

PASS THE FLAME, UNITE THE WORLD



CELEBRATING THE SPIRIT OF THE

2004 ATHENS

OLYMPIC GAMES IN

NEW YORK CITY

JUNE 19, 2004

Activities Guide for Grades K – 8



THE CITY OF NEW YORK
OFFICE OF THE MAYOR
NEW YORK, NY 10007

May 2004

Dear Friends:

With the arrival of the ATHENS 2004 Olympic Torch to New York City on June 19, 2004 and the ATHENS 2004 Olympic Games following on August 13, 2004, we would like to introduce an Olympic Games activities guide which will aid in showing New York City students what the spirit of the Olympic Games is all about and inspire them to continuously strive towards the ideals of the Olympic Games. The guide offers an inter-disciplinary approach to introducing children to the Olympic Games; including the history of the ancient and modern games, geography games, math puzzles, and art activities.

We have also included a special section on the ATHENS 2004 Torch Relay in New York City, which encourages children to become part of the Olympic spirit in their own communities. The activities are designed for children in grades K-8, so instructors can choose appropriate exercises for each grade level. The Torch Relay feature also includes suggestions on activities that children can participate in to welcome the torch to New York City on June 19th and cheer the torchbearer along the 34-mile route through the five boroughs. I encourage you to visit www.nyc.gov in June for more information on this special celebration for our City.

We hope these lesson plans will engage children in all of their subjects while allowing them to learn about this important world tradition that symbolizes cooperation, peace and unity. For more information on this year's Olympic games and other fun Olympic-related activities that youth may engage in, please visit the How to Get Involved Page of the official Olympics website at www.athens2004.com.

In partnership with the City, this activity guide has been made possible by NYC2012, a non-profit organization authorized by New York City to bid for the 2012 Olympic Games. In addition to bidding for the Olympics, NYC2012 is engaged in working with youth throughout New York City to teach them about the Olympic Games and all that the games stand for: peace, sportsmanship, understanding, and fair athletic competition. Thank you in advance for your interest and participation. I hope to see you all cheering on Saturday, June 19th and welcoming the torch to our City!

Sincerely,

A handwritten signature in black ink that reads "Michael R. Bloomberg".

Michael R. Bloomberg
Mayor

THE ANCIENT OLYMPIC GAMES

The accepted date of the first Olympiad is 776 B.C., but some think that Olympic Games were held prior to this date. The first Olympic Games were held in the Valley of Olympia in Greece, which is where the name is derived. Olympia was located in the small "kingdom" of Elis. The first Olympic champion, Coroebus, was a cook from Olympia. These early Olympics were held in a stadium and a temple built to the God Zeus. On the specified day, "a day of games" was held to honor a god or a dead hero. Gods were very important to the people of Olympia and throughout Greece.

The early Olympic Games were a mixture of athleticism, religion, education, culture, and art. The early Greeks strived to improve physically, spiritually, and intellectually. They believed that the gods would help improve their lives. They built an enormous temple in honor of Zeus, who was considered to be the most powerful of the Greeks gods.

The first Olympic Games included a foot race, which was also referred to as the stadium race. This race was called the Dromos. The Dromos was a foot race run the length of the stadium. This distance became known as the stade, which was approximately 180 meters or 600 feet. The stade served as the distance used to determine the basic length of future Olympic Game races, even in modern times. Eventually other events were added. Other events included a long distance foot race, wrestling, and the pentathlon. The pentathlon consisted of five events combined. The ancient games ended after the year 934 A.D. because they were viewed by Christians as a pagan ritual. These early Olympic Games has lasted more than 1,000 years.

An Olympic athlete was very strong, both mentally and physically. A Greek athlete would typically eat over six pounds of meat after a day of training. Only men and boys were allowed to compete in these Olympic Games. In time, events were set up for women. These were known as the Herraic Games, in honor of Zeus' wife, Hera. They were held regularly, two years after Olympic Games.

The spirit of peace pervaded the early Olympic Games, as this was a time when the warring cities would set their hostilities aside in what was known as the Olympic truce. This same spirit of peace and unity is important in the Olympic Games of today.

