



**Distance Learning Experience: Inspiring Canadians in the Classroom**  
**Pre- and Post-Program Activities:**  
***Sports and Canadian Champions –Grades 4-7***

***Pre-Visit Classroom Activities***

1. Ask students what it means to be Canadian? Ask them why it is important that Canadians can participate in an international sporting competition like the Olympic Games
2. Select an Olympic or Paralympic sport that you do not know much about. Using online tools and resources in your library, research this sport and explain it to the class.
3. Create a poster on an Olympian who is Canada's Sports Hall of Fame Honoured member, using our website ([www.sportshall.ca](http://www.sportshall.ca))

***Pre-Visit Physical Activities***

1. Encourage students to enroll in a physical activity that is represented in the Olympics
2. Dedicate a P.E. class to learning and playing a Paralympic sport, like goalball.

***Post-Visit Classroom Activities***

1. Learn more about and create a presentation on an Olympic or Paralympic sport talked about in the program that particularly interested you, and present it to your class.
2. Have students create a poster for the next Olympic Games, including the student's own design for an Olympic Games logo. Include pictures and descriptions of some of the Olympic sports.
3. Write a biography of your favourite Canadian Olympic athlete.
4. Write a letter to the International Olympic Committee (IOC) to persuade them to choose your country as the location for the 2020/2022 Olympic Games
5. Visit your local Sports Hall of Fame to learn about great athletes from your community.
6. Complete the goal setting/dream activity
7. Invite a local Olympic/ Paralympic athlete to come in to talk to your class about his or her Olympic/Paralympic experience. Have them discuss the dedication necessary to compete among the best in the world, and encourage students to take steps in this direction in sport and lifelong learning.

***Post-Visit Physical Activities***

1. Plan an Olympic Themed Sports Day
2. Plan a daily physical activity chart for students, and try some sports or skills represented by Olympian Honoured Members from Canada's Sports Hall of Fame.