

## Objective

By the end of this lesson, Abbie will have a better understanding of the history, significance, and various sports of the Olympics. She will also create her own Olympic event and learn about the values of sportsmanship and teamwork.

## Materials and Prep

- Paper and colored pencils or markers
- A timer or stopwatch (can be a phone or a clock)
- Open space for activities (indoors or outdoors)
- Access to the internet for research (if needed)

Before the lesson, it would be helpful to know some basic facts about the Olympics, such as when they started, the types of sports included, and the Olympic values of excellence, friendship, and respect.

## Activities

### • Olympic History Time

Start with a brief discussion about the history of the Olympics. Ask Abbie to research and share one interesting fact she learns about the ancient or modern Olympics.

### • Create Your Own Olympic Sport

Have Abbie invent her own Olympic sport! She can draw a picture of it, write down the rules, and explain how it is played. Encourage her to think about the equipment needed and how it promotes teamwork.

### • Mini Olympic Games

Set up a mini-Olympics in your backyard or living room. Choose a few simple activities such as a sprint race, a long jump, or a ball toss. Use the timer to keep track of times and scores, and award homemade medals for each event!

### • Olympic Values Discussion

Engage in a discussion about the values of the Olympics. Ask Abbie to think about what sportsmanship means and how it applies in everyday life.

## Talking Points

- "Did you know the Olympics started in ancient Greece over 2,700 years ago? They were held to honor the god Zeus!"
- "The modern Olympics began in 1896. Can you name a sport that you think is exciting to watch?"
- "What do you think makes an athlete an Olympic champion? Is it just winning, or is there more to it?"
- "Let's think about your new Olympic sport. What makes it special, and how can it be fun for others?"
- "In the Olympics, athletes from all over the world come together. Why do you think it's important to meet people from different countries?"
- "Sportsmanship means being fair and respectful, even when you lose. Why do you think that's

important in sports?"

- "What values do you think are important in teamwork? How can we show those values in our daily lives?"
- "If you could compete in any Olympic sport, which one would you choose and why?"
- "Imagine you are an Olympic athlete. What would your training schedule look like?"
- "Let's celebrate your achievements in our mini-Olympics with some fun awards! What would you like your medal to say?"