THE MODERN OLYMPIC GAMES

The site of the ancient Olympic Games lay buried for centuries until an archaeologist named Richard Chandler unearthed it in 1766. However, he found himself unable to pay for further excavation and the site lay covered until 1820 when French archaeologists continued Chandler's work, and uncovered the temple of Zeus. In 1875, German archaeologists started a six-year project that unearthed the entire city of Olympia. A French nobleman, Baron Pierre de Coubertin, heard word of the project and decided to pay a visit to the site. Coubertin loved sporting events and was fascinated by the ideals of the ancient games. He believed that an international sports competition could promote world peace. His efforts led to the formation of the International Olympic Committee.

The first modern Games were held in 1896 in Athens, Greece. Since then, with only three exceptions, they have been held every four years in different cities around the world. The exceptions were 1916, 1940, and 1944. No Olympic Games took place because of World Wars I and II.

Every effort is made to vary the sites every four years. The 1904 Olympic Games were held in St. Louis, Missouri. In the first half of the twentieth century, transportation to and from America was slow and expensive. As boats and trains were the only means of transportation, the travel time for the majority of the athletes and spectators attending was many, many days. The same held true for the 1932 Games held in Los Angeles, California. Therefore, most Olympic Games were held in Western Europe, where they were more easily accessible to athletes and spectators.

In 1900, women began to compete in lawn tennis. Archery was added for them in 1904, and swimming was included in 1912. Today women medal in almost all phases of competition.

The growth of technology has also touched the Games. In 1936 the Olympic Games were broadcast by radio for the first time and televised to theaters in Berlin. Televised coverage began with the 1960 Games in Rome, when images of Olympic events were broadcast around the world. Thanks to television, people who had never heard of the Olympic Games became overnight fans.

The Olympic Games have grown in numbers of both participants and spectators over the years. More than 1,800 athletes attended the last Olympic Winter Games, competing for medals in more than 60 events. More than 10,000 athletes attended the Olympic Summer Games in 1992, competing in more than 250 events. 198 nations now have Olympic Committees. In spite of all these changes, the ideals of the Olympic Games have remained the same. They are held in the hope of promoting world peace, understanding, and fair and friendly athletic competition.

THE ANCIENT & MODERN OLYMPIC GAMES

- List three things that you learned about the ancient Olympic Games:

- How are the ancient Olympic Games different from those of today? List three differences:

- How are the ancient Olympic Games the same as those of today? List three similarities:

- What qualities and virtues were important to ancient Olympic athletes? What qualities and virtues are important to Olympic Athletes today?

- The first Olympic Games featured only one event. What was this first race called? What was the distance of this race?

