

Olympics

Lapbook



Summer Events & Winter Events

Directions: Cut books out. Fold on lines (matchbook style).

Summer Sports

Glue this area to your
lapbook or notebook.



Winter Sports

Glue this area to your
lapbook or notebook.



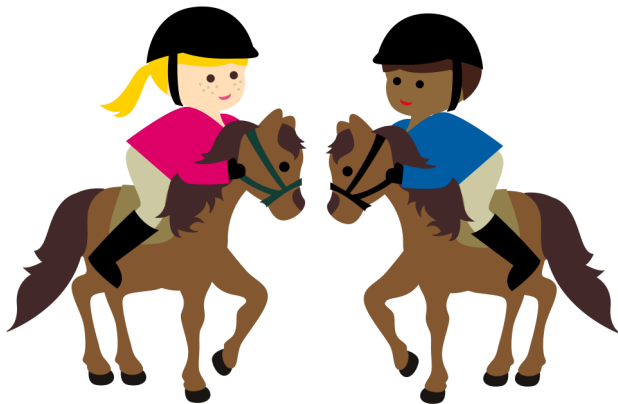
There are lots of different Olympic events. Check out the different summer and winter events [at this website](#).

Summer Sports

Directions: Cut books out. Fold on lines (matchbook style).

Equestrian Events

Glue this area to your
lapbook or notebook.



Gymnastics

Glue this area to your
lapbook or notebook.



Use these matchbooks to record the various summer events. Use [this website](#) to help.

Summer Sports

Directions: Cut books out. Fold on lines (matchbook style).

Water Events

Glue this area to your
lapbook or notebook.



Athletics

Glue this area to your
lapbook or notebook.



Use these matchbooks to record the various summer events. Use [this website](#) to help.

Social Studies: Symbols and Traditions of the Olympic Games

Motto – The Olympic motto is “Citius – Altius – Fortius” which is Latin for “Faster, higher, stronger.” The meaning behind this motto is intended to focus on trying your best and not on winning first place.

Olympic Emblem & Flag– The emblem consists of five interlocking rings (blue, yellow, black, green & red) on a white background. It was designed in 1913 by Baron Pierre de Coubertin (the founder of the modern Olympics). Each of the five rings represents one of the significant continents in the world, and each color was chosen as at least one of them appeared on the flag of each country in the world. They are interlaced to represent the idea the games are universal and bring countries together.

An Olympic flag is raised in the opening ceremony of each Olympic games. On it are the same Olympic rings on a white background. At the closing of each Olympic games the mayor of the host city presents the flag to the mayor of the next host city. This mayor then keeps the flag in his town hall until the next Olympic games.

Olympic Flame – The ancient Greeks considered fire to have sacred qualities, and in the ancient Olympic games a fire was kept burning throughout the games. The fire was reintroduced during the 1928 games and has remained a part of it ever since as a symbol of peace between the continents. The flame is lit at the site of the ancient Olympic games in Olympia, Greece and continues on a tour of many of the participating countries ending at the home of the current year’s Olympic games.

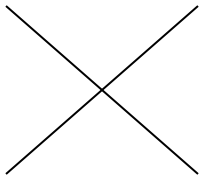
Olympic Oath – During the opening ceremony one athlete recites the oath on behalf of all athletes. It states, “In the name of all competitors, I promise that we shall take part in these Olympic games, respecting and abiding by the rules that govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of our teams”.

Olive wreath – The Olive tree was sacred to the ancient Greeks and therefore a reward of a wreath made from a branch of this sacred tree was considered great.

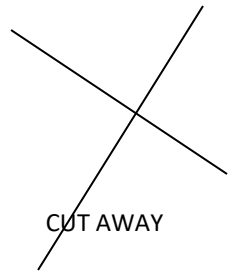
Olympic Anthem – This is also known as the Olympic Hymn and was composed by Spyros Samaras with words from a poem by the Greek poet Kostis Palamas. It was performed for the first time at the Games of 1896 and was declared the Olympic Anthem in 1958.

