

# *Introduction to the Summer Olympics and Paralympics Unit Study*

Introduction (includes a How-to-Use this guide in non-Olympic years)

- I. History of the Olympic Games (Art and Home Economics)
- II. Archery and Shooting (Math)
- III. Badminton, Beach Volleyball, Handball, Table Tennis, Tennis, and Volleyball (Science/Health)
- IV. Basketball, Football (Soccer), and Hockey (History/Geography)
- V. Boxing and Fencing (English/Writing/Spelling)
- VI. Canoe Slalom and Sprint, Diving, Rowing, Sailing, Swimming, Synchronized Swimming, and Water Polo (English/Writing/Spelling)
- VII. Cycling—BMX, Mountain Bike, Road, and Track (Art and Home Economics)
- VIII. Equestrian—Dressage, Eventing, and Jumping (Math)
- IX. Gymnastics—Artistic, Rhythmic, and Trampoline (History/Geography)
- X. Judo, Taekwondo, and Weightlifting (Science/Health)
- XI. Track and Field, Modern Pentathlon, and Triathlon (Math)
- XII. History of the Paralympic Games (English/Writing/Spelling)
- XIII. Paralympic Archery, Shooting, and Wheelchair Fencing (Science/Health)
- XIV. Boccia, Goalball, Paralympic Table Tennis, Sitting Volleyball, and Wheelchair Tennis (Art and Home Economics)
- XV. Football (soccer) 5-a-side, Football (soccer) 7-a-side, and Wheelchair Rugby (History/Geography)
- XVI. Paralympic Rowing, Sailing, and Swimming (English/Writing/Spelling)
- XVII. Paralympic Cycling—Road, Track (Math)
- XVIII. Paralympic Equestrian (Science/Health)
- XIX. Paralympic Judo and Powerlifting (History/Geography)
- XX. Paralympic Athletics (Art and Home Economics)

Bonus Olympic Activities

Answer Keys



### Questions:

What was the first year Beach Volleyball appeared in the Olympics?

What is another name for table tennis?

The 2012 Olympics wasn't the first Olympics that Wimbledon was a part of. What other Olympics did Wimbledon play a part in by hosting the tennis matches?

### Health Activity:

Badminton, volleyball, handball, and tennis all have one thing in common—you need a lot of energy to play them! And, for energy, you need carbohydrates. Choose one of the sports mentioned above. Find out the names of three countries competing for the gold this year or who have competed for it in the past. Now, find three recipes you can make that are rich in carbohydrates, one recipe from each country, and serve them to your family. Maybe then you can get a game of your own going!

## *IV. Basketball, Football (Soccer), and Hockey*

Basketball, football (or soccer, depending on where you live), and hockey are three of the world's most popular sports! Basketball—the game of assists, dribbling, dunks, and lay-ups as teams battle each other and the shot clock.

Football—called soccer if you live in the United States—is hugely popular all over the globe! Hundreds of athletes will use thousands of footballs in each Olympic competition.

Hockey, the fast-moving game of hand-eye coordination, first appeared in the Olympics in 1908. But, women had to wait until 1980 to become part of the Olympic tradition. And, in 1980, the country of Zimbabwe won the women's field hockey event, winning the country's first Olympic gold medal.

### Questions:

What is the name of the area outside the three-point line in basketball?

Basketball made its Olympic debut in 1936. What city hosted the Olympics in that year? What global events would this city soon play a central part in?

What other Olympic medals has the country of Zimbabwe won?



Geography activity:

Below are just some of the countries who have won gold medals in Olympic basketball. Match the name of the country to the famous landmark found there. If you'd like to look for clues, you can look at the pictures of these landmarks on the next page.

- |                              |                              |
|------------------------------|------------------------------|
| 1. Argentina                 | a. Lake Nyos                 |
| 2. Belgium                   | b. Akerhus Fortress          |
| 3. Cameroon                  | c. Heroe's Square, Budapest  |
| 4. Canada                    | d. Alhambra                  |
| 5. France                    | e. Cavendish Beach           |
| 6. Great Britain             | f. Statue of Liberty         |
| 7. Hungary                   | g. Pompeii                   |
| 8. Italy                     | h. Iguazu Falls              |
| 9. Norway                    | i. Carcassone                |
| 10. Poland                   | j. City Hall on Lake Malaren |
| 11. Spain                    | k. Wilanow Palace            |
| 12. Sweden                   | l. Antwerp City Hall         |
| 13. United States of America | m. Tower Bridge              |



The jumping competition is held on a short and demanding course calling for speed, precision, and skillful technique. The riders and their horses will have to contend with 12-14 fences, the clock, and their own nerves to win the medals. Their goal—a clear round without any faults. Their fear—penalty points for a horse refusing a jump.

The competition called Equestrian Eventing combines the skills of dressage, cross-country, and jumping to test the horse and rider in a series of challenges that can stretch out over several days.

Questions:

What is unique to the Olympic equestrian sports regarding its rules about men and women competing against each other?

Which Olympic Games were the only one to feature a sport called Equestrian vaulting?

What was the Spanish Riding School in Vienna, Austria? When was it founded?

Math Activity:

You often hear the word *hand* referred to when people are discussing horses. But, what does it mean? A hand is a unit of measure that is equal to 4 inches (or 10.2 centimeters). It is the unit of measure used to determine how tall a horse is.

On this list, write down the names of everyone who lives in your house. Write their height in inches in the next column. Then, write their height in hands in the third column. Now that you know how many centimeters are in one hand, you can figure out how many centimeters tall the person is. Write that answer in the last column.

Name	Inches	Hands	Centimeters
Ex: Susan	36	9	91.8
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			