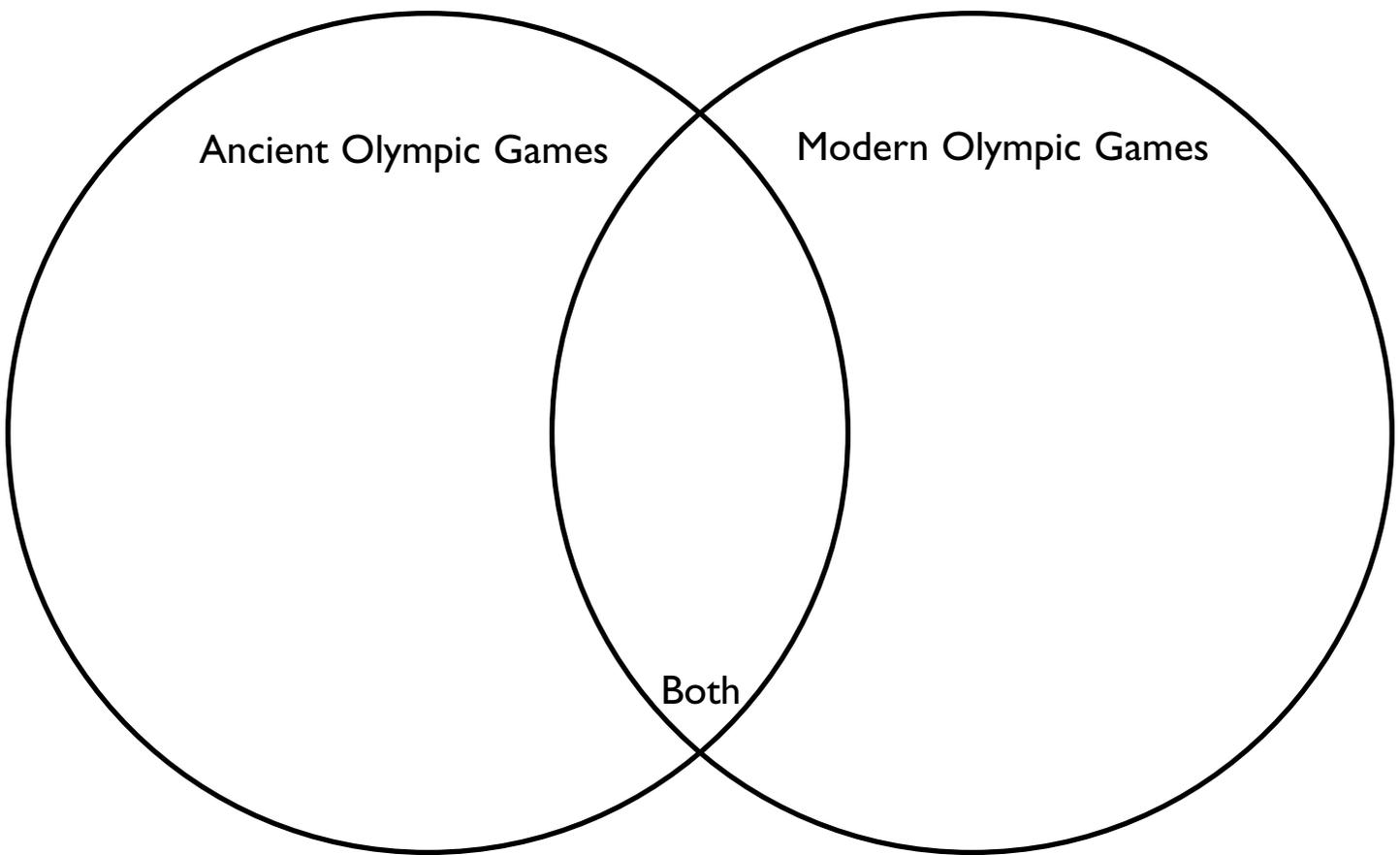
- What was the role of women in the ancient Olympic Games?

- Who was Zeus? What did the people do during the Olympic Game to honor him?

OLYMPIC GAMES: ANCIENT AND MODERN

Use the diagram below to compare and contrast the facts unique to the ancient and modern Games.

In the circle on the left, write the facts unique to the ancient Games. In the circle on the right, write the facts unique to the modern Games. In the area where the circles intersect, write the facts true of both Games.



THE OLYMPIC CREED, MOTTO AND FLAG

OLYMPIC CREED

The most significant thing in the Olympic Games is not to win, but to take part. Just as the important thing in life is not the triumph, but the struggle. The essential thing is not to have conquered but to have fought well.

-Baron Pierre de Coubertin

OLYMPIC MOTTO

Citius, Altius, Fortius

Expresses the aspirations of the Olympic movement. Loosely translated, these Latin words mean:

Swifter, Higher, Stronger

OLYMPIC FLAG

The flag of the Olympic Games has five interlocking rings – blue, yellow, black, green and red – on a white background. The rings represent the five parts of the world that were joined together in the Olympic movement: Africa, the Americas, Asia, Australia and Europe. During the opening ceremony of the Olympic Games, eight people carry in the flag. Five of these flagbearers represent the continents, while the other three stand for the Olympic ideals of sport, environment, and culture

ACTIVITIES

- Think of a motto for your class. What are the most important things that you try to do everyday?
- Design a flag for your class. What do the symbols and colors on your flag stand for? Is everyone in your class represented by your flag?

ATHENS 2004 OLYMPIC TORCH RELAY

The Olympic torch is the uniting symbol of the Olympics. Presented by Coca Cola and Samsung, the torch will travel throughout the host country, and for the first time this year, throughout the world, to unite the whole globe in celebration and anticipation of the Olympics. The torch's journey will end at the opening ceremonies of the 2004 Olympic Games in Athens, Greece.

On March 25, 2004 the torch was lit by the sun in Ancient Olympia, the birthplace of the Olympics. The first stop the Torch will make on its international journey is Sydney, Australia, the home of the 2000 Olympic Games. The torch will travel 78,000 km in about 78 days, including every region of Greece and 27 countries. A total of 260 million people around the world will have the opportunity to see the Flame carried by approximately 7,700 torchbearers in Greece and 3,600 torchbearers worldwide. For the first time in history, the Olympic Torch Relay will bring the Flame to Africa and Latin America.

