

Passport to the Olympics

A Healthy Tour Around the World



Thunder Bay District
Health Unit

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Health Promoting Schools



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Passport to the Olympics – A Healthy Tour Around the World

OVERVIEW

Welcome to *Passport to the Olympics – A Health Tour Around the World*. This program aims to support teachers in educating students on health, character development and literacy with the Vancouver 2010 Winter Olympic Games.

Why healthy eating and physical activity?

It is clear that the current health of our Canadian children remains less than desirable. The prevalence of obesity among young people is on the rise with approximately 26% of boys and 17% of girls being either overweight or obese. Unfortunately, unhealthy children tend to stay unhealthy into adulthood and the habits they learn during childhood shape their future habits¹.

Unhealthy eating habits and sedentary lifestyles are serious factors that put individuals at a higher risk of developing chronic diseases at a younger age. Chronic diseases such as heart disease and diabetes are highly preventable. Therefore, the prevention of childhood obesity should be a priority for everyone².

Why the Olympic theme?

The Vancouver 2010 Winter Olympics Games are being held from February 12 to 28. In addition to the Olympics being held here in Canada, the Olympic torch will be passing through Thunder Bay on January 3, 2010 on its way to Vancouver. This will be the longest Olympic Torch Relay to take place in a single country, taking 106 days to visit more than 1000 communities. This program provides an exciting opportunity to get involved and get excited about Canada hosting the Winter Olympics. With over 2500 athletes from more than 80 countries competing in 15 sporting events, it is sure to be a great event!

Why schools?

Good health and quality education go hand in hand. Evidence consistently reveals a link between academic achievement and health. Students with the highest marks are the least likely to be obese compared to students with the lowest marks. Schools can positively influence students' health by encouraging and supporting healthy lifestyles¹.

How to use *Passport to the Olympics – A Healthy Tour Around the World*

Passport to the Olympics – A Healthy Tour Around the World is a resource for teachers to use within their classrooms. The purpose of this resource is to “travel” to different countries by completing a featured game, learning about food native to particular countries, and reading about Olympic history. Once all three components are completed, classes can move on to the next country. A reproducible student passport found in the appendices can be used alongside this resource to track classroom “travels.” There is a spot on the front of the passport for students to sign an agreement just as Olympic athletes do. Inside the passport are boxes to be checked off as activities are completed and Olympic rings to be coloured in when each tour is finished.

The countries are divided up into their respective continents, or “tours” so aim to visit at least one country in each tour, or all if time permits. This should be done on a daily or weekly basis so all continents are sampled. When all tours are completed, there is a place on the back of the passport for students to join the Olympic rings.

The resource may be adapted to meet your individual needs. In the Extra Resources section are suggested supporting books and activities to elaborate lesson plans.

How is *Passport to the Olympics – A Healthy Tour Around the World* Organized?

Passport to the Olympics includes the following components:

1. *Passport to the Olympics – A Healthy Tour Around the World* resource book- includes a resource overview, teacher Olympic backgrounder, featured games, nutrition facts and Olympic knowledge for 22 countries.
2. Extra Resources- useful supporting resources for expanding program into classroom lessons.

Olympic History

Ancient Olympics

The Olympic Games familiar to us today began in Greece over 3000 years ago. During this time, they were part of a religious festival worshipping Zeus, the father of the gods and goddesses. The Olympics were a special event because they brought Greece and colonies in Italy, North Africa, and Asia together. The event consisted of feasting, celebrating, and watching various athletes compete to bring honour to their cities and families. The Olympic Games were held in Olympia, home of Zeus, every four years. The four-year period became known as an Olympiad. During this era, time was counted in Olympiads instead of years⁷.

The year of the first Olympic Games remains unknown, however the first written mention dates back to 776 BC. During that time, one sporting event existed called the stadion. The stadion was a full out sprint around a 190 meter track. The winner of the race was considered the champion of the Olympic Games and was awarded with a sacred olive wreath. Men and boys were eligible to compete and only unmarried women were welcome to attend. As time wore on, more running distances were added to the Olympic Games and a women's athletic festival was added called the Heraia, in honour of Zeus' wife, Hera. Again, only unmarried woman were eligible to compete in the Heraia⁷.

Over time, the events, participation, and enthusiasm continued to grow in the Greek speaking world. The Olympic Games created a bond because it brought people of common blood together and shaped the history of the world. Unfortunately, the ancient Olympic Games ended in 393 AD after more than 1000 years of existence. There were many reasons for the Games disappearance, but it was Roman Emperor Theodosius I who abolished the Olympic Games during that year¹⁰.

Modern Olympics

In the late 1800's, Pierre de Coubertin of France had a deep interest in education and the development of young people because he believed they were the key to the future. He left France in order to study education in England and America. During his studies abroad, he was fascinated by the high standard of physical and intellectual education present in schools. He was impressed by the schools' physical activity

requirements and intrigued by the character development generated from athletic team competition.

These experiences led him to the conclusion that exercise was of great value in the intellectual development and upbringing of young people. He was able to see the benefit of sport in other countries and was passionate about revealing his new discovery to his homeland⁶.

Coubertin came back to France to launch a series of articles and speeches on his discovery from England's educational system, specifically the concentration on sporting disciplines. Despite his efforts, France failed to see any value in integrating physical exercises into their education system. Unsettled, Coubertin was determined and spent all his time and energy trying to reform France's old fashioned and unimaginative education system. Coubertin recognized that in order to grasp the attention of disinterested decision makers he would have to do something spectacular⁶.

Coubertin's inspiration from the ancient Olympic Games and his ambitious nature led him to the revival of the Olympics as we know them today. In 1894, at the age of 31, Coubertin organized and formed the first International Olympic Committee (IOC). In 1896, the first modern day Olympic Games took place in Athens, Greece with 14 countries competing in 43 sporting events⁹.

Significant Moments in Canadian Olympic History⁸

- 1904 – Canada sent their first team to the Olympic Games in St. Louis, United States and won four medals.
- 1908 – The government was the main endorser of the Canadian Olympic team and all members proudly wore the maple leaf.
- 1909 – The Canadian Olympic Committee was formed to select teams to compete in the Olympics and secure funding for the Games.
- 1913 – The Canadian Olympic Association was formed to organize Canadian Olympic teams, which is now known as the Canadian Olympic Committee.
- 1920 – “The Winnipeg Falcons” won the gold medal for Canada in the Men’s Hockey competition. This was also the year winter events were introduced in the Olympic Program.
- 1950 - The Canadian Olympic Association became independent of the Amateur Athletic Union.
- 1952 – In Norway, the Canadian Men’s Hockey Team won their seventh gold medal in the Olympics. It was 50 years before they ever won gold again.
- 1961 – The Fitness and Amateur Sport Act was instituted. The Act initiated the creation of National Teams and the Canada Games, providing athletes with funding and helping in the development of amateur sport organizations.
- 1968 – Prime Minister Pierre Elliot Trudeau set out to strengthen Canadian unity through sport. His government oversaw the creation of the National Sport and Recreation Centre, the Coaching Association of Canada, the National Coaching Certification Program, and the Athlete Assistance Program. These initiatives mobilized 'the Canadian Sport System.'
- 1976 – Montreal was the first Canadian city to host the Olympics. Ninety-two nations competed in 21 sports, with Queen Elizabeth II officially opening the Games.
- 1980 – Canada boycotted participation in the Moscow Olympic Games along with 65 other nations due to the disapproval of the 1979 Soviet invasion on Afghanistan.
- 1988 – Calgary welcomed the world to Canada when it hosted the Olympic Games, deemed the “best ever”, by International Olympic Committee President, Juan Antonio Samaranch. The Olympic Torch Relay became the longest relay in Olympic history, spanning 88 days.
- 2002 – This was the second time women’s hockey was included as an Olympic event. Both Canada’s women’s and men’s hockey teams won gold.
- 2010 – Vancouver will be Canada’s third host city of the Winter Olympic Games. The Olympic Torch Relay will be the longest to take place in a single country, taking 106 days to visit more than 1000 communities.

