



OLYMPIC CHAMPIONS

PLAN 1 4TH TO 8TH GRADE

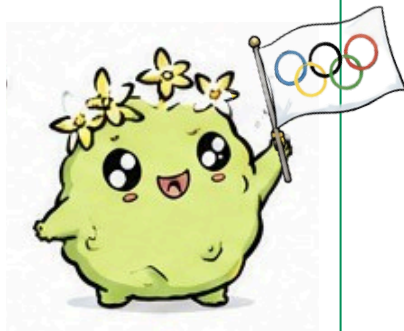


WELCOME (15 min)

It's a great day!

SMILE

MEDIA (10 min)



Welcome your students to Olympic Week! Say: **A positive mindset is pivotal for athletes that want to accomplish big goals. To practice starting the day with a positive mindset we are going to write a positive word or phrase that comes to mind on a sticker and put it up on a class poster! You could write: "Happy" or "I am excited" or "Feeling great" etc!**

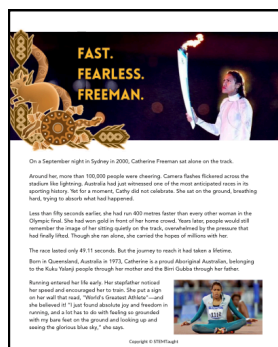
Say: **Welcome to the Olympics! The Olympic Games began nearly 3,000 years ago in ancient Greece. Athletes gathered to celebrate sport, skill, determination, and friendship. Athletes spend years training for the chance to represent their countries and chase their dreams. Athletes from countries all around the world come together to compete, do their best, and show great sportsmanship. Oh wait—here they come now! Please rise and clap for the PARADE OF NATIONS!**



Show students this clip from the 2012 Olympics. (USA is at the 1 hour, 27 min and 46 seconds mark but you can watch multiple nations).

[Link to Opening Athletes Parade](#)

Explain: **Greece marches first because that is where the games began. The rest of the countries come in alphabetical order after the refugee team, and host nation marches last. In 2028, the Olympics will take place in the United States of America, in LA. When do you think American athletes will enter the parade?**



ATHLETE HIGHLIGHT (20 min)

READ

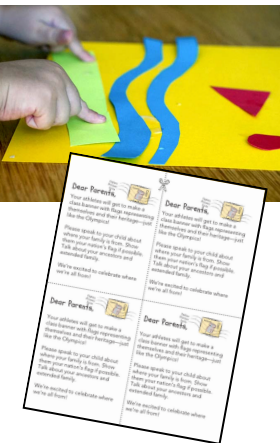
Read the profile of Cathy Freeman with students. Lead a class discussion using the questions at the end.

STEM CRAFT

(40 min)

Materials:

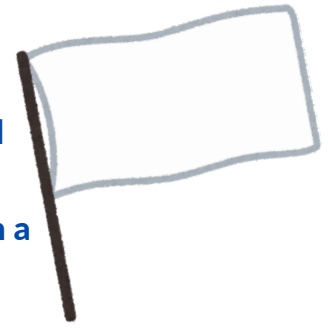
- Colored paper
- Blank paper
- Scissors
- Glue
- String



MAKE YOUR OWN FLAG - PART 1

Explain: **A flag represents a country and its people.**

Countries care for their flags because they help tell the story of who they are. Flags can have different colors, shapes, and patterns. Today, you will design a flag that represents YOU!



Teacher prep beforehand:

Set sheets of bright colored paper (cut into halves or quarters) in paper stations for groups to work with.

What you'll do:

- Students get a sheet of blank paper.
- Students get paper colors they like. They cut out the shapes (circles, squares, zigzag lines, squares, or little snippets.)
- Say: **Think about yourself. What do you like? What is important to you? What makes you special? Use your shapes to create a design that represents you. You can choose colors you love, patterns, or shapes that remind you of your favorite things!**
- Students arrange the shapes (the paper should be horizontal) on their flag in a design of their choice.
- Tell students they will be making a flag that represents their own heritage on the back tomorrow. They need to go home and ask their family about their heritage. Cut and give them a parent note.
- Invite students to share what their flag means and talk about what the shapes, colors and patterns mean to them.

