

Objective

By the end of this lesson, you will be able to understand the history of the Olympics and its significance in ancient and modern times.

Materials and Prep

- Pen and paper
- Computer or tablet with internet access
- Optional: Books or articles about the Olympics

Activities

1. Research and Create a Timeline:

Use the internet or available resources to research the history of the Olympics. Create a timeline highlighting key events and milestones, starting from ancient Greece to the present day. Include important information such as the founding of the Olympics, the introduction of the modern Olympics, and significant moments in Olympic history.

2. Design an Olympic Medal:

Imagine you are a medal designer for the Olympics. Use your creativity to design your own Olympic medal. Consider incorporating symbols or elements that represent the spirit of the games. You can draw or use digital tools to create your design.

3. Write an Olympic Report:

Choose a specific Olympic event or athlete that interests you. Write a report summarizing their journey, achievements, and impact on the Olympics. Include information about their training, challenges faced, and any records or medals they have earned. You can also include pictures or illustrations to make your report visually appealing.

Talking Points

- "The Olympics began over 2,700 years ago in ancient Greece. It was a series of athletic competitions held to honor the Greek god Zeus."
- "The modern Olympics were revived in 1896 by Pierre de Coubertin. He wanted to promote international understanding and peace through sports."
- "The Olympic Games are held every four years, alternating between the Summer and Winter Olympics. Athletes from different countries compete against each other in various sports."
- "The Olympic flame is a symbol of the games. It is lit in Olympia, Greece, and travels to the host city of the Olympics."
- "The Olympic motto is 'Citius, Altius, Fortius,' which means 'Faster, Higher, Stronger' in Latin. It represents the athletes' pursuit of excellence."
- "The Olympic rings symbolize the unity of the five continents. Each ring represents a different region: Africa, the Americas, Asia, Europe, and Oceania."
- "The opening ceremony is a grand event that marks the beginning of the Olympics. It includes the parade of nations, lighting of the Olympic cauldron, and performances representing the host country's culture."
- "The Olympic Games have had many memorable moments, such as Jesse Owens winning four

gold medals in the 1936 Berlin Olympics and Usain Bolt setting world records in sprinting."

- "The Olympics promote fair play, sportsmanship, and the spirit of friendship among nations. It is a celebration of athleticism and cultural exchange."