

# OLYMPIC DAY PILLARS

The pillars of Olympic Day are Move, Learn, and Discover, and one, two or all three should be incorporated into your event! Below are some ideas to help you celebrate Olympic Day using the Olympic Day pillars.

## MOVE

- Get active!
- Host a fun run
- Organize a sport game, like kickball or softball
- Organize Olympic or Paralympic-style events, like a relay race or swim race, or a game of sitting volleyball
- Do a workout with a group of friends
- Guide a group in a workout including jumping jacks, high knees, jump rope, hurdle-jumping, etc.



## LEARN

- Learn new techniques in a sport
- Learn about Olympians or Paralympians from your home state
- Learn about the Olympic Values of Friendship, Excellence and Respect (*check it out in the toolkit!*)
- Learn about Olympics hosted in the U.S. (*check it out in the toolkit!*)



## DISCOVER

- Discover an Olympic or Paralympic sport, like wheelchair basketball
- Discover a new skill in your sport
- Try something you've never done before!