Directions: Cut on solid lines; fold on dotted lines. On the center top portion, write a title or cut and paste the title piece.

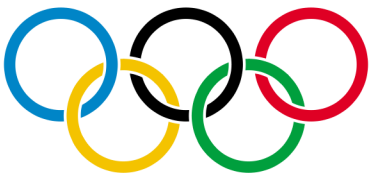
Symbols and Traditions



CUT AWAY



CUT AWAY



Olympic Emblem



Olive Wreath

Citius
Altius
Fortius
Motto



Olympic
Flame



Olympic Anthem



Olympic
Oath

BACK

Directions: Cut out each box and paste under the appropriate flap.

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Social Studies: Geography

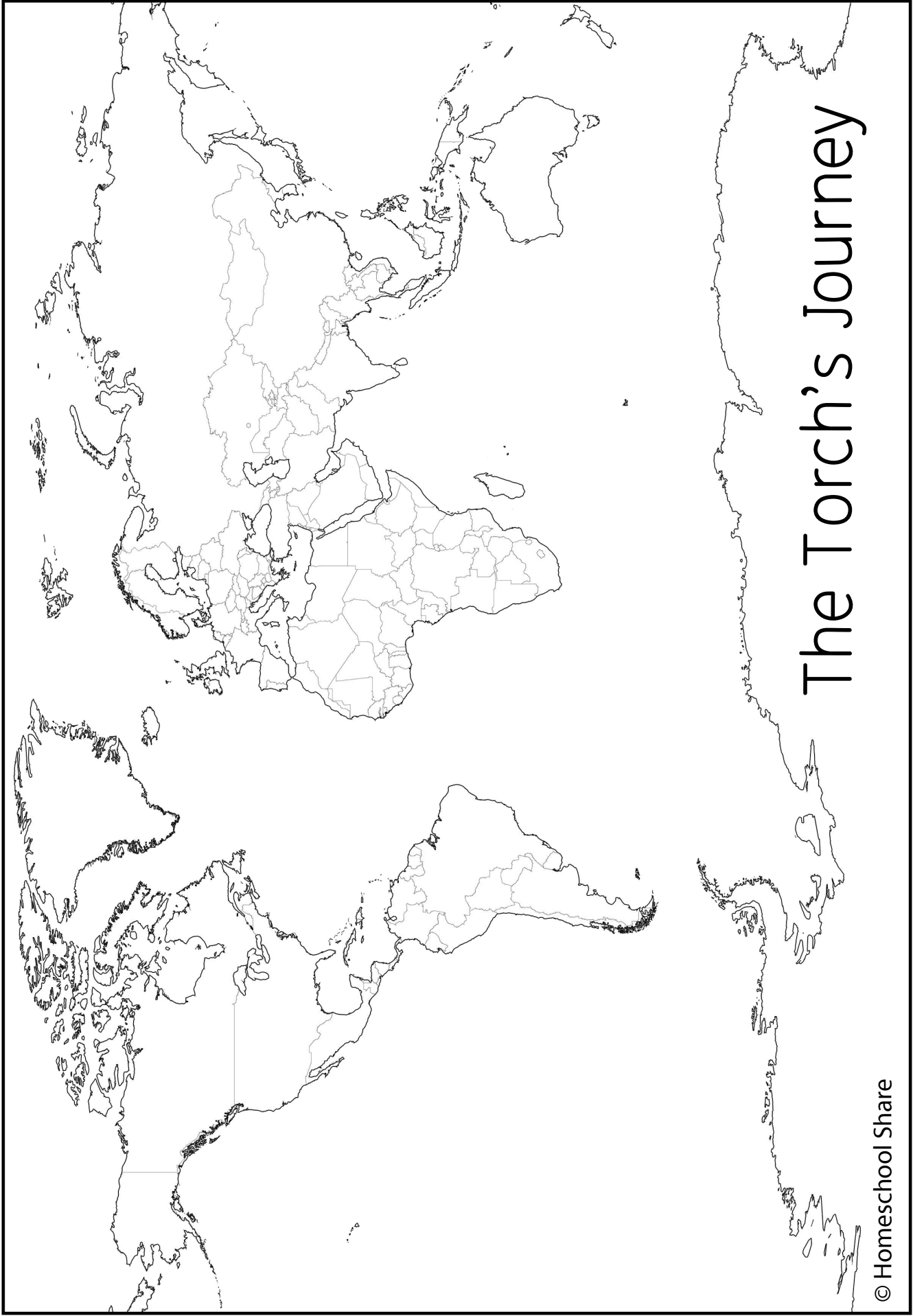
Plot the route of the Olympic torch:

The Olympic torch is traditionally started in Olympia, Greece where it is lit.

Using a map, plot the route that the Olympic torch will take. Store map in pocket.

Directions: Cut pocket out as one piece. Fold back up. Wrap flaps around the back and glue down.

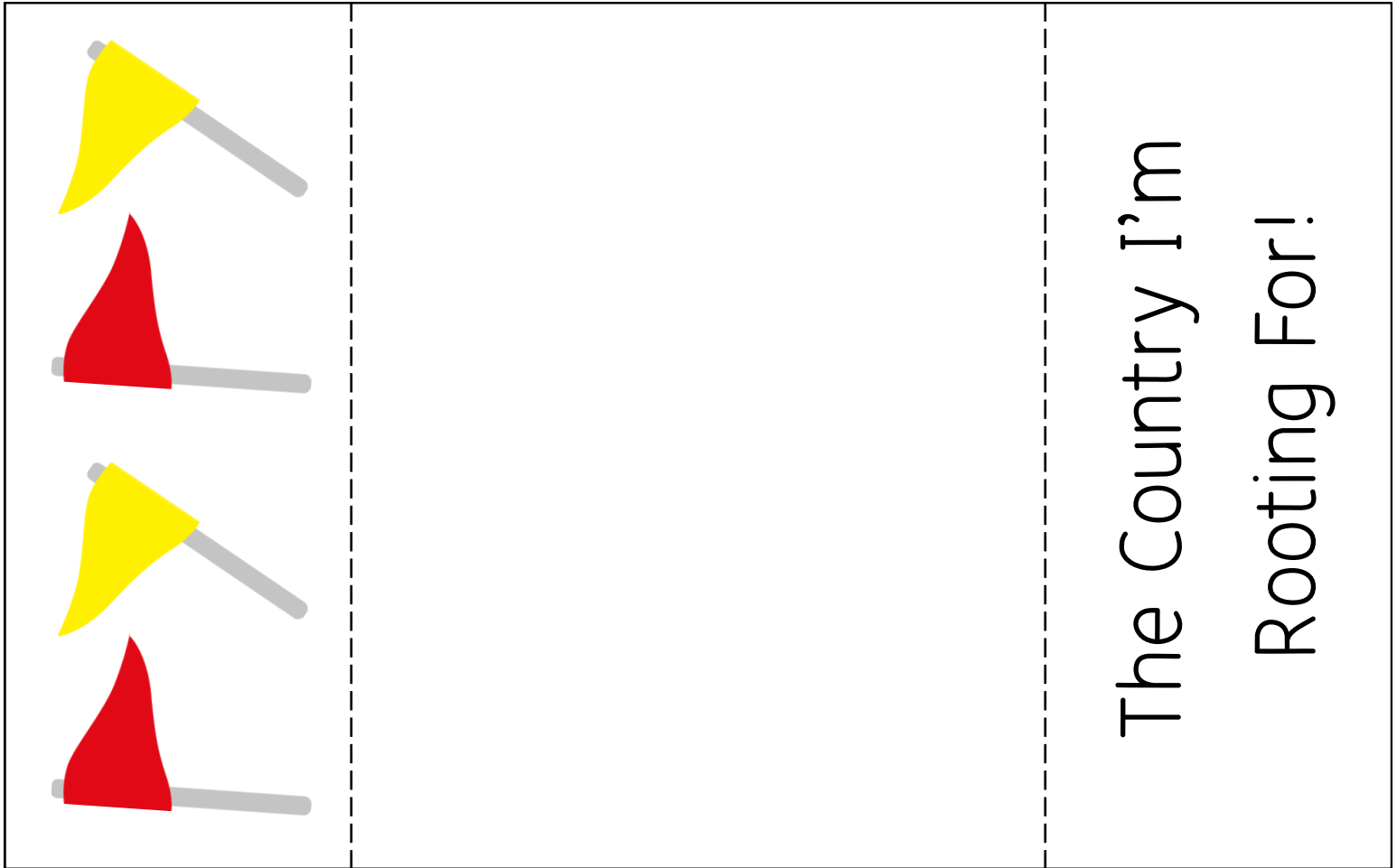




The Torch's Journey

© Homeschool Share

Directions: Cut on solid lines. Fold on dotted.



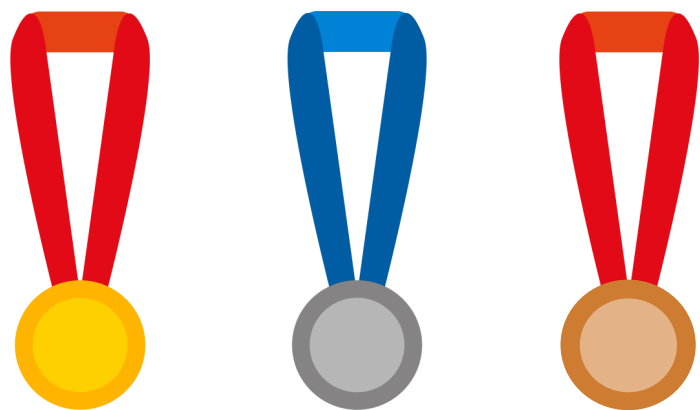
Geography

Pick a team. Have each student pick a country to support during the Olympics. Have the student research the flag of the country, find the country on the map, and research other interesting facts about their chosen country. You may want to have them listen to their country's national anthem and also find out in which competitions their country will be competing.

Add the country's shape and flag to the inside of the book. You could also add facts.

Directions: Cut on solid lines. Fold graph in half and paste the cover to the front.

Tracking My Team's Medals



Geography

Using the same country from the previous activity, track their medals throughout the competition. Use the graph to log your data.

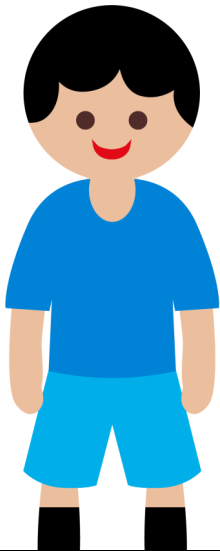

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|--|--|--|--|--|--|--|--|--|--|--------|
| | | | | | | | | | | Bronze |
| | | | | | | | | | | Silver |
| | | | | | | | | | | Gold |

Science

This unit lends itself well to a discussion about general health fitness and diet. Discuss the major food groups. Discuss what each food group provides our bodies and why we need it. Do some research at **myplate.gov** and help your child determine what he or she should eat each day.

Does an athlete have the same needs as your child? An athlete’s diet has specific needs. Some athletes, such as runners, may need increased carbohydrates (fruit and grain) in order to prepare for a long race. Discuss why this is (increased output of energy). Other athletes, such as weightlifters, may need to increase protein following a work-out. An athlete who is working on healing an injury may need to increase protein while an athlete who if fighting off an illness may need to increase fruits and vegetables to get more vitamins and minerals.

