

APRIL 2020

The Olympic Activity Calendar



SCHOOL PROGRAM

2 EASY STEPS:

1. Download the calendar
2. Click on the link in red to discover the activity of the day



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WE ARE ALL TEAM CANADA 			1 LEARN HOW TO SKI AT HOME! Are you an alpine , cross country or freestyle skier?	2 TWEET THURSDAY! Send @Komak a tweet about your favorite Olympic Games.	3 READ ABOUT OLYMPIAN Clara Hughes AND MAKING HEALTHY CHOICES.	4 RUNNING, THROWING AND JUMPING! Perfect those athletic skills.
5 OLYMPIC TRIVIA! Test your Olympic knowledge with this Winter Sports Trivia .	6 PRACTICE YOUR FAVORITE SPORT. Happy International Day of Sport for development and peace.	7 DASH THROUGH THE RINK LIKE A speed skater AT HOME.	8 TIME TO GET CRAFTY! CRAYONS, MARKERS, PAINT. Draw an Olympic Mascot Design an Olympic Torch Create a unique Olympic logo	9 WEAR YOUR TEAM CANADA GEAR TO BUILD THE OLYMPIC SPIRIT! Show us on social media by tagging @komakteamcanada	10 HAPPY SIBLINGS DAY! Read about olympian Alex Bilodeau and the relationship he has with his brother.	11 RUNNING, SWIMMING AND CYCLING ARE ALL YOUR FAVORITE SPORTS? Check-out some triathlon
12 DO YOU HAVE ICE IN YOUR VEINS? Play hockey or Learn to figure skate at home.	13 ARE YOU THE FUTURE HOST OF ROAD TO THE OLYMPIC GAMES ON CBC? Practice your broadcasting skills with Live for the 2020 Tokyo Olympic Games .	14 LEARN ABOUT RACQUET SPORTS. Check-out some Badminton and Table Tennis activities.	15 READ ABOUT OLYMPIAN Joannie Rochette and her tremendous strength and courage.	16 TWEET THURSDAY! Send your favorite athlete a tweet. Tell them why they inspire you.	17 INTERESTED IN LEARNING TO bobsled?	18 DIVE IN THE WATER AND LEARN ABOUT artistic swimming.
19 GRAB A BLANKET AND GET COZY! Now you are ready to watch the FIRST Team Canada Champion Chats video.	20 ARE THE MOUNTAINS CALLING YOU? Practice your snowboarding skills at home.	21 YOU ARE ONLY ONE SWIM AWAY FROM A SMILE. Put on your bathing suit and practice your swimming	22 HAPPY EARTH DAY! Get inspired with The Greenest Olympic Games .	23 REMEMBER THE SPEED YOU REACHED WHEN YOU LAST WENT TOBOGGANING WITH YOUR FRIENDS? Try lugging ... it is even faster!	24 CHECK OUT THE Pursue Series How will you pursue your dreams?	25 LEARN ABOUT HEALTHY ACTIVE LIVING with olympian John Morris.
26 CREATE YOUR OWN PADDLE THEN... Practice your canoeing and kayaking skills!	27 CURLING IS A GAME OF SKILL AND STRATEGY. Are you up for the curling challenge?	28 EN GARDE! LEARN TO fence AT HOME. Grab a partner and let the duel begin!	29 HAPPY INTERNATIONAL DANCE DAY! Play your favorite song then, get up and dance.	30 Send us an email at cosp@olympic.ca to tell us about your favorite activity this month!	BE OLYMPIC	