Northwestern Ontario Olympic Athletes

<u>Name</u>	<u>Date & Location</u>	<u>Competition</u>	<u>Results</u>
<u>WINTER GAMES</u>			
LINDQUIST, Victor	1932 Lake Placid, New York (Canada Team) 1936 Garmisch-Partenkirchen, Germany (member of Swedish Team)	Hockey Hockey	Gold
NICKLIN, Percy	1936 Garmisch-Partenkirchen, Germany (Coach for British team)	Hockey	Gold (Britain)
DAVY, Gerald	1936 Garmisch-Partenkirchen, Germany (Member of British Team)	Hockey	Gold (Britain)
COWARD, Johnny	1936 Garmisch-Partenkirchen, Germany (Member of British Team)	Hockey	Gold (Britain)
PORT ARTHUR SENIOR BEARCATS	1936 Garmisch-Partenkirchen, Germany (Canadian Olympic Team) Northwestern Ontario team members: Norman Friday, Alex Sinclair, Bill Thomson, Arthur "Jakie" Nash, Arnold Deacon, Gus Saxberg, Jimmy Haggarty, Ray Milton Albert Pudas(coach), Scotty Stewart(trainer), Malcolm Cochran(mgr)	Hockey	Silver
AKERVALL, Henry	1964 Innsbruck, Austria	Hockey	
GARTRELL, Frank	1964 Innsbruck, Austria (did not compete-injured in pre-Games warm up)	Ski Jumping	
IRWIN, Dave	1976 Innsbruck, Austria 1980 Lake Placid, New York	Downhill Skiing Downhill Skiing	8 th 11 th
COLLINS, Steve	1980 Lake Placid, New York 1984 Sarajevo, Yugoslavia 1988 Calgary, Alberta	70m ski jump 90m ski jump 70m ski jump 90m ski jump 70m ski jump 90m ski jump	9 th 25 th 36 th 13 th
BROWN, David	1984 Sarajevo, Yugoslavia	70m ski jump 90m ski jump	51 st 47 th
JOHNSON, Kelly	1984 Sarajevo, Yugoslavia	Ice dancing	12 th
GILLMAN, Todd	1988 Calgary, Alberta	70m ski jump 90m ski jump	
KENNEDY, Roger	1988 Calgary, Alberta	Biathlon	
RAUTIO, Ron	1988 Calgary, Alberta	70m ski jump 90m ski jump	
WALKER, David	1988 Calgary, Alberta 1992 Albertville, France	Skiing-Ballet Skiing-Ballet	
STOVEL, Peter	1988 Calgary, Alberta 1992 Albertville, France	Bobsledding Bobsledding	
DAHL, Kevin	1992 Albertville, France	Hockey	Silver
LINDBERG, Chris	1992 Albertville, France	Hockey	Silver

WIRTZ, Kris	1992 Albertville, France 1994 Lillehammer, Norway 1998 Nagano, Japan	Figure Skating (Pairs) Figure Skating (Pairs) Figure Skating (Pairs)	
JOHNSON, Greg	1994 Lillehammer, Norway	Hockey	Silver
PRONGER, Chris	1998 Nagano, Japan 2002 Salt Lake City, Utah 2006 Torino, Italy	Hockey Hockey Hockey	Silver
CROOKS, Sean	2006 Torino, Italy	Cross Country Skiing	
MYSLICKI, Jason	2006 Torino, Italy	Nordic Combined	
PETERSON, Amber	2006 Torino, Italy	Freestyle Skiing	
STAAL, Eric	2006 Torino, Italy	Hockey (Alternate)	
WEATHERSTON, Katie	2006 Torino, Italy	Hockey	Gold
<u>SUMMER GAMES</u>			
SHWALUK, Bill	1960 Rome, Italy	Weightlifting	
DOMANSKY, Don	1968 Mexico City, Mexico 1976 Montreal, Quebec	Track 4x400m relay	4th
SAUNDERS, George	1972 Munich, West Germany	Wrestling	
DANIAR, Steve	1976 Montreal Quebec (1st round victory) 1980 Moscow, Soviet Union (did not compete due to boycott by country)	Wrestling Wrestling	
RENKEN, Brian H.	1976 Montreal, Quebec (1st round victory) 1980 Moscow, Soviet Union (did not compete due to boycott by country)	Wrestling Wrestling	
BAKER, Joann	1976 Montreal, Quebec	Swimming	
SAWCHUK, Bill	1976 Montreal, Quebec 1980 Moscow, Soviet Union (did not compete due to boycott by country)	Swimming Swimming	
ALEXANDER, Tom	1976 Montreal, Quebec	Swimming	
RITCHIE, Andy	1976 Montreal, Quebec	Swimming	
HARNETT, Curt	1984 Los Angeles, California 1988 Seoul, South Korea 1992 Barcelona, Spain 1996 Atlanta, Georgia USA	Cycling (1000m Time Trial) Cycling Cycling (Individual Match Sprints) Cycling (200m Match Sprint)	Silver Bronze Bronze
TIMMERMAN, Scott	1988 Seoul, South Korea	Cycling	
GREAVES, Sandra	1988 Seoul, South Korea 1992 Barcelona, Spain	Judo Judo	
SMITH, Michael	1988 Seoul, South Korea 1992 Barcelona, Spain 1992 Atlanta, Georgia USA	Decathlon Decathlon (withdrew injury) Decathlon	
FILANE, Domenic	1992 Barcelona, Spain 1992 Atlanta, Georgia USA	Boxing Boxing	
DePIERO, Mary	1992 Barcelona, Spain	Diving	
PARSONS, Liam	2008 Beijing, China	Rowing (Lightweight Men's 4)	Bronze

Paralympic History

Athletic games for people with disabilities trace back to World War II and the influence of English doctor, Ludwig Guttmann of Aylesbury, England. It was his belief in using sports therapy to enhance the quality of life for those who had been wounded and injured that resulted in the beginnings of the Paralympic Games. In 1948, Dr. Guttmann organized the International Wheelchair Games to coincide with the 1948 London Olympic Games. He was very passionate and dreamt of creating a worldwide sports competition for people with disabilities to be held every four years. His dreams came true 12 years later in Rome, Italy. The first Paralympic Games were held in 1960 and involved 400 athletes from 23 countries. During these Games, only wheelchair athletes were invited to participate and compete. However, as time passed, the Paralympic Games evolved dramatically and now include six major classifications of athletes⁵.