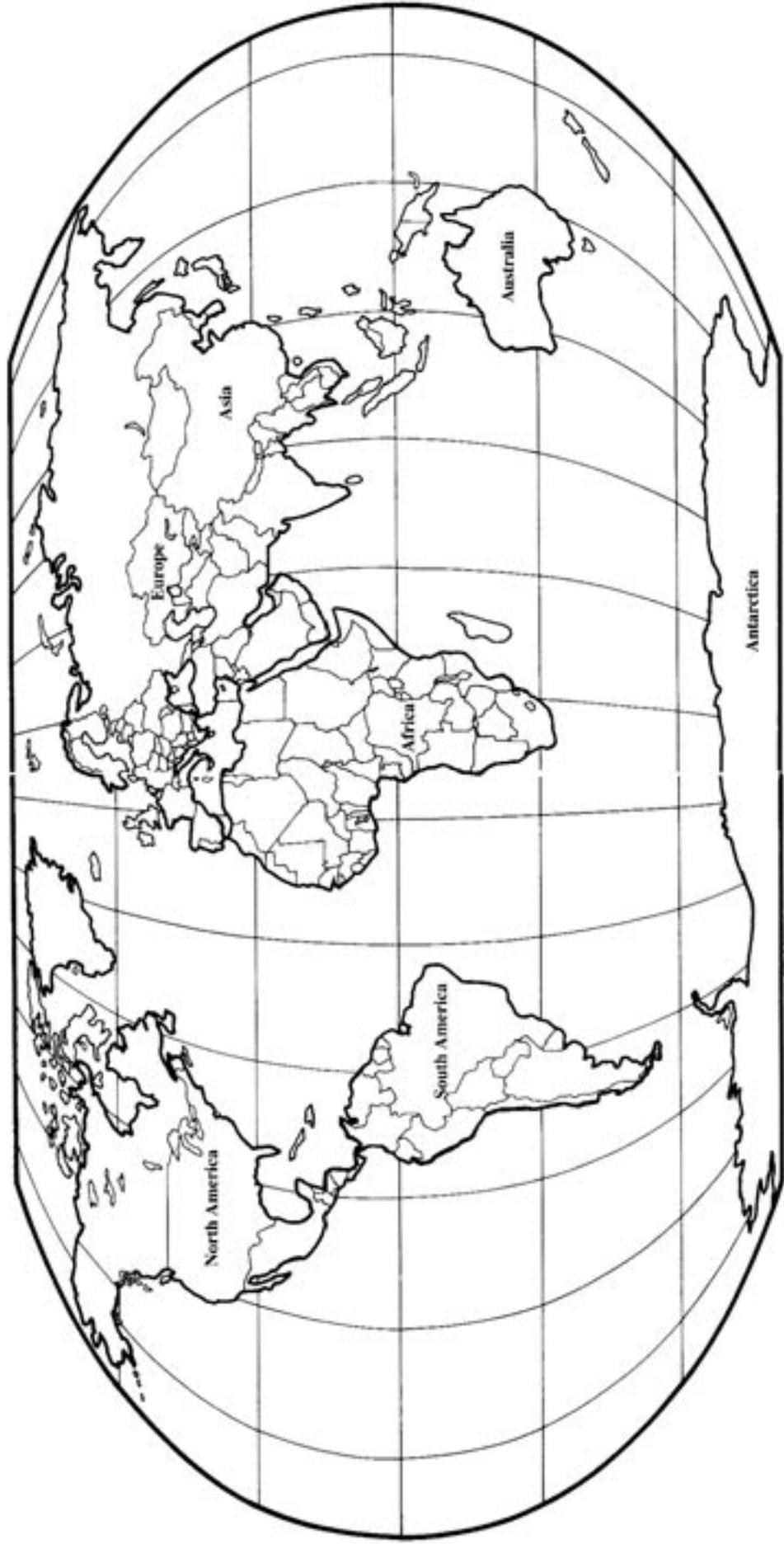
The ATHENS 2004 Olympic Torch Relay embraces the diversity in all five continents symbolized by the five Olympic rings. The Olympic flame will remind the world of the Olympic ideals and spread the Olympic values of participation, brotherhood and peace.