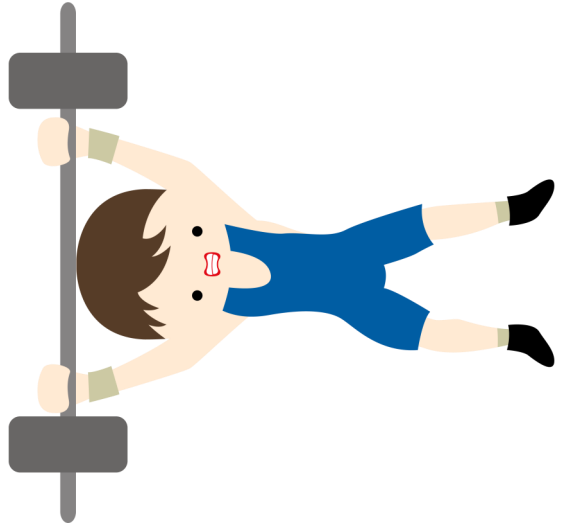
Directions: Cut out book as one piece and fold matchbook style.

| An Athlete’s Diet | My Diet |
|---|--|
| <p>Glue this area to your lapbook or notebook.</p> | |
|  |  |

Research healthy diets and answer the question in the mini book.

| | |
|--|--|
| | <p>Why is it important to eat good food?</p>  |
|--|--|

Write the Olympic Oath in the mini-book: We promise to take part in these Olympic Games, respecting and abiding by the rules and in the spirit of fair play.

| | |
|--|--|
| | <p>Olympic Oath</p>  |
|--|--|

Directions: Cut out book as one piece. Fold in half.

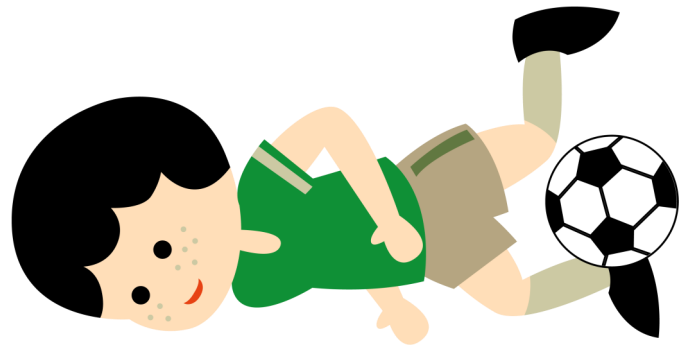
Art

Design a logo for the next Olympic games. [See previous logos here.](#)

My New Emblem Design



Directions: Cut out book as one piece. Fold in half. Use as desired.



Physical Education

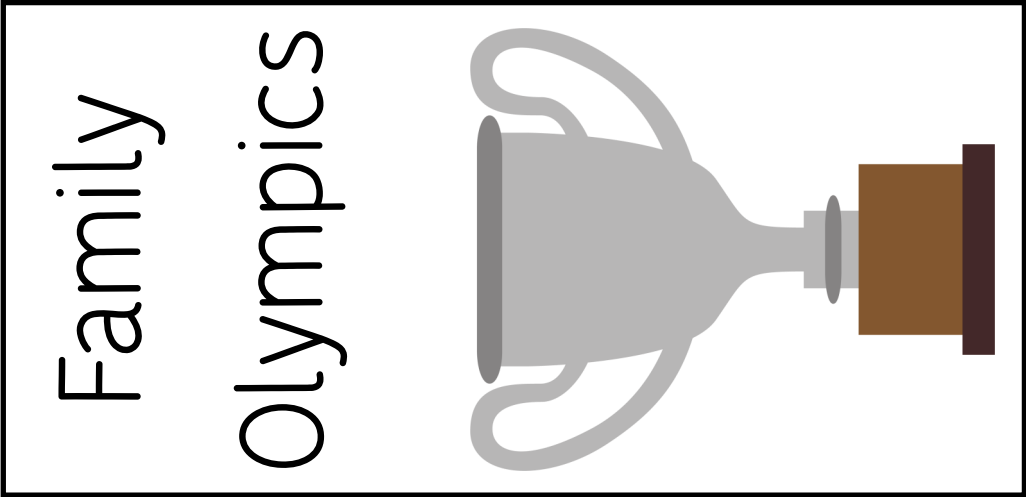
Hold an Olympics competition with your family members. Here are some ideas:

- "Javelin" Throw (you can use a wooden dowel rod)
- Soccer Kick (who can kick the ball the longest distance)
- Paper Plate or Frisbee Discus Throw
- Cotton Ball Shot Put
- Hoola-Hooping (who can hula-hoop the longest)
- Obstacle Course

You could even make up your own three challenge triathlon or let your children invent a game! Be sure to include opening ceremonies, closing ceremonies and an award ceremony.



Directions: Cut out chart as one piece. Log information as you complete your family Olympics. Fold in thirds like a pamphlet. Cut and paste the cover piece to the front.



| Game | Participants | Winner |
|------|--------------|--------|
| | | |
| | | |
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| | | |

Bible

1 Corinthians 9:24: "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize." Discuss this verse. This verse is not talking about a physical race, but a spiritual one. What can we learn from athletes that can help us as we seek to run this spiritual race? Some of the things we can learn may include working hard, being disciplined, not cheating, making the most of your time, not getting sidetracked and not giving up. Discuss these character traits with your children; using real life applications from their lives or yours that may help illustrate this even more.

Do you not know that in a
race all the runners run, but
only one gets the prize? Run
in such a way as to get the
prize. I Corinthians 9:24

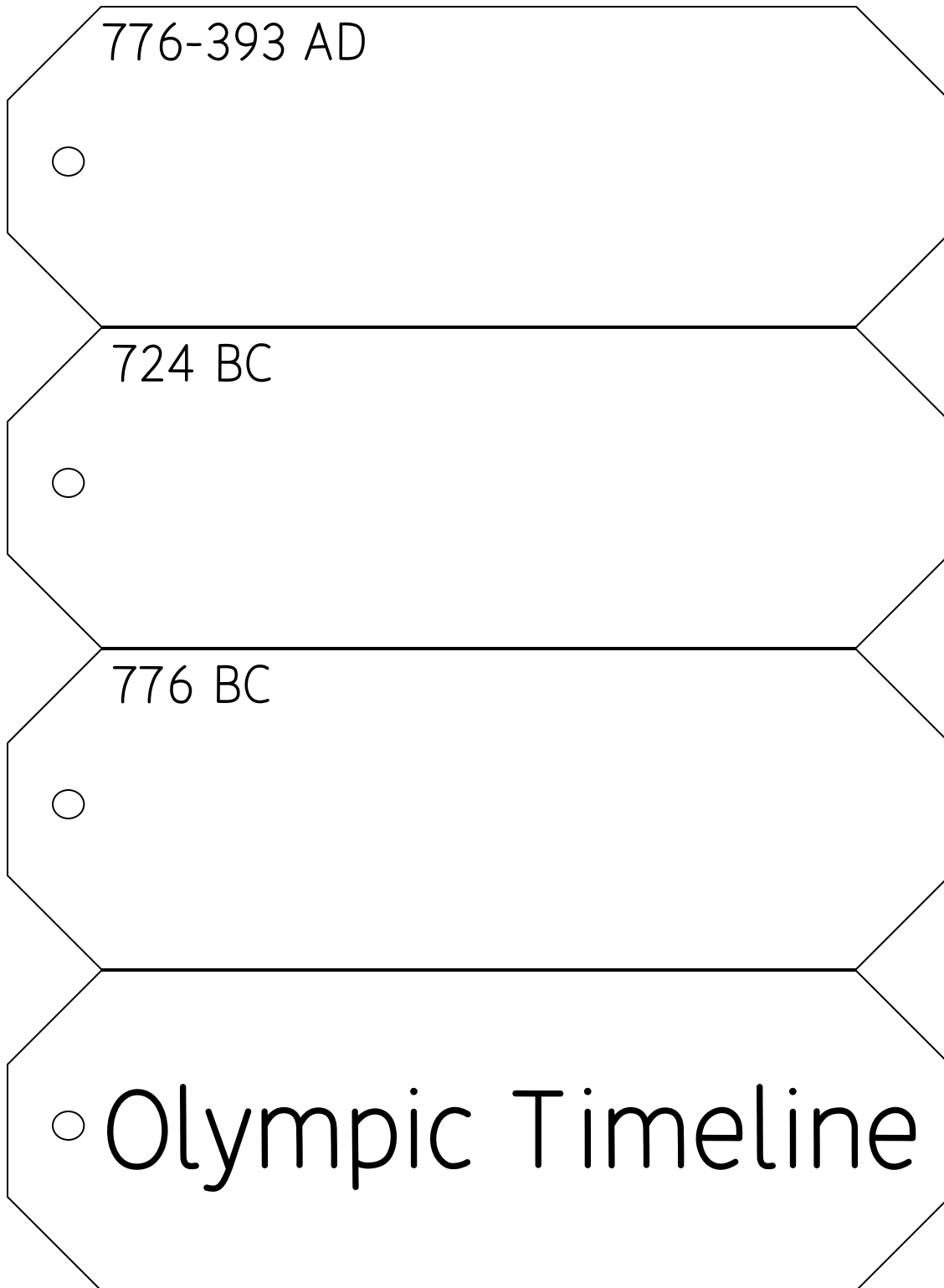
Directions: Cut out book as one piece.
Fold in half. Paste or write the verse
inside the book.