Although the Paralympic Games began strictly as a summer event, the first Winter Games were held in 1976 in Ornskoldsvik, Sweden. During these Games, 12 countries participated in alpine and cross-country skiing events. The Paralympics have continued to grow in size and popularity throughout the years and now contain 5 winter sport events and 19 summer sport events⁵.

The prefix “para” refers to the Paralympic Movement being parallel to the Olympic Movement. Since the 1988 games in Seoul, the Paralympic Games have been held in the same venues as the Olympic Games. Hosting cities are now required to bid on both the Olympic and Paralympic Games⁴.

Paralympics in Canada

Wheelchair basketball teams appeared across Canada in the 1950's as Canadian World War II veterans became interested in wheelchair sports. A well known wheelchair basketball team, called the Montreal Wheelchair Wonders, became the first Canadian team to participate in sporting events for disabled people. They represented Canada well and travelled to the 1953, 1954, and 1955 Stoke Mandeville Games, which is a multi-sport event for wheelchair athletes. The team continues to stay active today in Montreal¹⁰.

In 1968, Israel's Tel Aviv Paralympics marked the beginning of Canadian participation in the Paralympic Games. Since then, Canada has continued sending athletes to both Summer and Winter Games. Canada was privileged with the honour of hosting the 1976 Paralympic Summer Games in Toronto, with more than 1500 athletes competing from 42 countries¹⁰.

Canada's next opportunity to host the Paralympic Games will be in Vancouver and Whistler from March 12 to March 21, 2010. They are expected to attract more than 600 athletes from over 40 countries who will compete in five categories: alpine skiing, biathlon, cross-country skiing, ice sledge hockey and wheelchair curling⁹.

Incorporating Paralympics Into the Classroom

Minor modifications are made to the rules of some Olympic sports to accommodate Paralympians' disabilities. For example, visually impaired downhill skiers may use acoustic signals and guides to assist them, but ski the same courses as Olympians⁴. In keeping with the Paralympics' focus on inclusion, respect, and empathy, here are some sporting events to incorporate into your physical activity education.

Featured Game: Biathlon

Name:	Biathlon combines cross-country skiing and rifle shooting similar to the Olympic biathlon competitions.
Number of Players:	Teams of 2
Supplies:	Variety of buckets Bean bags (3 bean bags per team) Pylons Blindfolds
Aim of the Activity:	Students must learn to follow directions, and use teamwork to navigate through an obstacle course without using their sense of sight.

How to Play:

1. Students pair up into teams of 2.
2. One student will act as the guide, the other as the competitor.
3. The competitor must be blindfolded. The competitor will have to blindly navigate their way through an obstacle course and target shooting with the assistance of their guide. The guide can only use tapping signals to direct their partner.
4. In order for the competitor to move the tapping must be continuous. Once the tapping ceases, the competitor must stop moving.
5. When the team arrives at a target shooting area, the guide must hand 3 bean bags to their partner and position them towards the target. At this point, they may use verbal instructions on how hard and far to throw the bean bag. They must try to get their bean bags in the target (large bucket).
6. Allow students to try both roles.

Signals:	Forward movement – light tapping on top of competitors head Backward movement – light tapping on competitors back Left turn – light tapping on left shoulder Right turn – light tapping on right shoulder Stop movement – stop tapping
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Featured Game: Ice Sledge Hockey

- Name:** Instead of standing on skates, players sit on aluminum or steel sleds fitted with two blades. They grip two double-ended sticks, one in each hand. One end of the stick has a sharp pick that the players use to propel the sled, the other has a curved blade to pass and shoot the puck.
- Number of Players:** 2 teams
- Supplies:** 4 pylons for nets
Pinnies for teams
Small/medium soft foam ball/bouncy ball
Scooter boards (if applicable)
- Aim of the Activity:** Student will learn to use other means of movement to play a favourite game. Students will use teamwork and gross motor skills.

How to Play

1. Ice Sledge Hockey follows the same rules as regular hockey. The only difference is students will be seated on scooter boards (or in crab walk position).
2. Students can move about safely on scooter boards, or crab walk anywhere on the playing area.
3. They will use their hands as sticks and must bat or pass the ball to teammates.
4. Goalies must be seated on scooter boards (or crab walk) as well, but have use of legs and body to defend the net.

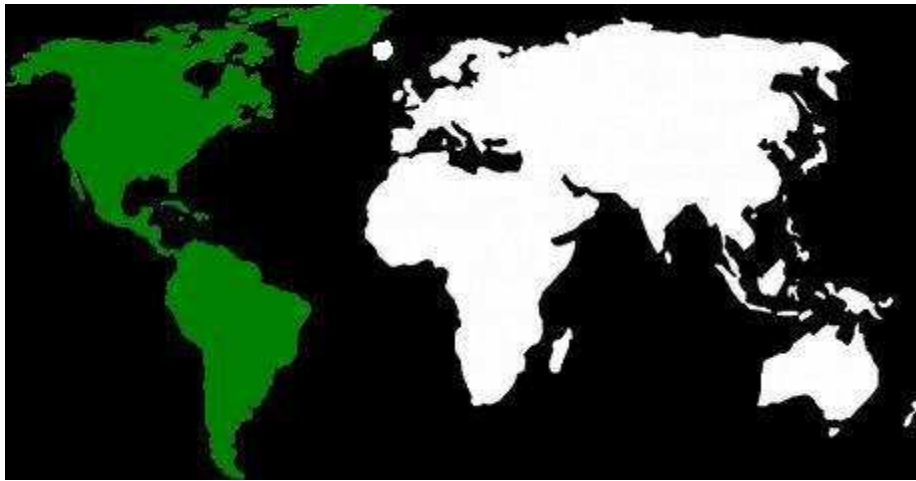
Featured Game: Wheelchair Curling

- Name:** Wheelchair curling consists of two teams taking turns pushing stones down a sheet of ice towards a series of concentric rings or circles. The object is to get the stones as close to the centre of the rings as possible.
- Number of Players:** 2 teams
- Supplies:** 3 buckets per lane (you may want to set up multiple lanes so the children have many opportunities to try it out).
Many frisbees or bean bags
Scooter boards
- Aim of the Activity:** Students will learn to use different strategies and muscles to play a favourite game.

How to Play

1. Students will follow the same rules as curling, with the exception of "sweepers" and sliding on the ice with their feet.
2. All students must be seated (or on scooter boards).
3. They must throw a frisbee or bean bag into the buckets at the opposite end of the playing area.
4. Three buckets will be set up in a line. The furthest bucket is worth 5 points, middle bucket 3 points, and the closest bucket is worth 2 points.
5. One point will be given to any student who attempts a throw, but misses the bucket.

Americas and Caribbean Tour



Brazil
Canada
Costa Rica
Mexico

Jamaica
Peru
United States of
America

Brazil



Featured Game

- Name: **Quemada**
Number of Players: At least four
Supplies: A soft ball
Aim of the Game: To be the team with the most number of players remaining in the "living world."