The Torch will go to an astonishing number of cities throughout the world, including: Tokyo, Delhi, Cairo, Cape Town, Mexico City, New York City, Montreal, Brussels, Amsterdam, Geneva, Paris, London, Barcelona and more. The Torch will end its journey at the Athens Olympic Stadium on August 13, 2004 where it will be used to light the Olympic cauldron and herald the start of the the Olympic Games. The cauldron will stay lit for the entire Olympics, symbolizing the values of the ATHENS 2004 Olympic Games: Heritage, Human Scale and Participation

ACTIVITIES:

1. Trace the 2004 ATHENS Torch Relay route on the world map, labeling the cities where the torch stops.
2. Using the distance table, can you figure out how many miles the whole route is?
3. Now convert that into kilometers (1 mile=1.6 Kilometers)
4. Time yourself walking or running a mile. Using that time, figure out how long it would take you to run with the Olympic Torch around the world!

WORLD MAP



ATHENS 2004 TORCH RELAY CITIES

City	Distance between cities (in miles)	City
Athens, Greece	9528	Sydney, Australia
Sydney, Australia	439	Melbourne, Australia
Melbourne, Australia	5072	Tokyo, Japan
Tokyo, Japan	716	Seoul, South Korea
Seoul, South Korea	598	Beijing, China
Beijing, China	2341	Delhi, India
Delhi, India	2751	Cairo, Egypt
Cairo, Egypt	4467	Cape Town, South Africa
Cape Town, South Africa	3762	Rio de Janeiro, Brazil
Rio de Janeiro, Brazil	4779	Mexico City, Mexico
Mexico City, Mexico	1555	Los Angeles, USA
Los Angeles, USA	1595	St. Louis, USA
St. Louis, USA	467	Atlanta, USA
Atlanta, USA	748	New York City, USA
New York City, USA	334	Montreal, Canada
Montreal, Canada	3441	Antwerp, Belgium
Antwerp, Belgium	25	Brussels, Belgium
Brussels, Belgium	106	Amsterdam, Netherlands
Amsterdam, Netherlands	426	Geneva, Switzerland
Geneva, Switzerland	39	Lausanne, Switzerland
Lausanne, Switzerland	324	Paris, France
Paris, France	213	London, England
London, England	712	Barcelona, Spain
Barcelona, Spain	546	Rome, Italy
Rome, Italy	436	Munich, Germany
Munich, Germany	313	Berlin, Germany
Berlin, Germany	508	Stockholm, Sweden
Stockholm, Sweden	246	Helsinki, Finland
Helsinki, Finland	558	Moscow, Russia
Moscow, Russia	469	Kiev, Ukraine
Kiev, Ukraine	658	Istanbul, Turkey
Istanbul, Turkey	314	Sofia, Bulgaria
Sofia, Bulgaria	747	Nicosia, Cyprus

ATHENS 2004 TORCH RELAY NEW YORK CITY, JUNE 19, 2004

Four U.S. cities, Los Angeles, California, St. Louis, Missouri, Atlanta, Georgia, and New York City, will have the honor of hosting the ATHENS 2004 Torch Relay. New York City will celebrate the arrival of the Olympic Torch with an approximate 34 mile run through the streets of the City, followed by a public celebration honoring the Olympic Spirit and the ATHENS 2004 Games.

"On behalf of all New Yorkers, we are honored that the Athens Organizing Committee has selected New York to participate in the ATHENS 2004 Olympic Torch Relay. As a participant in this great international event, New York will join 34 cities in a worldwide tour that will return the Olympic Torch to its ancestral home in Greece. When the Olympic Torch arrives in New York, we will join the world in honoring the spirit and the unifying principles of the Olympic Games, and the Torch Relay presents us with a unique opportunity to highlight the shared passion, energy and excitement New Yorkers feel for the Olympic Games," stated Mayor Michael R. Bloomberg, at the Torch Relay press conference, January 23, 2004.