I Corinthians
9:24

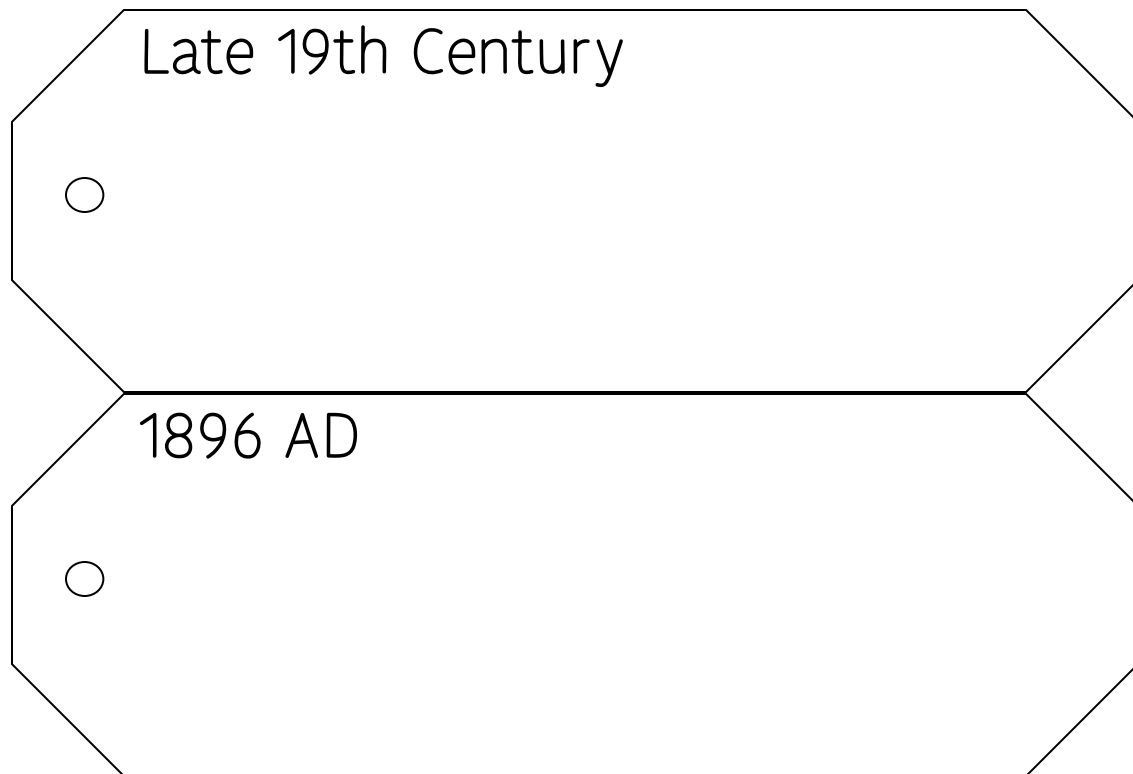
PRINT ON CARDSTOCK.

