

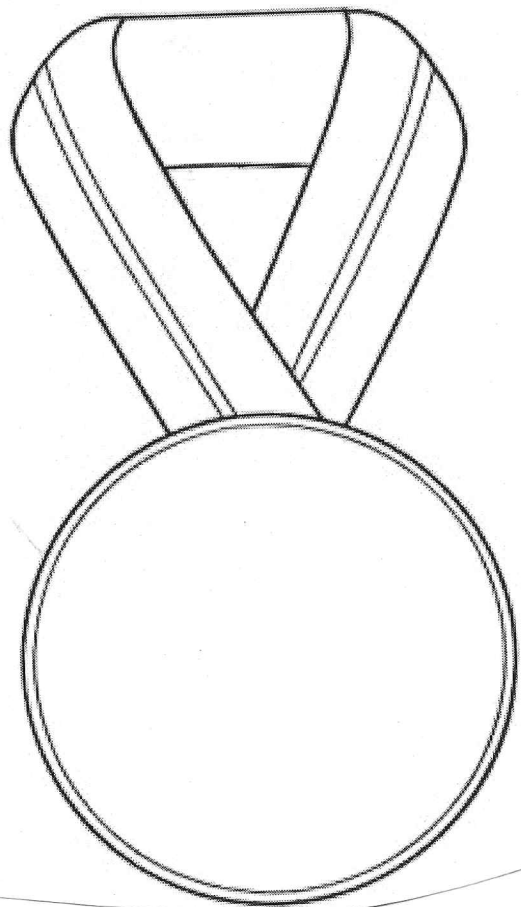
If I were an

Athlete. . .

I would compete in _____

*My uniform
Would look like this*

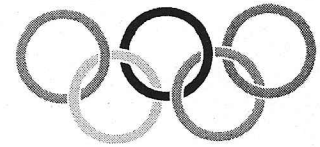
Design an Olympic Medal



I would choose these people to
Be on my team

1. _____
2. _____
3. _____

winter olympics



N O L H T A I B

A D Q R S T Y V E X D T U R

A R F I G U R E S G N I L R U C

E D L E S I N S K I C R O S S E F L

S T X P V R G F C U A D B G O C S U

X B G D I L S N O W B O A R D I N G

V E S O X N P A H N G S T A P L S E

E L Y T S E E R F D U C E C O U

S V U R E B A P A L A K R B

A D S K I I N G

SPEED

ALPINE

LUGE

BIATHLON

ICE

CURLING

FREESTYLE

SKIING

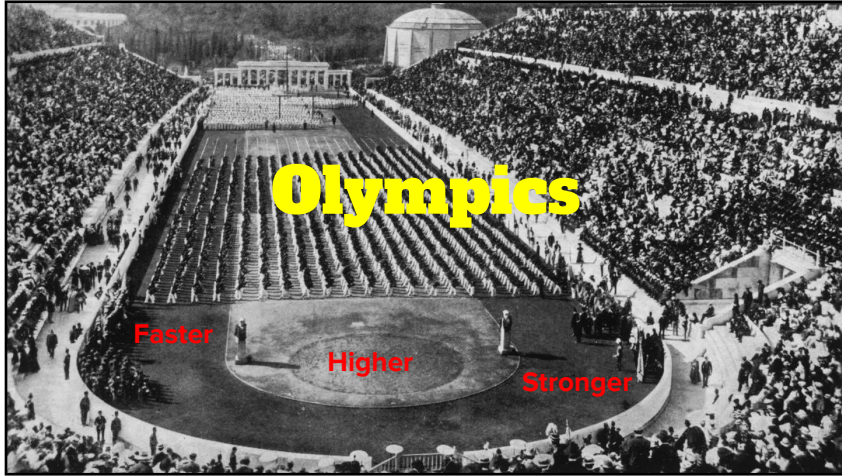
HOCKEY

SKI CROSS

FREESTYLE

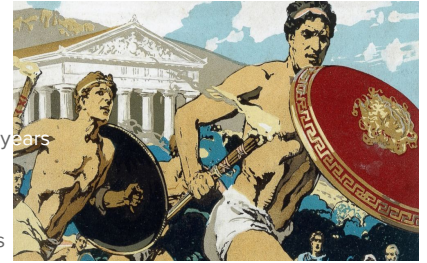
FIGURE

TIP: THE WORDS CAN BE HORIZONTAL, VERTICAL, DIAGONAL AND BACKWARDS.



History

- Olympics started around 776 B.C.
- They were to honor Zeus, every 4 years
- Was a religious festival
- All wars stopped during the games
- Were also a celebration of the human body and kept them in shape for war
- 1 day event



Early Games

- Only free men who spoke Greek could participate
- Women could not participate or watch because the men performed in the nude.
- Women had their own festival, the Heraia. They were every 4 years and included 4 running events
- The picture on the slide shows men competing in the first race, 200 yard sprint. This was found on a red vase, this is black figure with a red background.



Training & Winning

- Men trained for 10 months plus 30 more days in Olympia
- Training was very expensive
- First Olympic event was the 200 yard sprint
- It was said that 200 yards with the measurement of Zeus's foot
- Winners received palm branches, wreath of olive leaves and wool ribbons
- Winners were considered celebrities and often honored with money and gifts



Ancient Olympia

Events

- By 472 the Olympics expanded to 5 days and running, wrestling, boxing, chariot races, horse races and the pentathlon.
- Today there are 33 events in the summer games and 15 in the winter games.
- First winter Olympics was held in 1924 in Chamonix, France
- In 1900 Women were allowed to participate
- In 1936 Berlin games were the first to be televised



The End is Not the Finally

- Ancient Olympics ended in 395 CE, either due to 2 earthquakes or because of religious changes, no one knows for sure
- They returned to Athens in 1896
- Until 1994 the Olympics were held every 4 years
- Now the summer and winter games alter every 2 years, still keeping 4 years between each game



Videos

Olympic Games Through History <https://www.youtube.com/watch?v=ABvGkUcljUJ>

Beijing Olympic Drummers <https://www.youtube.com/watch?v=aNGlwrCQbmA>

History of Olympic Flame <https://www.youtube.com/watch?v=W1A40zuPIU>

Activity

Choose any activity to do alone or with your family

1. Explain to your family how and why the Olympics started in Greece and how they have changed.
2. Complete any of the attached worksheets
3. Color the olympic rings in the correct order
4. Research the modern Olympics, the motto, mascots, Olympic rings and their meaning, or the Olympic flame
5. Add a fact inside each ring of something new you learned
6. Create a measurable game you and your family can compete in. Be sure to have a worthy prize :)