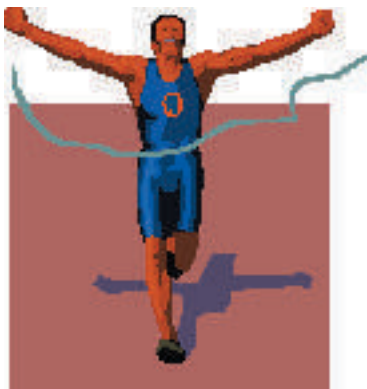


# The Summer Olympics



A Multidisciplinary Unit for Grades 4-8  
By Jeffrey C. Jones





## The Summer Olympics A Multidisciplinary Unit for Grades 4-8 By Jeffrey C. Jones

### Unit Goals

#### Content Goals

After studying the summer Olympics, students will be able to produce art relating to cultures other than their current one, analyze the physical effort and performance of elite athletes, and recognize the role that economics and politics play in sporting activities.

#### Attitudinal Goals

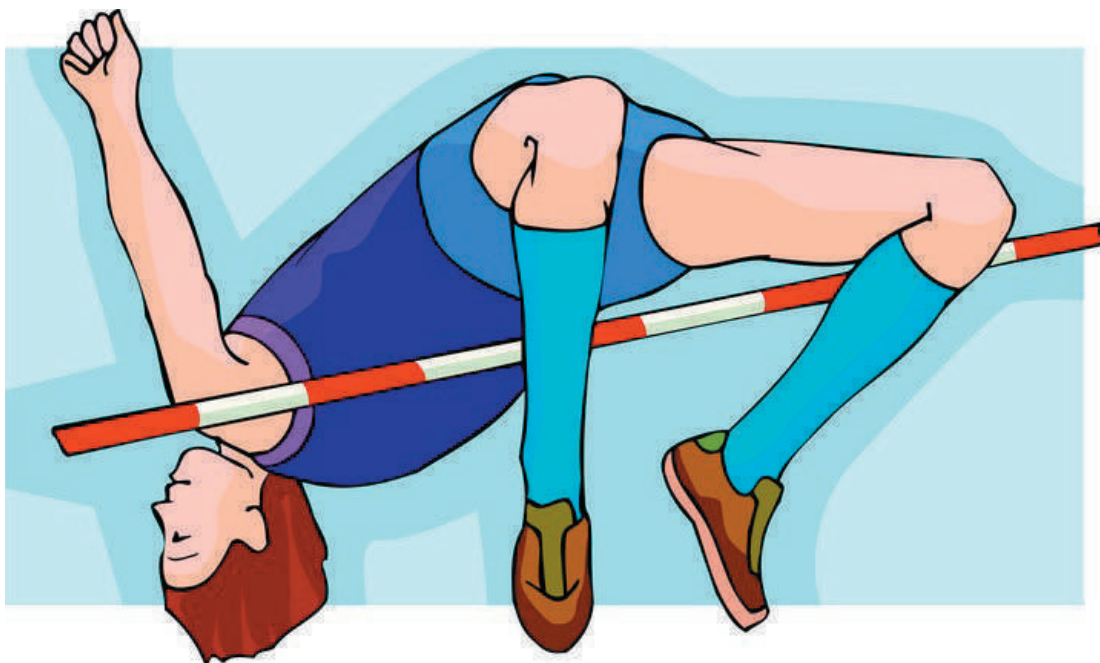
After studying about the summer Olympics, the students will demonstrate respect for other cultures, concern for global economical differences, and understand the effects of performance enhancing drugs on the body.

#### Process Goals

While learning about the summer Olympics, students will learn and practice writing full paragraphs with a minimum of six sentences by writing about each event or an athlete that competes in this event, as it is studied in the unit.

## PURPOSE OF THIS UNIT:

The purpose of this unit is to explore the diversity of our global culture through the eyes of sports. The Summer Olympics provide a great opportunity to study Social Studies, Language Arts, Health, Art, Music, Religion and Physical Education all in one unit. It can be adapted to fit any size school or program. Every four years, a multitude of countries gather to compete in the true spirit of competition. The Olympic Creed, written by Pierre de Coubertin, states that “The most important thing in the Olympic games is not to win, but to take part, just as the most important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered but to have fought well.” It is important for our children to understand that they will not always win in everything they do, but the goal should always be to do their best. By the end of the unit, students will gain a general knowledge of the Summer Olympics, its purpose and components, and how its affect can be seen in our world, our communities, and our selves.