Cut out each piece on the solid black lines. Attach with brass fastener where indicated.



History

The very first Olympics for which written records are available were held in 776BC in Olympia, Greece. At the first Olympics the only event was the 200yd dash, called a stadium. This was the only event until 724 BC. The Olympic games were held every four years from 776BC to 393AD when they were abolished by the then Emperor Theodosius I. A campaign to revive the Olympics was started in France in the late 19th century. The first Modern Summer games started on March 24 1896 in Athens, Greece.



Famous Olympian File Folder

Directions: You are looking at the inside of the file folder. Cut out the file folder and fold it in half. Write the name of the famous Olympian on the front cover and paste a picture of him or her there, too. Research the Olympian and complete the inside of the book.

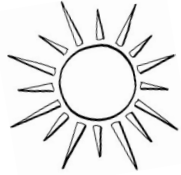
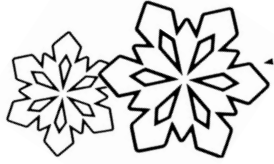
Where is this athlete from?

What sport does this athlete participate in?

Has this athlete won any medals?

Interesting Information

What will the weather be in



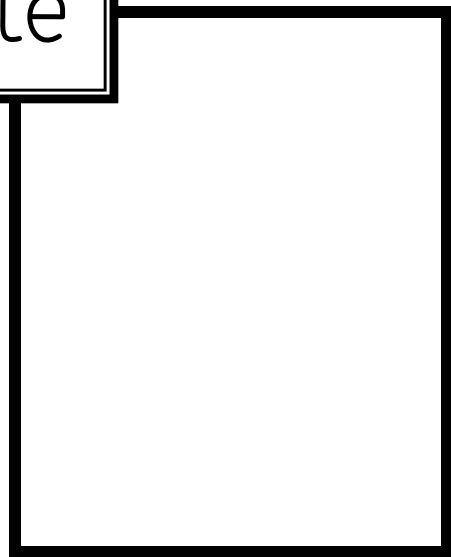
| Date | Temperature | Weather |
|------|-------------|---------|
| | | |
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Directions: Cut out pocket as one piece. Fold back up. Wrap flaps around the back and glue down.

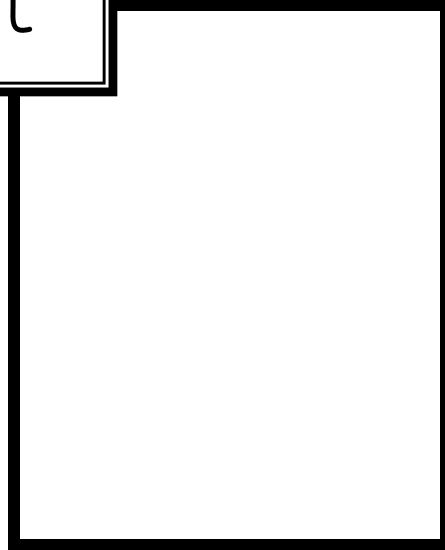
Complete one of the report forms provided and store it in the pocket.



My Favorite Athlete



My Favorite Sport



Eric Liddel

Birth (when and where)

Family

Claim to Olympic Fame

Life after Olympics





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