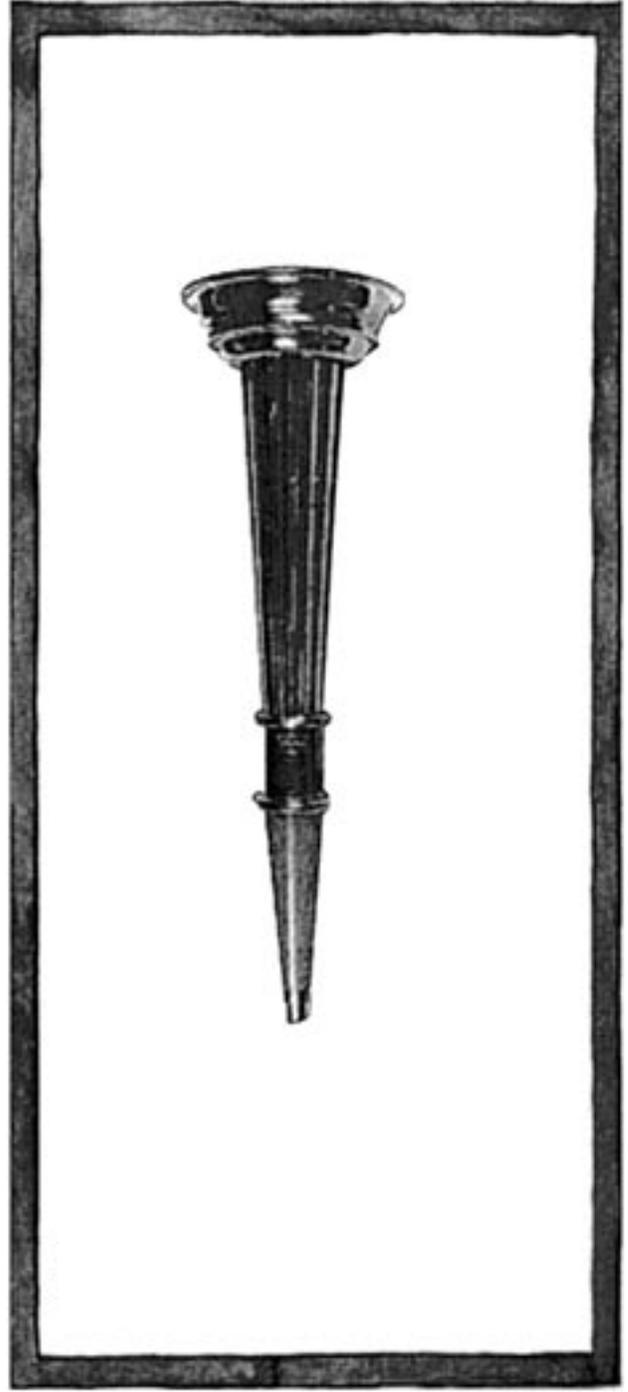
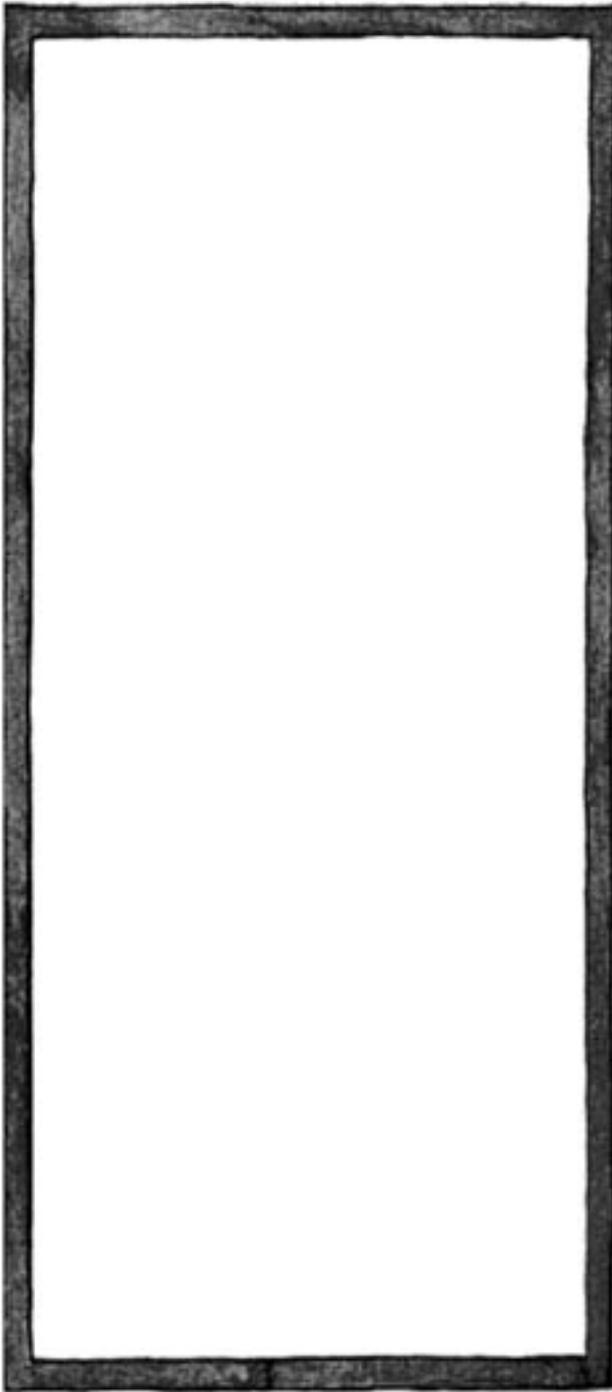
On Saturday, June 19, 2004 show your support of ATHENS 2004 Olympics by cheering on the torch and the torchbearers as it travels to all five boroughs of New York City. Visit www.nyc.gov in early June to find out more information on the event and the route.