# Schedule of Events

## Introduction

### A. Opening Ceremony

1. Display trophies, medals, ribbons or awards.
2. Give overview of events and projects.
3. Show DVD or Video if available.
4. Assign groups.
5. Groups select countries to represent.

### B. Assign projects.

1. Flag Making. (One Flag for Each Team)
2. Economic, Geographic and Political profile. (One Profile for Each Team)
3. Olympic Athlete Profile. (Each Student)
4. Webquests.
5. Event Profile. (Each Student)
6. Training Program Development. (Grades seven and eight, Each Student)
7. Draw or Paint a Picture of an Olympic Athlete. (Each Student)
8. Family Tree. (Each Student)
9. Steroid Reports (Grades seven and eight, One Report for Each Team)
10. National Anthem of Chosen Country

### C. Research

### D. Presentations

- Options:
1. Feature one presentation a day and do as many events as time will allow.
  2. Do all presentations and then all athletic events.

### E. Closing Ceremony

1. Invite parents, Administration, and the community.



## F. Additional Individual Assignments

1. Design a training program to prepare for the Olympics that includes diet and rest.
2. Explain the importance of diet and rest to a Christian. Include Biblical references.
3. Explain the importance of maintaining the body as a temple.

### Suggested Events

Running- Timed across a finish line. Participants meet predetermined standards.

1. Sprints
2. Distance
3. Relays

Throwing- Measurements are taken from the spot the object first hits.

1. Discus- Use a Frisbee toss instead of the traditional discus toss.
2. Javelin- Use a pool noodle with duct tape around one end to weight it.

Jumping- Measurements are taken from the first spot touched or landed upon.

1. Standing Broad Jump-No steps may be taken before the jump.
2. Vertical Jump-Measures height, not distance.
3. Long Jump- Measure from the first landing point.

### Basketball Shooting

1. Timed shooting to see how many can be made in a determined time.
2. Hot Shot- Different points given for shots from different places.

### Optional Events

1. Timed hula hoop
2. Keeping a balloon in the air with different body parts.
3. Tossing bean bags into a bucket or box.

Decathlon/Triathlon, or use a number of events in groups of your choice. Be creative! Winners are determined by meeting predetermined standards, not by simply beating another competitor.

“Medals” can be a variety of things. Trophies, Ribbons, Certificates, Leaf Branch Crowns...it is up to you.



See the Schedule of Events for a suggested order of lessons. The following are the events and projects listed according to their area of study. Hand outs are found in the Resource section.

### Social Studies Projects

1. Map Making
2. Country Profile
3. Family Tree

### Art Projects

1. Map Making
2. Athlete Portrait
3. Flag Making
4. Family Tree

### Health Projects

1. Steroid Pro and Con report
2. Training Program Development

### Language Arts Projects

1. Athlete Profile - May be done on any athlete
2. Country Profile - Must include economic, geographical and political information.
3. Steroid Report - Must include pros, cons, and reasons for use.

### Religion

1. Report on Diet and Rest
2. Report on Maintaining the Body as a Temple.

### Physical Education

1. Athletic Events

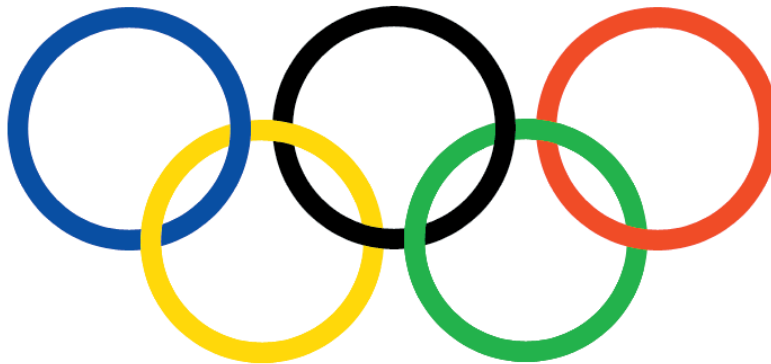


## Resource page

Email me if you have questions! Reach me at: [badraiderfan@hotmail.com](mailto:badraiderfan@hotmail.com).