How to Play:

1. Divide the group into two equal teams. Choose a playing area and divide it in half. Each team gets one half. Each half is known as the "living world". Behind each half is an area known as the "ghost world".
2. All but one player from each team start in the "living world." The extra player starts in the other team's "ghost world."
3. Teams decide who gets the ball first.
4. Players from Team One throw the ball across the middle line, trying to hit players from Team Two, *anywhere but on the head or feet.*
5. Any player who is hit must go to the "ghost world," joining the original ghost from his team.
6. The ghosts can also try to hit people with the ball, but they must be behind the back edge of the "living world."
7. The last team with any players remaining in the "living world" wins.

Olympic Stories



- Vanderlei de Lima is a marathon runner from Brazil. During the 2004 Olympics in Athens he was leading during the marathon event. Just a few miles before the end of the race an unruly fan jumped out from the crowd watching and tackled him to the ground. The other fans fought him off, and Vanderlei finished third, instead of first. He was given a special medal for fair play¹².
- Brazilians have won 91 medals in the summer games, but none in the winter games¹³.
- Brazil has participated in the winter Olympics since 1992, and the summer games since 1900¹³.

Nutrition Zone

Food Native to Brazil

Pineapple & Passionfruit

- Pineapples are the only plant in its' family that don't grow on trees. They usually weigh between 4 and 9 pounds.
- Most passionfruit are the size of an egg, but they can grow to the size of a small melon.



Why couldn't the orange get up the hill?
Because it had run out of juice!

Canada



Featured Game

Name: **Capture the Flag**
Number of Players: At least six
Supplies: Two flags (cloth, socks, paper, pretty much anything will do)



Aim of the Game: To capture the other team's flag.

1. Choose a playing area and divide it into four smaller areas: Team One's territory, Team Two's territory, a neutral space (between the two territories), and a jail.
2. Form two teams. Assign each team a colour and give each team a flag of that colour.
3. Choose one player from each team to be jail guards. The guards stand in the jail.
4. Each team is given five minutes to place their flag somewhere in their area. (Flags have to be visible, not under things).
5. Once flags have been placed, the game begins.
6. Players must work together to protect their flag and to capture the other team's flag.
7. When a player is in the other team's territory, he can be tagged and brought to jail. A player cannot be tagged in the neutral zone or in his own territory.
8. Once a player is in jail, the jail guards must make sure he stays in jail for 30 seconds.
9. If a player has captured the other team's flag and is tagged in the other team's territory, he must drop the flag and go to jail. The flag does not return to its original spot; it stays where it was dropped.

Olympic Stories



- Speed skater Cindy Klassen has won more medals than any other Canadian athlete. She has six! Five of them were won at the 2006 Olympic games in Torino, Italy¹³.
- As of 2008, Canada has sent 4 188 athletes to compete in the Olympics¹³.
- At the 1988 Olympics 2 competitors in a sailing race capsized and were in danger of drowning. Canadian Larry Lemieux abandoned his lead in the race, and the chance to win a medal, by racing to save the men. He was awarded a special medal for bravery¹².
- Canada won the first ever Olympic Gold Medal for Ice Hockey at the 1920 Olympics in Antwerp, Belgium¹⁴.
- See: www.olympic.ca

Nutrition Zone

Food Native to Canada

Blueberries, Maple Syrup, Wild Rice

- Blueberries grow on wild plants in the bush that get pinkish-white flowers before the fruit develops.
- Maple syrup is made from the sap of maple trees. Quebec produces over 80 million quarts of maple syrup per year.
- Wild rice is the seed of a water plant that grows up to 10 feet tall in marshes and muddy banks of freshwater lakes.



What do you get when 362
blueberries try to leave school
at the same time?
Blueberry Jam!

Costa Rica



Featured Game

Name: **El Reloj**
Number of Players: At least three
Supplies: Skipping rope
Aim of the Game: To reach "twelve o'clock"



How to Play:

1. Two players hold the ends of a skipping rope and swing it.
2. The other players stand in line.
3. The first person jumps over the rope once and says, "One o'clock."
4. The second player jumps over the rope twice and says, "One o'clock, two o'clock."
5. The game continues until a player reaches twelve o'clock and jumps twelve times.
6. If a player stumbles, he replaces one of the swingers and the game starts again at "One o'clock."

Olympic Stories



- Athletes from Costa Rica have participated in all but 2 winter Olympics since 1980. They have yet to win a medal¹⁵.
- The Olympic team from Costa Rica has won 4 Summer Olympic Medals, all in swimming. They were all won by sisters Claudia and Silvia Poll¹³.

Nutrition Zone

Food Native to Costa Rica

Avocado

- The Hass avocado is the most common variety, with dark blackish-brown shiny skin and creamy yellowish-green flesh inside.



Why is orange juice so smart?
It concentrates.

Mexico



Featured Game

Name: **Carpenteros, Carboneros, Cardinales**
Number of Players: At least three
Supplies: None
Aim of the Game: To be the team with the most number of players remaining.



How to Play:

1. Players form two parallel lines about 3 feet apart facing each other. A caller stands at the end of the two lines facing the teams.
2. One team is the Carpenteros; the other team is the Carboneros.
3. If the caller calls, "Carpenteros!" that team turns and runs to a designated area about 30 feet away (a tree, a wall, a fence, a cone, etc.) The Carboneros try to tag them before they reach their destination. The players who are tagged are out of the game. If the caller calls, "Carboneros!" the roles are reversed.
4. If the caller calls, "Cardinales!" neither team moves. If a player moves even a foot, he is out of the game.

Olympic Stories



- In 1900, Mexico first participated in the Olympic Games, and has sent athletes to compete in every Summer Olympic Games since 1924. Mexico has participated in the Winter Olympic Games since 1928.
- The nation hosted the 1968 Summer Olympics in Mexico City.
- A total of 55 medals have been won by Mexican athletes, with athletics, boxing, and diving being the top medal-producing sports¹⁶.
- When Mexico City was selected as the host for the 1968 Olympics, many athletes had concern that thin air would affect performances, as Mexico City is 2 kilometres above sea level¹².

Nutrition Zone

Food Native to Mexico

Tomatoes

- Tomatoes were originally all the size of cherry tomatoes.
- Until the 18th century, tomatoes were considered poisonous.
- Now, there are over 1000 different varieties.



What did the first tomato say to the second tomato?
You go ahead and I'll ketchup!

Jamaica



Featured Game

Name: **Dandy Shandy**
Number of Players: At least three
Supplies: A ball
Aim of the Game: Not to be the player in the middle



How to Play:

1. There are two pitchers (or more) standing about 10 feet apart (or in a circle). One player stands in between (or in the middle of) the pitchers.
2. The pitchers throw a ball back and forth to each other. If players are standing in a circle, they must pass the ball to players across from them, not to players standing next to them.
3. The player in the middle tries to catch the ball.
4. When the player in the middle catches the ball, he exchanges spots with the person who threw the ball and the game continues.

Olympic Stories



- Jamaica first participated at the Olympic Games in 1948, and has participated in every Summer Olympic Games since then.
- In 1988, Jamaica participated in the Winter Olympics in Calgary, Canada with a national bobsled team. They were later the inspiration for the 1993 film, *Cool Runnings*.
- The National Olympic Committee for Jamaica is the Jamaica Olympic Association, founded in 1936.
- See: www.jamolympic.org

Nutrition Zone

Food Native to Jamaica

Grapefruit, Papaya

- Grapefruit is the natural hybrid of the pomelo and the orange. It got its name because they grow in clusters like grapes.
- One papaya tree can produce between 30 and 150 fruits per year. The leaves on these trees only grow at the top!