STEM CRAFT

(15 min)

Materials:

- Construction paper
- Orange/Red/Yellow tissue paper
- Tape
- Scissors

MAKE THE OLYMPIC TORCH - PART 1

Say: **The Olympic torch is a special symbol of the Olympic Games.**

The flame is always lit in Greece, then it travels from person to person on a long journey to the host nation before the Games begin. Did you know THOUSANDS of people can carry the torch, and it travels by plane, boat, train over sea, land and air?

Watch this video clip:

[Link to Olympic Torch Video](#)

Ask: **Did you see examples of people working together? Which ceremony did you like best?**

Invite student volunteers to share their ideas. Spend some time scrolling through different Olympic torch designs through the ages [here](#).

What you'll do:

Students decorate a piece of paper with designs and drawings and then roll paper into a cone. Secure with tape. This will be used for our game and then after the game we will continue making our paper torch.

GAME TIME

(30 min)

Materials:

- Prepared Cones
- Magnetic balls
- Crumpled up paper to put in the balls



This is the technique to transfer the ball.

STEM CRAFT

(15 min)

Materials:

- Construction or carstock paper Orange/Red/Yellow
- tissue paper
- Tape
- Scissors



BALL TORCH RELAY

Say: **Now it's time to have our own torch relay adventure! Let's watch this fun montage of an Olympic Torch Relay:** [Link to montage](#)

How to play:

- Fill the magnetic water balls with crumpled up paper and take the paper cones outside. Students work in teams of 4 to 5.
- Define the stations and the final cauldron. (Example: Cup at the top of the playground slide or a bench).
- Students spread out. (Example: Student 1 from each team is in the classroom, Student 2 in the field, Student 3 near the swings).
- The goal is to pass the ball from cone to cone without dropping it or touching it with your hands. If it drops, run back to start.
- First team to reach the cauldron wins!

MAKE THE OLYMPIC TORCH - PART 2

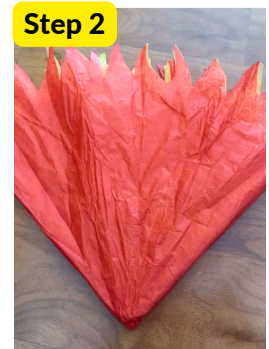
What you'll do:

- Students get their paper cone they made previously or make another if they need to.
- Take 3 squares of tissue paper and lay each on top of the other then fold hamburger then hot dog style then fold into a triangle. **(Step 1)**
- Students snip zigzag shapes on the curved edge to create the flames. **(Step 2)**
- *Note: You will attach the flames after game time.*

Step 1



Step 2



STEM CRAFT

(20 min)

Materials:

- Bullet LED lights
- Construction paper
Orange/Red/Yellow
- tissue paper
- Tape
- Scissors

OLYMPIC PHOTO

(20 min)

Materials:

- Prepared torches
- Use your phone to
take a picture



Fun fact:

The Olympic Torch has been carried up Mount Everest, underwater through the Great Barrier Reef, and even to the North Pole. The unlit torch has been on space missions too!

MAKE THE OLYMPIC TORCH - PART 3

What you'll do:

- Students tape the LED light to the inside of their cone.
- Ruffle and crumple up their pieces of tissue paper.
- Lay the tissue paper out so the edges are **not** aligned and different colors are visible.
- Students tape the flames to the inside of the cone.
- Students decorate the cone.
- Your Olympic Torch is ready!



UNITE YOUR LIGHTS!

Say: **The beauty of the Olympics is that all the nations in the world come to play together! In the 2012 Olympics, the special Olympic Cauldron was lit in a unique way. The 'Mother Flame' that came all the way from Greece was used to light 204 copper petals—one for each participating nation and created a beautiful flower! The engineers are designers who made this nicknamed it Betty! Let's meet Betty!**

[Link to video](#)



What you'll do:

- Students stand in a circle with their torches close to their face.
- The STEM Coach stands on a chair.
- One student turns off the lights.
- Take a picture from above showing all of the torches and students together!
- Feel free to share it with STEMTaught at stemtaught.com@gmail.com.

