

## Objective

By the end of this lesson, the student will have a better understanding of the history of the Olympics and its significance in world culture.

## Materials and Prep

- Pen and paper
- Access to the internet or books about the Olympics

## Activities

### 1. Create an Olympic Timeline:

Ask the student to research and create a timeline of the Olympics, starting from ancient times to the present day. They can include key events, significant athletes, and changes in the games over time.

### 2. Design an Olympic Medal:

Encourage the student to use their creativity and design their own Olympic medal. They can think about the symbols, colors, and materials that represent the spirit of the games. They can draw or use craft materials to bring their design to life.

### 3. Write a Letter to an Olympic Athlete:

Have the student imagine they are writing a letter to one of their favorite Olympic athletes. They can express their admiration, ask questions about their training, or share their own dreams of becoming an athlete. Encourage them to be thoughtful and respectful in their letter.

## Talking Points

- The Olympics have a long history:

"The Olympics have been around for thousands of years. They started in ancient Greece and were a way for athletes to compete and honor the gods. Today, the Olympics bring together athletes from all over the world."

- The Olympic flame and torch relay:

"One of the special traditions of the Olympics is the lighting of the Olympic flame. The flame represents the spirit of the games and is carried in a torch relay from Greece to the host city. It is a symbol of peace and unity."

- The Olympic rings:

"Have you noticed the five colorful rings that represent the Olympics? Each ring represents a different continent: Africa, America, Asia, Europe, and Oceania. The rings are a symbol of the coming together of athletes from all around the world."

- Modern Olympic Games:

"The first modern Olympic Games were held in 1896 in Athens, Greece. Since then, the games have grown and now include a wide variety of sports. The Olympics are held every four years, alternating between the Summer and Winter Games."

- Olympic values:

"The Olympics are not just about winning medals. They also promote values like friendship, respect, and fair play. Athletes from different countries come together to compete, but also to build relationships and learn from each other."