What starts with "t" ends with
"t" and is filled with tea?
A teapot.

Peru



Featured Game

Name: **Siete Pecados**
Number of Players: At least three
Supplies: A ball
Aim of the Game: To be the last player standing



How to Play:

1. Players stand in a circle. One player stands in the middle of the circle with a ball.
2. The player with the ball throws the ball in the air and yells out another player's name.
3. The player whose name was called must catch the ball, while the other players must run away as quickly as possible (including the player who threw the ball).
4. Once the player whose name was called has caught the ball, he must yell "Stop!"
5. All players must freeze.
6. The player with the ball must choose one player to try to hit with the ball.
7. The player with the ball can only take three steps in any direction and then try to hit a player.
8. If a player is hit by the ball, that person is out of the game. If the person catches the ball or is not hit by the ball, the player who threw the ball is out of the game.

Olympic Stories



- Peru made its first official appearance at the Olympics in 1936 at the Summer in Berlin.
- Peru has participated in every Summer Olympic Games since, except in 1952 and has won 4 medals: 3 in shooting and 1 in volleyball¹³.
- Peru has never attended the Winter Olympic Games.
- In 1924, Peru created their National Olympic Committee which was recognized by the International Olympic Committee in 1936¹⁶.

Nutrition Zone

Food Native to Peru

Sweet Potatoes

- Sweet potatoes are not actually related to regular potatoes.
- They are less starchy and more flavourful than yams, but look similar.
- Sweet potatoes can range in colour from white, yellow, orange, red, or purple.



What did the lettuce say to the celery?
Quit stalking me!

United States of America



Featured Game

Name: **Who Started the Motion?**
Number of Players: At least Five
Supplies: None
Aim of the Game: To test players' observation skills



How to Play:

1. Players sit in a circle.
2. One player, selected to be the Guesser, leaves the area.
3. Another player, selected to be the Guard, accompanies the Guesser and makes sure that the Guesser cannot see or hear the other players.
4. A Leader is selected. The Leader's job is to lead the other players in a series of actions (running, walking, skipping, jumping, doing push-ups, etc.) without being seen by the Guesser.
5. Once the players have started the first action, the Guard tells the Guesser to re-enter the playing area.
6. The Leader randomly changes actions and the rest of the player follow suit.
7. The Guesser must observe the players and try to figure out who is leading the group. The Guesser only has two chances to guess who the Leader is.

Olympic Stories



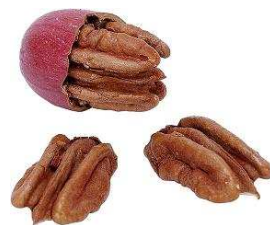
- The first athlete to represent the United States was Tom Burke in both the 100 meter and the 400 meter sprints at the 1896 Summer Olympics in Athens, Greece.
- The United States has hosted the Summer Olympics 4 times and the Winter Olympics 4 times¹⁴.
- Swimmer Michael Phelps, with eight gold medals, holds the record for the most titles won at a single games in the history of the Olympics.
- American athletes have won over 2500 medals, more than any other country¹³.
- See: www.usoc.org
www.usolympicteam.com

Nutrition Zone

Food Native to United States of America

Pecans

- Pecans are the edible fruit of a giant tree.
- They were originally found in the Mississippi Valley.
- They were an important part of the diet of American Indians before the European settlers arrived.



Why did the banana go out with the prune?
Because he couldn't find a date!

African Tour



Egypt

Nigeria

South Africa

Egypt



Featured Game

Name: **Haneqe**
Number of Players: At least four
Supplies: Chalk
Aim of the Game: To accumulate points by having as many players as possible enter the target area.



How to Play:

1. Choose a playing area and draw a medium-sized circle (target) on the ground.
2. Form two teams: Team Invasion and Team Protection.
3. During play, all players hop on one foot while holding their other foot with their hand.
4. Players from Team Invasion try to enter the target area, while players from Team Protection try to block their way.
5. If, at any time during the game, a player's other foot touches the ground, that player is out of play, except those players who have already reached the target.
6. Once all players from Team Invasion are either out of play or inside the target, the round ends and each player who has managed to reach the target earn one point for his team.
7. The teams exchange roles for round 2.

Olympic Stories



- Egypt first participated in the Olympics in 1912 at the games in Stockholm, Sweden.
- Egypt's first medal was won at the 1928 games in Amsterdam where Ibrahim Moustafa became the first non-European to win gold in the Greco-Roman wrestling event.
- Egyptians have won a total of 25 Olympic medals, mostly in boxing and martial arts events.
- Egypt has never competed in a Winter Olympics
- See: www.egolympic.org.eg/en

Nutrition Zone

Food Native to Egypt

Olives

- The olive tree is a symbol of peace and wisdom and plays an important role in mythology.
- Olive oil has traditionally been used for lamp fuel and medicinal remedies.



What did the baby corn ask the
Mom corn?
Where's Pop corn?

Nigeria



Featured Game

Name: **Catch Your Tail**
Number of Players: At least four
Supplies: One handkerchief per two players
Aim of the Game: To be the last pair with a handkerchief



How to Play:

1. Choose a playing area and designate a safe zone.
2. Players form pairs. Pairs stay connected during play by holding hands.
3. One member of each pair puts a handkerchief in one of his pockets or waistband. Handkerchiefs need to be visible to the other players.
4. At "Go!" pairs chase each other and try to capture each other's handkerchiefs while protecting their own.
5. If, at any time, a pair needs a break, it may stand in the safe zone. Once in the safe zone, the pair must count to ten out loud and then return to the game. There can only be one pair in the safe zone at a time.
6. If a pair loses its handkerchief, that pair is out of the game.

Olympic Stories



- Of the 23 medals Nigeria has won, most are in athletics (13) and boxing (6).
- Nigeria first participated in the Summer Olympic Games in 1952, and has attended every one except for a boycott in the 1976 Summer Olympics.
- Nigeria has never participated in the Winter Olympic Games.
- At the 1996 games in Atlanta the Nigerian team won Gold in Men's Soccer and Women's Long Jump¹³.
- In 1951, the National Olympic Committee for Nigeria was created¹⁶.

Nutrition Zone

Food Native to Nigeria

Yams

- Yams are one of the most widely consumed foods in the world.
- They are often confused with the sweet potato, but they actually belong to different families.



What did one knife say to the other knife?
Look sharp!

South Africa



Featured Game

Name: **African Handball**
Number of Players: At least four
Supplies: A ball
Aim of the Game: To pass the ball among teammates as many times as possible



How to Play:

1. Form two teams.
2. Players from Team One throw the ball to each other.
3. Each time the ball is caught by a fellow team member, members of that team must clap their hands together once and count out loud.
4. Members of Team Two try to intercept the ball. Once they succeed in doing so, it is their turn to pass the ball to each other.