WARM UP

(15 min)

- Balls 1 per 2 students

DRILL TIME

(15 min)

Materials:

- Balls 1 per 2 students. You can use the magnetic water balls for some wet fun or some other playground balls

WARM UP WITH A 2X OLYMPIC GOLD MEDALIST

Say: **Let's warm up with our friend Ruthie Bolton a 2 x Olympic Gold Medalist. In this short movie are some of the warm ups she does with her team. See if you can find all of the warm up's and remember them so we can go outside and do the same things!**

[Link to Video](#)



What you'll do:

- Go outside and do 20 push ups!
- Then do 20 back and forth jumps
- 1 or 2 min of jumping jacks as a group
- Wall jumps (go to a wall and jump up and touch do this 20 times trying to beat your height each time
- Buddy Ball Shuffle. Form 2 lines. 2 people from each line put one ball between them and without touching the ball go about 15 feet to the end (put a marker) Then the next two partners go. If they drop the ball, start over. The first team to the end wins!

PARTNER PASS

Say: **Whether it's carrying the torch in the relay or while playing sports, Olympic champions work together with their team mates. You just did this with the buddy ball shuffle! Passing to your friends and relaying are important skills for an Olympic champion! You worked on your relay race skills today. Now, let's pass the ball to each other. How many times can you pass it without dropping it?**

- Take students outside and have them partner up.
- They pass the ball back and forth. With each pass they take a step back. Count how many times they can pass it without dropping it.
- If they drop the ball have them start over and try again so they can work to get the most passes.
- Students share how many times they could pass the ball.



JOURNAL TIME JOURNAL ACTIVITY

(15 min)

Materials:

- Journaling page

What you'll do:

- Show students this short video of Olympic Gold Medalist Ruthie Bolton leading a chant 'We have the heart of a champion.'

[Link to Video](#)



Say: **Ruthie has an amazing positive attitude and this is something all of you can have as well. Here is a journaling sheet for today who would like to read the message? Then we can fill in the page!**

- Have a student come up and read the message on the journaling page
- Students then work on their journal sheet.
- Invite students to share what they wrote

HUDDLE / HIGHLIGHTS

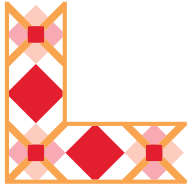
(5 min)

OLYMPIAN HUDDLE

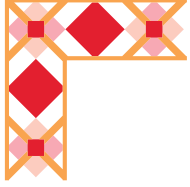
Students gather together in a circle. Highlight a positive thing some individual students did today, like passing the ball or helping a friend in the relay.

Say: **Later in the week, we will make our own chants and share your special skills. Today, let's end with a huge Olympic cheer. The Olympic motto is "Faster, Higher, Stronger—Together." The word together is very important and it was added in 2021. Let's all put our hands in and cheer. 3...2...1...**





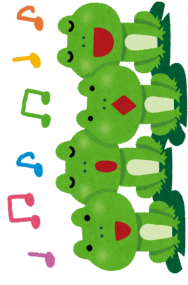
I Can Think Positive



Ruthie Bolton

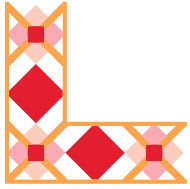
BE MIGHTY
Work Together

Ruthie is an Olympic Gold Medalist. She is great teammate. She listens, shares, and cares. Passing the ball is a way to be a good team player. When you work with your team, everyone can grow stronger together. As Ruthie always says: Teamwork makes the dream work!



When we sing together,
we sound TOAD-ally
un-FROG-gettable!

Who do you want on your dream team?
Pets and famous people count!



Write down and color some positive words!



I can pass the ball back and forth with a friend without dropping it _____ times.



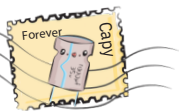
Why don't basketball players
play hide and seek?

Someone always gets called out of bounds.



Dear Parents,

Explore
Discover
Excite



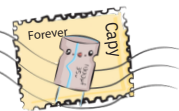
It is Olympics week at school and your athlete is making a class banner with flags representing themselves and their heritage.

Please speak to your child about where your family is from. Look up a flag from the nation your ancestors came from!

