team completes the relay. Beginning from the start line, the first participant for each team 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 transition area. At the transition area, they must put on a helmet, straddle the bike (tricycle), and balance the beanbag on their head as they cycle to the turnaround marker and back. They then dismount the bike, take off the helmet, and run balancing the beanbag on their forehead to the turnaround marker and back to the finish line. Once they have completed the course they pass the beanbag off to the next participants in line and the challenge continues. If the beanbag falls off at any point during the challenge, the participants must stop and return to where the beanbag fell, replace the beanbag on their head, and continue.

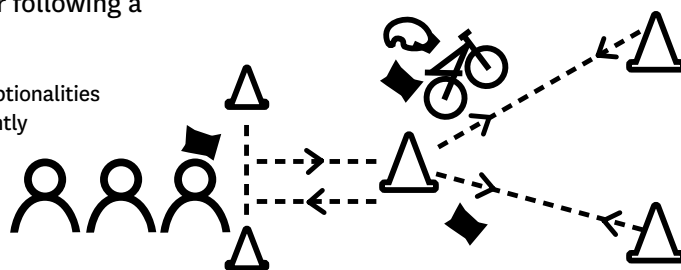
SET-UP & MATERIALS

You will need two beanbags, two bicycles, two helmets and 5-10 pylons. Using the pylons, mark a start/finish line, a "transition area," and a turnaround marker following a triangular layout.

Younger or students with exceptionalities might find this activity sufficiently challenging without including the balancing of the bean bag.

SCORING

The team gets one point for every time one of its members completes the course.



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.





SCHOOL PROGRAM
PROGRAMME SCOLAIRE

2013 OLYMPIC DAY TOOL KIT

MINI OLYMPIC GAMES RESOURCE

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