Olympic Stories



- South Africa first participated in the Olympics in 1904 and participated in every Summer Olympic Games until 1960¹⁴.
- In 1960 South Africa first participated in the Winter Olympics. Their winter team is small with only 10 athletes having participated since 1960¹³.
- South Africa was banned from the games between 1960-1992 because of the racial segregation policies of the South African government¹⁶.
- South Africa was welcomed back to participate in the Olympics at the 1992 games in Barcelona¹⁴.
- See: www.sascoc.co.za

Nutrition Zone

Food Native to South Africa

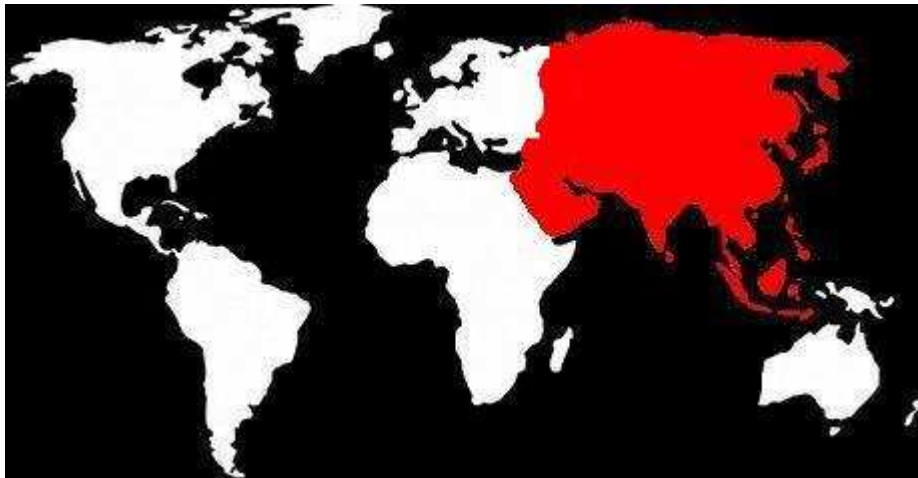
Watermelon

- Watermelon is between 92% and 95% water, hence its name.
- In ancient times, it was customary for peasants to offer watermelon to thirsty voyagers.



What does a tight-rope walker eat?
A balanced diet.

Asian Tour



China

Japan

India

Russia

China



Featured Game

Name: **One, Two, Three, Dragon**
Number of Players: At least five
Supplies: None
Aim of the Game: To work as a team to capture the dragon's tail.



How to Play:

1. Players form a line. Each player puts his hands on the shoulders of the player in front of him. The first person in line is the dragon's head. The last person in line is the dragon's tail.
2. The tail yells, "One, two, three, dragon!" to start the game.
3. The head player, with the help of all the other players, tries to tag the tail without breaking the line. No one can let go of the shoulders of the person in front of him. If anyone lets go, the dragon dies and the chase must start again.
4. If the head tags the tail, he becomes the new tail and another player becomes the head.
5. The game goes on until everyone has had a chance to be the head and to capture the tail.

Olympic Stories



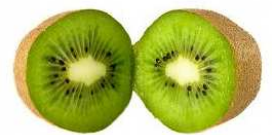
- China's youngest ever athlete was only 11 years old and competed in the figure skating competition at the 1988 Olympics in Calgary¹³.
- China hosted the Olympics in Beijing in 2008. They had 639 athletes competing and won 51 gold medals, 21 silver medals and 28 bronze medals.
- 26-year-old short-track speed skater Yang Yang became China's first ever Winter games gold medalist at the 2002 Olympics in Salt Lake City by winning the women's 500m and 1000m.
- See: www.olympic.cn

Nutrition Zone

Food Native to China

Kiwi Fruit, Oranges, Rice

- Kiwi fruit are egg-shaped berries about 3 inches long and 2-4 ounces in weight. They were originally called "Chinese Gooseberry".
- Oranges are one of the most important commercial fruit crops in the world. Until the beginning of the 20th century they were still considering exotic.
- Rice is the second largest food crop in the world and was first cultivated over 6000 years ago.



What did the little banana say to its mother
when it didn't want to go to school?
I don't peel good.

India



Featured Game

Name: **Kabaddi**
Number of Players: At least six
Supplies: None
Aim of the Game: To be the team with players remaining



How to Play:

1. Choose a playing area and divide it in half.
2. Form two teams.
3. Teams line up so that all players are about 20 feet from the center dividing line.
4. Choose a player from Team One to be YAHA (It).
5. YAHA must run into Team Two's territory, tag a player, and return into his territory while continuously shouting, "Kabaddi, kabaddi, kabaddi..." without taking a breath.
6. If YAHA takes a breath in Team Two's territory, he can be tagged by a Team Two player and eliminated from the game.
7. If YAHA makes it back into his territory without taking a breath, he stays in the game and the player he tagged is eliminated.
8. It is then Team Two's turn to send a YAHA across the dividing line.
9. The game ends when all players from one team have been eliminated.

Olympic Stories



- Including the Vancouver 2010 Olympics, 17 Indian athletes will have participated in 10 winter games but have yet to win a medal¹³.
- India dominates in the sport of field hockey. Of India's 20 Olympic medals, 10 were won in field hockey (including 8 gold medals)¹³.
- See: www.olympic.ind.in

Nutrition Zone

Food Native to India

Basil

- Basil is very fragrant and is the ideal herb for flavouring tomatoes.
- The leaves can be green, reddish, or purple in colour.



Why did the man throw lettuce out the window?

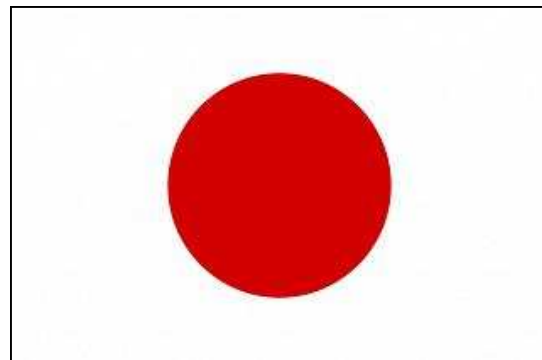
His wife asked him to toss the salad!

Japan



Featured Game

Name: **Japanese Tag**
Number of Players: At least three
Supplies: None
Aim of the Game: Not to be ONI (IT).



How to Play:

1. Choose one player to be ONI.
2. At "Go!" ONI tries to tag another player.
3. The tagged player becomes the new ONI, but he must put one hand on the spot where he was tagged.
4. With his hand on this spot, he must chase the other players. He is relieved of his position only when another player is tagged.

Olympic Stories



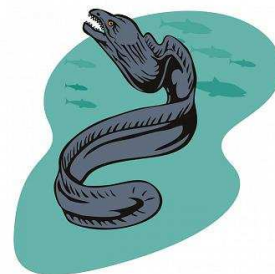
- Japan's oldest ever athlete was Hiroshi Hoketsu. He was 67 years old when he competed in the equestrian competition at the 2008 Olympics. He had also competed at the Olympics in 1964¹³!
- Japan first participated at the Olympic Games in 1912 and has competed at almost all the games since then.
- Japan has hosted the Games in: 1964 (Summer Olympics in Tokyo), 1972 (Winter Olympics in Sappora), and 1998 (Winter Olympics in Nagano).
- See: www.joc.or.jp

Nutrition Zone

Food Native to Japan

Eel

- Eel can be as long as 5 feet and can weight over 9 pounds.
- The males are smaller than the females.