### General Olympic Web Resources

1. [www.olympic.org/uk/index\\_uk.asp](http://www.olympic.org/uk/index_uk.asp)
2. <http://sports.espn.go/oly/index>
3. [www.athens2004.com/athens2004/](http://www.athens2004.com/athens2004/)



4. [www.chiff.com/olympics/summer-olympics-2004.htm](http://www.chiff.com/olympics/summer-olympics-2004.htm)

### **Women in the Olympics**

[www.olympicwomen.co.uk](http://www.olympicwomen.co.uk)

### **World Flags**

[www.united-states-flag.com/afthbr](http://www.united-states-flag.com/afthbr)

### **Olympic Athlete Motivational Speakers**

1. [www.pmgsports.com](http://www.pmgsports.com)
2. [www.allamericanspeakers.com](http://www.allamericanspeakers.com)

### **Teacher Resources**

1. [www.aafla.org](http://www.aafla.org) – The Amateur Athletic Foundation
2. [www.artsedge.kennedy-center.org/content/3723](http://www.artsedge.kennedy-center.org/content/3723) -Lesson plans on the

### **Olympics.**

### **US Olympic Team**

[www.usolympicteam.com](http://www.usolympicteam.com)

### **Diet**

[www.musculardevelopment.com/oct99/nutperformance.html](http://www.musculardevelopment.com/oct99/nutperformance.html)

### **Presidential Fitness**

1. [www.fitness.gov/](http://www.fitness.gov/)
2. [www.presidentschallenge.org/](http://www.presidentschallenge.org/)





## Sample Obstacle Course

Materials needed: One chair, five orange cones, a hula hoop, a jump rope, a table tennis paddle and ball, and a soccer ball or kickball.



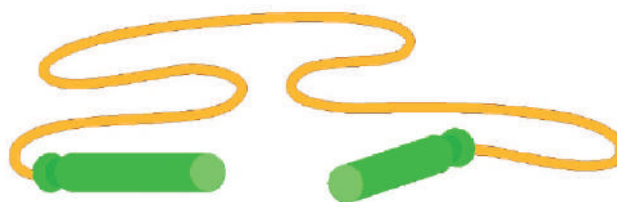
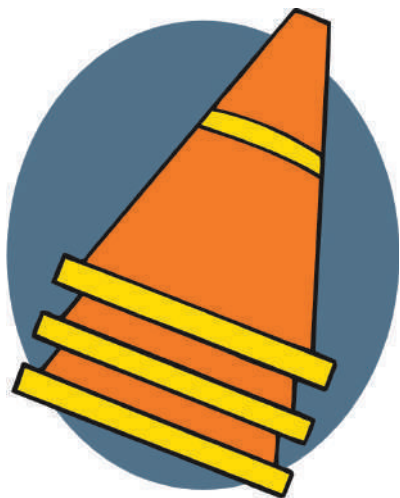
In a vertical row, and with spaces between them, place the chair first, then the hula hoop, the jump rope, the cones, and the table tennis paddle and ball.

### Directions

1. Go around the chair three times.
2. Pick up and go through the hula hoop, replacing it when you are done.
3. Jump rope 10 times. It is ok to stop between jumps.
4. Gently kick the ball with your feet through the cones.
5. Bounce the ball on the table tennis paddle 15 times.
6. Run back to the finish line.

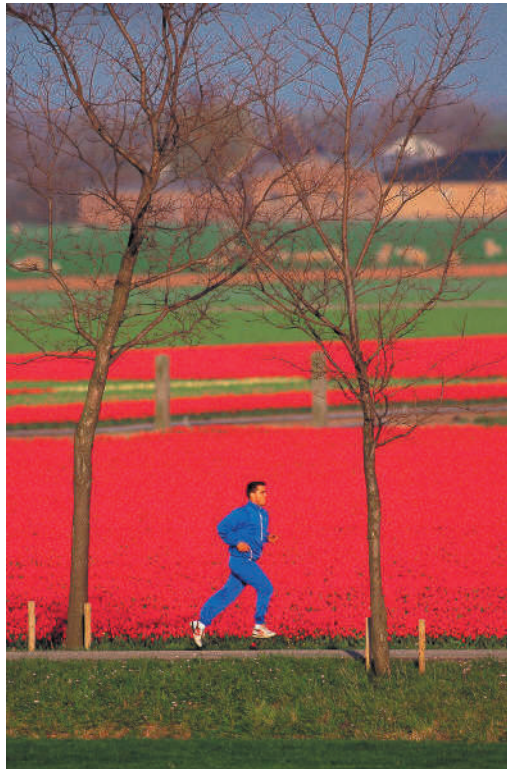
### Alternative Obstacle Course Items

1. Gunny sacks
2. Badminton racquets and a birdie.
3. Baseball bats (With one end of the bat on the ground, place your forehead on the other end and spin around three times.)
4. Bean bags (Toss the bean bag into a container.)
5. A Basketball (Dribble through the cones.)