HOW CAN WE BE A PART OF OUR CITY'S OLYMPIC SPIRIT ON JUNE 19, 2004?

There are many ways your school, class, club, band, group or team can show New York's Olympic Spirit. Here are just a few:

- Design a large banner or poster showing that New York loves the Olympic Games and welcoming the Torch to NYC.
- Make signs to display in school and wave along the route when the Olympic Torch comes through New York City on Saturday, June 19, 2004.
- Play instrumental or recorded music as the Torch goes by – make sure the runner can feel the energy of New Yorkers!
- Wear your sports or other team uniform and come out as a group and cheer as a team.
- Share your ethnic culture by waving a flag or dressing in your traditional national dress and show the rest of the world what a vibrant and diverse place New York City is.
- Design and dress in festive costumes – how would you dress up as a torch? Or you and your friends could wear the colors of the Olympic rings and be a real-life Olympic flag!

OLYMPIC TORCH



- Can you design the torch for Athens 2004?
- What colors would you use?



Torch Instructions

Color in the torch. Attach it to an empty paper towel roll wrapped in aluminum foil and wave around your own Olympic torch as a runner goes by.

Lighting the Torch

(n)

A

starting number 6
each step is +3
solve for (n)
answer is n=12

(n)

B

starting number 7
each step is +5
solve for (n)
answer is n=47

(n)

C

starting number 8
each step is (+3-2)
solve for (n)
answer is n=17

NEW YORK CITY MAP ACTIVITIES

- What are your favorite landmarks in New York City? List them below and then draw their location on the map.

- Put a star on the map where your school is located.
- What is your favorite Olympic sport? Label some of the places in New York City where you can play your favorite sports. *For example: My favorite sport is swimming and I like to go swimming at the Sunset Park Swimming Pool.*

- Can you match the sport with the venue where they can play? Can you label on the map the sports venues?

Basketball
Cycling
Volleyball
Tennis
Baseball

Madison Square Garden
Central Park
Riverside Park
Arthur Ashe Stadium
Yankee Stadium

- If you could be an Olympic Athlete, what sport would you play? Can you think of a good place in New York City where you could train for this sport? If so, label it on the map.

NEW YORK CITY



OLYMPIC RESOURCES

The enclosed materials have been reprinted with permission from Griffin Publishing Group and the Amateur Athletic Foundation.

Additional Olympic education materials are available at:

ATHENS 2004 Olympic Games – www.athens2004.com

International Olympic Committee – www.olympic.org

United States Olympic Committee – www.usoc.org

New York City Olympic Bid Committee – www.nyc2012.com

Amateur Athletic Foundation of Los Angeles – www.aafla.org

Griffin Publishing – www.griffinpublishing.com

Look for more Olympic education activities in the *New York Daily News* on May 17, May 24, June 7 and June 14.

For more information on the June 19, 2004 ATHENS Olympic Torch Relay in New York City, visit www.nyc.gov in early June.