What do little sharks love to eat?
Peanut butter and jellyfish
sandwiches!

Russia



Featured Game

Name: **Gorelki**
Number of Players: At least five
Supplies: None
Aim of the Game: Not to be OHO (IT)

How to Play:

1. Players form couples. Couples line up.
2. An extra player, OHO, stands about ten feet in front of the couples, facing away from them.
3. When OHO shouts, "Last couple out!" the couple at the end of the line must split up and come up on either side of the line of players. They may come quickly or slowly.
4. OHO may not turn his head to see them coming. He must stare straight ahead. Only when the couple is even with him can he leave his place.
5. Once the couple is even with him, he dashes after one of them, trying to tag him before the couple can join hands in front of him.
6. If OHO succeeds, the tagged player becomes the new OHO. The previous OHO and the other member of the couple become the couple at the head of the line.
7. If OHO does not succeed, the couple becomes the head couple and OHO tries again.



Olympic Stories



- Moscow hosted the Summer Olympic Games in 1980. There were many countries absent due to a boycott. In total 80 countries were represented¹⁴.
- Russia is placed second in the world for the country that has won the most Olympic medals¹³.
- Cross-country skier, Raisa Smetanina, competed in 5 Winter Olympic games and won a total of 10 medals. She won her last medal 12 days before her 40th birthday, making her the oldest female gold medal winner in Olympic History¹³.

Nutrition Zone

Food Native to Russia

Borscht

- Borscht is a colourful soup made from beets and usually served with a dollop of sour cream on top.
- It also includes other vegetables like carrots, cabbage, celery, and onions.



What do ants use for hula hoops?
Cheerios

Australia and Oceania Tour



Australia

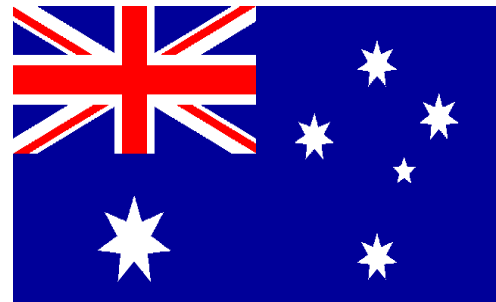
New Zealand

Australia



Featured Game

Name: **Dog and the Bone**
Number of Players: At least five
Supplies: Any object to represent the bone
Aim of the Game: To accumulate as many points as possible.



How to Play:

1. Players form two lines, about three meters apart, facing each other.
2. They count off from opposite ends so that the two number ones are diagonal.
3. A "bone" is placed on the ground between the two lines.
4. A caller stands at one end of the lines and calls out a number. The two players with that number must race to catch the bone.
5. The player who grabs the bone must make it back to his line before being tagged by the other player.
6. If the player is successful, his team scores a point. If not, the player must give the bone to the other player, whose team gets a point.

Olympic Stories



- Australia has participated in all the modern summer Olympic games, and every winter Olympics since 1952.
- Australia's youngest ever gold medalist is Sandra Morgan. She won for swimming in the 4x100 free style relay at the Melbourne Olympics in 1956 at the age of 14 years and 6 months.
- Steven Bradbury won Australia's first gold medal at the 2002 Winter Olympics in Salt Lake City in the 1000m short track speed skating event. This was Bradbury's fourth Olympics. Early on in the race, Bradbury purposely skated half a lap behind the other skaters. As they were going around the last turn the other 4 skaters got too close to each other and collided, sending them all sliding across the ice. Bradbury was able to avoid the crash and cross the finish line first.
- See: www.corporate.olympics.com.au

Nutrition Zone

Food Native to Australia

Macadamia Nuts

- The trees can grow up to 65 feet high.
- The flavour is similar to coconuts.
- Some float in water and some sink, so they are sorted by putting them in a barrel of water.



What kind of nut can you hang a picture on?
A walnut!

New Zealand



Featured Game

Name: **Poi Rakau**
Number of Players: At least five
Supplies: A stick or stick-like object
Aim of the Game: To pass the stick ("koari") as many times as possible.



How to Play:

1. All of the players stand in a circle with one player who is holding the "koari" standing in the centre. The players forming the circle should be about 3-5 steps from the player in the centre.
2. The player in the centre begins by tossing the "koari" upright to a player in the circle. That player catches with one hand and, while keeping the "koari" upright, passes it (hand to hand, not tossed) to either the player on the right or left.
3. This player then throws it upright back to the person in the centre and so on, with the player in the centre passing the "koari" randomly to players in the circle.
4. Players work to keep the passing rhythmical and increase speed.
5. Can increase difficulty by having catchers keep hands behind their back until "koari" is thrown to them, or by adding a second "koari."

Olympic Stories



- New Zealand first participated in the Olympic Games in 1908.
- In 1908 and 1912 New Zealand competed with Australia in a combined Australasia team. New Zealand first sent an independent team in 1920.
- Since 1952 New Zealand has participated in most Winter Olympic Games missing only the 1956 and 1964 Games.
- In 1992, New Zealand won a single medal at the Winter Olympic Games for Alpine Skiing by Annelise Coberger. It was the first medal won at the Winter Games by a nation from the Southern Hemisphere.
- See: www.olymp.org.nz

Nutrition Zone

Food Native to New Zealand

There are no plants or crops that are native to New Zealand due to the soil. The first people to inhabit the country were Polynesian in descent, they brought sweet potatoes with them. The roots of fern plants were once eaten, but they weren't very appetizing.

What did the mayonnaise say to
the refrigerator?
Close the door, I'm dressing!

European Tour



France
Greece
Ireland

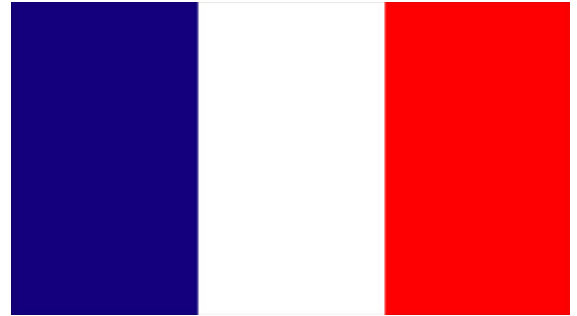
Italy
Spain
Sweden

France



Featured Game

Name: **Le gardien du bon chou**
Number of Players: At least four
Supplies: A long skipping rope
Aim of the Game: To remain the Cabbage and the Guardian of the Cabbage for as long as possible.



How to Play:

1. Choose one player to be the Cabbage. He holds one end of a long rope.
2. Choose another player to be the Guardian of the Cabbage. He holds the other end of the rope.
3. Neither the Cabbage nor the Guardian can let go of the rope. If they do, they must pass on the roles of Cabbage and Guardian to two other players.
4. The other players try to tag the Cabbage while the Guardian tries to protect the Cabbage and tag the other players.
5. When a player is tagged by the Guardian, that player must freeze. When all players are frozen, the Guardian and the Cabbage win the game.
6. When a player tags the Cabbage, he becomes the new Cabbage, the previous Cabbage becomes the Guardian, and the previous Guardian joins the other players.

