



Inspiring Canadians in the Classroom: Distance Learning Experience

Pre- and Post-Program Activities: Sports and Canadian Champions –Grades 8-12

Pre-Visit Physical Activities

1. Try a sport included in the Olympic Games that either you do not know much about or have not tried.
2. Organize an Olympic themed intramural week(s) where students play and compete in teams in varying sports.
3. Have students try a Paralympic sport, like goalball.

Pre-Visit Classroom Activities

1. Have students engage in debate or write a persuasive essay about any of the following topic(s) in sports using Canada's Sports Hall of Fame's Honoured Members as examples.
 - What are some of the problems (present or past) within and surrounding various Olympic Games and Olympic sports?
 - How should these injustices be dealt with and further prevented?
 - How is the Olympic Games an example of a celebration of multiculturalism and globalization?
 - Discuss a particular Olympic Games, sport, or Honoured Member that has been or is important to Canada. Explain why their significance.
2. Have students pick a big goal that they wish to achieve and define the steps they are going to take to achieve this goal. Have them write a short essay about the importance of a particular value in achieving this goal (i.e. focus, determination, passion, integrity).

Post- Visit Classroom Activities

1. Research and nominate an Olympic or Paralympic athlete for induction into Canada's Sports Hall of Fame.
2. Discuss with students the ethical concerns that face the Olympic Games, the International Olympic Committee (IOC), and Olympic athletes using some examples from the Distance Learning Experience.
3. Have students choose an Honoured Member who is an Olympian, and present to the class on this Olympian's story and the values that they embody and the way they represent Canada.
4. Visit your local Sports Hall of Fame to learn about great athletes from your community.

Post- Visit Physical Activities

1. Have students research a few Honoured Members/Olympic sport training regimens and then dedicate a block of gym classes to an "Olympic Training Session" where students run their peers through various Olympic training elements.