We're excited to celebrate where we're all from!

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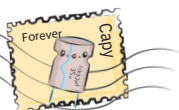
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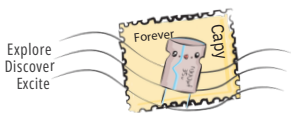
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Hola padres,

Explore
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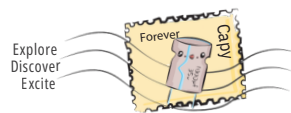
Es la semana de las Olimpiadas en la escuela y su atleta está haciendo una pancarta para la clase con banderas que los representen a ellos y a su herencia.

Por favor, hable con su hijo sobre de dónde es su familia. ¡Busquen una bandera de la nación de la que provenían sus antepasados!

¡Estamos emocionados de celebrar de dónde venimos todos!

Hola padres,

Explore
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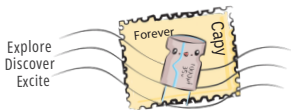
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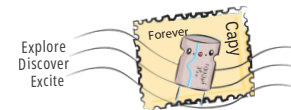
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I ❤️ STEM Taught®



On a September night in Sydney in 2000, Catherine Freeman sat alone on the track.

Around her, more than 100,000 people were cheering. Camera flashes flickered across the stadium like lightning. Australia had just witnessed one of the most anticipated races in its sporting history. Yet for a moment, Cathy did not celebrate. She sat on the ground, breathing hard, trying to absorb what had happened.

Less than fifty seconds earlier, she had run 400 metres faster than every other woman in the Olympic final. She had won gold in front of her home crowd. Years later, people would still remember the image of her sitting quietly on the track, overwhelmed by the pressure that had finally lifted. Though she ran alone, she carried the hopes of millions with her.

The race lasted only 49.11 seconds. But the journey to reach it had taken a lifetime.

Born in Queensland, Australia in 1973, Catherine is a proud Aboriginal Australian, belonging to the Kuku Yalanji people through her mother and the Birri Gubba through her father.

Running entered her life early. Her stepfather noticed her speed and encouraged her to train. She put a sign on her wall that read, "World's Greatest Athlete"—and she believed it! "I just found absolute joy and freedom in running, and a lot has to do with feeling so grounded with my bare feet on the ground and looking up and seeing the glorious blue sky," she says.



By 10, she was competing against older athletes. At 14, she represented Australia internationally. At 17, she won a gold medal as part of Australia's relay team at the Commonwealth Games, becoming one of the youngest athletes ever selected for the national team.

Catherine trained her mind as carefully as her body. She would visualize the race before it happened, imagining herself exploding from the blocks, finding her rhythm on the back straight, and staying calm as she entered the final bend. After a disappointing result at the 1993 World Championships, she wrote a goal on the back of an airsickness bag during the flight home: "48.60 ATLANTA." It was a promise to herself. Three years later, she came within three hundredths of a second of that target and won Olympic silver.

But perhaps the most special honor was lighting the Olympic cauldron. Being chosen as the final Olympic torchbearer is one of the rarest honours in sport. It is usually reserved for someone who captures the spirit of their nation. She was not only Australia's leading athlete and a world champion sprinter, but a proud Aboriginal woman whose success challenged a long history of exclusion.

The image of Freeman standing in her silver suit with the Olympic flame became one of the defining photographs of the Games. She represented athletic excellence, but she also something larger: the hope that Australia could better honor its First Nations people. When she stepped forward with the flame, many Australians saw a country recognizing a part of its story that had too often been overlooked.

Freeman was always proud of her heritage. She carried both the Australian and Aboriginal flags celebrating both identities with unmistakable pride.

Discussion Questions

Ask: **What 2 flags did Cathy carry?**

Example: **The Aboriginal flag and The Australian flag.**

Ask: **How did she use the power of positive thinking and visualization?**

Example: **She wrote "World's Greatest Athlete" and put it on her wall.**

She also imagined herself doing her best as a race.

Ask: **What do you think lighting the Olympic flame meant to her?**

Example: **Students' own answers.**

Ask: **What is your heritage, where did your ancestors come from?**

Example: **Students' own answers.**