## Report on Diet and Rest

1. Where did the idea of needing rest come from? Give specific verses to support this idea.
2. Why is it important to be careful what you eat?
3. What kinds of food help your body grow?
4. What kinds of food can hurt the body?
5. How much rest do you need each night?
6. Do athletes need different kinds of food than regular people?



## 20 Questions About Your Country

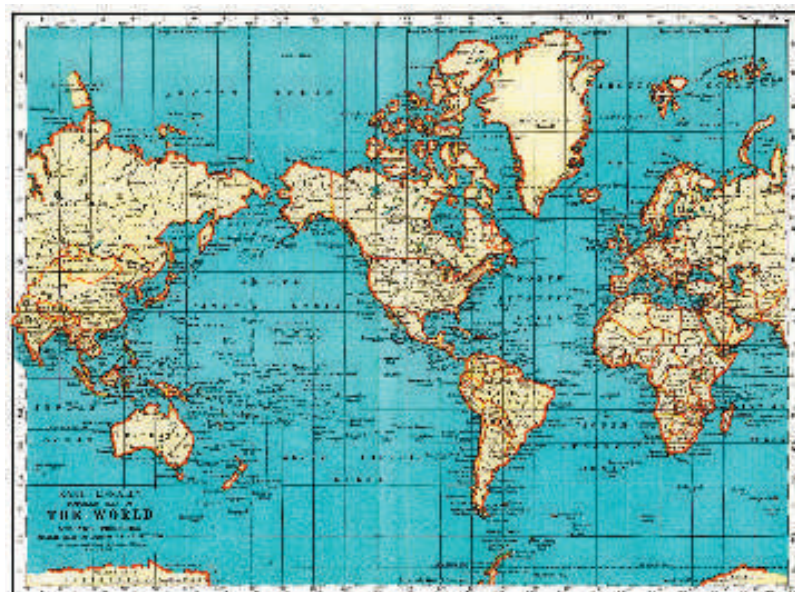
1. What is the current population?
2. What is the official language?
3. What is the geographical location?
4. What is the geographical area?
5. What is the claim to fame of your country?
6. What is the climate in your country?
7. What is the economy of your country?
8. What is the general mode of transportation?
9. What is the form of government?
10. What is the original name of your country? (If applicable)



Page 2.

## 20 Questions

11. Who founded or discovered your country?
12. Is your country inland, an island or coastal?
13. What kind of terrain do you have?
14. What are your natural resources?
15. What is the birth rate?
16. What is the death rate?
17. What are the natural hazards, if any?
18. What is the life expectancy?
19. What is the original ethnic group?
20. Is your country independent, or a territory?



## Olympics Quiz

Name \_\_\_\_\_ Date \_\_\_\_\_

1. Where was the first Olympics held?
2. Who is the founder of the modern Olympics?
3. Name as many Summer Olympic events as you can.
4. Who won the men's 100m race in the 2004 Summer Games?
5. What country hosted the 2004 Summer Games?
6. What country will host the 2008 Summer Games?
7. In what year was the first modern Olympics held?
8. Name four events no longer included in the Olympics.
9. How long do the Summer Games last?
10. What two countries competed in the Olympics for the first time in 2004?
11. Name five of the original Olympic events.
12. When is the last time the medals were actually made of gold?
13. When were women first allowed to compete in the modern games?
14. Where did the marathon come from?
15. How many times have the Olympics been cancelled?



## Steroid Discussion Questions

1. What is a steroid?
2. What are some of positive uses for steroids?
3. What are some of the negative uses of steroids?
4. What are some reasons that an athlete would use steroids?
5. Name an athlete that uses steroids.
6. Is steroid use in sports wrong? Why or why not?
7. Is it wrong to use steroids if they are not illegal?
8. What has happened to athletes who have been caught using steroids?
9. What should happen to an athlete who has been caught using steroids?
10. Can a Christian athlete use steroids in good conscience?
11. Look at the pictures of the bodybuilders. Do they look as God intended us to look? Do they look better or worse?











## Flag Project

1. Produce a flag from your team's country. It may be drawn, painted, made from fabric, or done in an innovative style, but it may not be bought or premade. The flag should be no smaller than 8" x 11".



