



The 2020 Alternate Olympics

With this year's summer Olympics being postponed until July 2021, now is the best time for you to host your own Olympic games to create a fun, new legacy at home.

Plan your Olympic games independently, with your family, or virtually with a group of friends. Pick three to five events you would like to compete in. If you want to host your Olympics virtually, have you and your friends either compete at the same time or film your events and share the results. Even consider orchestrating an opening ceremony! Mail or have a parent drive a symbolic torch between competitors.

Here are a few ideas to consider for your Alternate Olympics:

- **Track and Field** – Discus Throw: Use a basketball, a frisbee, or any other non-breakable and consistent item.
- **Gymnastics Floor Exercises** - Choreograph and perform your own floor routine, and don't forget the music.
- **Track and Field** – 400 metre run.
- **Grilling** – Burns 57 calories in 27 minutes.
- **Swimming** – 200 IM: Simulate the butterfly, backstroke, breaststroke, and freestyle strokes while running 50 metres each.
- **Cycling Road** – Ride your bicycle an agreed-upon distance and time it.
- **Chariot Race** – Fill a wagon or wheelbarrow with a predetermined weight and see how far you can pull it in 30 seconds.
- Consider repeating these Olympic ceremonies every year to track improvement and build your legacy as the creator of the Alternate Olympic Games!

Start by watching an overview of the **history of the Olympics** and **background on Olympic legacy**. When you're done, ask yourself and your family about how physical activity and competition brings people together.



SCAN ME



Check out history of the Olympics
WATCH: bit.ly/32an1rf



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Check out background on Olympic legacy
WATCH: olympic.org/olympic-legacy

Students! Answering our questions? Using our strategies? Share them with us at discoverycanada@worldstrides.com.