## Olympic Athlete Profile Project

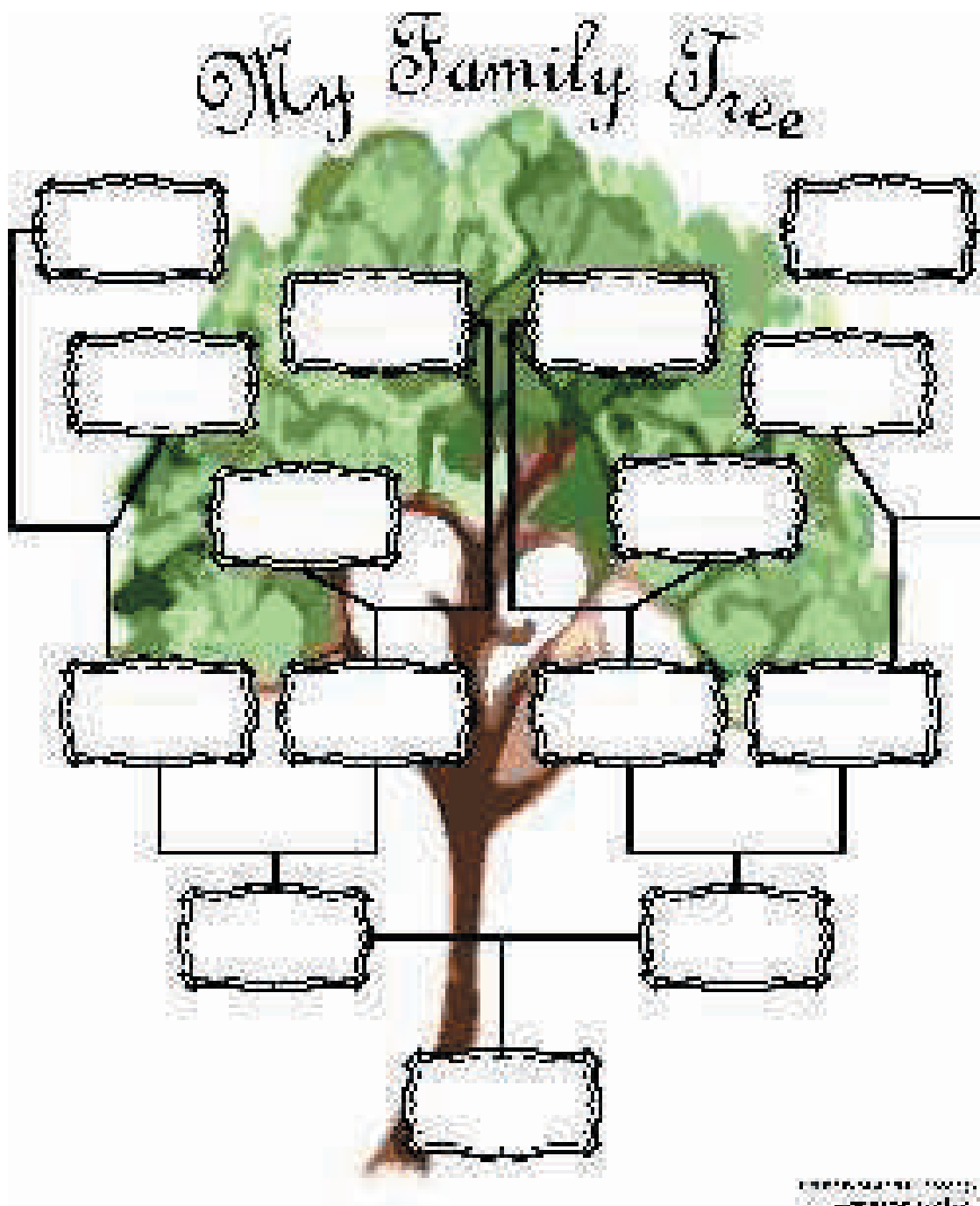
A. List the following items in your profile:

1. Country of birth.
2. Country the athlete competes for.
3. Height.
4. Weight.
5. Athletic event.
6. If the athlete has won any medals, how many, and if the medals won were gold, silver or bronze.
7. Any interesting personal information.
8. The reason you chose this athlete.
9. What job does this athlete hold now?



## Family Tree Project

1. Make a family tree on a piece of poster board, or large piece of paper.
2. Go as far back in your family history as possible.
3. List all nationalities in your family tree to see how many countries you could compete for if you were an Olympian.



## Event Profile Project

1. Each student will produce a profile of each of the following:
  - A. A throwing event
  - B. A running event
  - C. A jumping event
  - D. An event of your own choice.
2. Reports will be given in class.



# Olympic Training Program Project

You are training to be an Olympic athlete. Design a training program for yourself that includes the following:

- A. How long your training will last, whether a week, a month or a year will be involved?
- B. How many times a week you will train.
- C. How long each day will be spent training?
- D. What will your diet be during training?
- E. How much rest will you need during training?
- F. Will weights be used? How often?
- G. What event are you training for?
- F. Give some facts about this event.
- H. How much water will you need to drink during training?