Olympic Stories



- France has hosted the games five times: Summer games in 1900 and 1924 and Winter games in 1924, 1968, and 1992.
- Croquet was an event run only in the 1900 Olympics in France. The event had only French players, from Paris. The only spectator who bought a ticket to watch the event was an Englishman, who had traveled there especially for the occasion¹⁴.
- The French have won 83 winter Olympic medals, 43 of which were in Alpine Skiing events¹³.
- See: www.franceolympique.com

Nutrition Zone

Food Native to France

Cheese, Pork

- 350 of the 1000 types of cheese produced in the world are made in France.
- Pork comes from pigs which are omnivorous mammals. The killing of a pig used to be the occasion for a major feast.



What do you call a nervous cow?
A milkshake!

Greece



Featured Game

Name: **Pebble Chase**
Number of Players: At least three
Supplies: A pebble
Aim of the Game: To be the Leader



How to Play:

1. Players choose a safe zone some distance away from the playing area.
2. One player is the Leader and has a pebble in his hand.
3. The other players stand side by side, facing the Leader, and hold out one hand.
4. The Leader slowly walks in front of players and pretends to drop the pebble into each player's hand.
5. When the Leader actually drops the pebble into a player's hand, that player must run to the safe zone and back to the Leader, while the other players try to tag him.
6. If the player gets tagged before returning to the Leader, the person who tagged him becomes the new Leader.
7. If the player returns to the Leader without being tagged, he becomes the new Leader.

Olympic Stories



- Greece is the home of the ancient Olympic Games. The first modern games were hosted in Athens, Greece in 1896. Greece has attended every summer games event since and has also attended most winter events.
- During the opening ceremonies the Greek team enters the stadium first during the parade of nations. This is to recognize Greece as being the founding country of the Olympics¹⁶.
- Greek, Dimitri Loundras, was only 10 years old when he won a bronze medal in gymnastics at the first modern Olympics in 1896 in Athens, Greece¹³.
- See: www2.hoc.gr

Nutrition Zone

Food Native to Greece

Venison (Deer)

- Venison refers to the flesh of any kind of deer.
- Hunting is subject to strict regulations to protect animal populations.

What is an astronaut's
favourite sandwich?
Launch meat!

Ireland



Featured Game

Name: **Potato**
Number of Players: At least three
Supplies: A ball (or a potato!)
Whiteboard and whiteboard marker or paper and pen would be helpful in keeping track of letters.



Aim of the Game: To be the last player to spell the word "potato".

How to Play:

1. Players form a circle.
2. One player is IT and stands in the middle of the circle holding a ball.
3. IT throws the ball high up in the air and shouts out the name of another player.
4. That player must try to catch the ball.
5. If that player catches the ball, he becomes IT.
6. If that player misses the ball he gets the letter P; if he misses the ball a second time he gets the letter O, and so on.
7. Once a player has spelled the word potato, he is out of the game.

Olympic Stories



- Ireland has participated in 19 summer games and 4 winter games⁽²⁾.
- Ireland has won 23 Olympic sporting medals in the summer games, 12 of which are in boxing¹³.
- Before 1924, Irish participants competed as a part of Great Britain's team. They have been representing themselves independently since 1924.
- See: www.olympicsport.ie

Nutrition Zone

Food Native to Ireland

Turnips

- Turnips are root vegetables with white skin on the bottom and purple skin on the top.
- They were somewhat replaced by the potato in the 18th century.



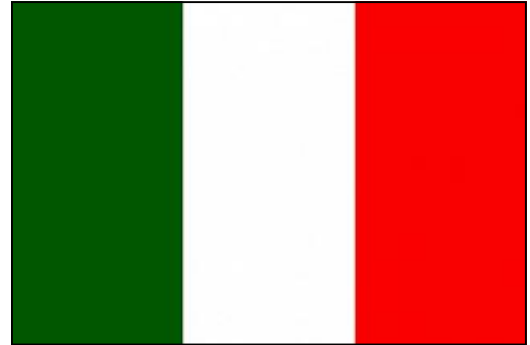
Why did the boy eat his homework?
Because his teacher said it was a piece of cake!

Italy



Featured Game

Name: **Lupo Mangia Frutta**
Number of Players: At least five
Supplies: None
Aim of the Game: To not be the wolf ("lupo")



How to Play:

1. One player is selected to be the "wolf" or "lupo" and stands on one end of the playing area.
2. Without being heard by the wolf, each of the other players decide on being a certain type of fruit.
3. The "fruit" line up opposite of the wolf., about 4 metres away.
4. The wolf says "Toc Toc" ("knock knock") and all the fruit ask "who is it?". The wolf replies "I am a fruit-eating wolf". The fruit reply "What kind of fruit do you want?"
5. The wolf calls out a type of fruit. If any player among the fruit is the kind of fruit called out by the wolf, the fruit must run away and the wolf must try to catch him/her.
6. If the wolf succeeds in catching him/her, this child will be the wolf in the next round of the game; if not, the wolf will have another go.

Olympic Stories



- Italy ranks fifth in the world for the country that has won the most summer Olympic medals.
- Fencer, Edoardo Mangiarotti, has won a total of 13 Olympic medals. His father, brother and daughter have all also competed in the Olympics for fencing¹³.
- Italy hosted the Summer Olympics in 1896 and 1960 and the Winter Olympics in 1956 and 2006.
- Italy has competed in every modern Olympic games, except for the 1904 summer Olympics.
- See: www.coni.it

Nutrition Zone

Food Native to Italy

Pizza

- The "Margherita Pizza", named after an Italian Queen, was made to represent the Italian flag. It has red tomatoes, green basil, and white mozzarella cheese.



What do you get when you stack thousands of pizzas on top of each other?
The Leaning Tower of Pizza!

Spain



Featured Game

Name: **Bomba**
Number of Players: At least four
Supplies: A ball
Aim of the Game: To be the last player standing



How to Play:

1. Players form a circle. One player stands in the middle of the circle with his eyes closed.
2. While the player in the middle counts silently to himself, the other players pass a ball (without throwing it) around the circle, in a clockwise direction.
3. When the player in the middle arrives at number 10 he raises one arm and continues counting silently; at number 20 he raises the other arm; at number 30 he shouts, "Bomba!" and claps his hands over his head.
4. The person holding the ball at that moment is out of play and must sit down, legs extended in front of him.
5. The game is repeated, but the player to the right of the person who is sitting down must jump over his legs to pass the ball and then return to his original position in the same manner.
6. The game becomes increasingly difficult as more players sit down and others have to jump over their legs.
7. The last player standing becomes the new player in the middle.

Olympic Stories



- Since 1936, Spain has participated in every Winter Olympic Games.
- The 1992 Summer Olympic Games were hosted by Spain in Barcelona.
- Of the many medals Spain has won, sailing has been the top-medal producing sport.
- The Olympic Games in Barcelona were important as they allowed a number of countries to be welcomed back to participate in the Olympic Games that had either been banned or had not participated in a number of years¹⁴.
- Spain's Crown Prince Felipe participated in the sailing event at the 1992 Olympics¹³.

Nutrition Zone

Food Native to Spain

Strawberries

- Wild strawberries are small, juicy, flavourful, and fragrant.
- There are more than 600 varieties of different sizes, textures, colours, and flavours.



Do you have to make so much noise when you eat?
Our teacher told us to start the day with a sound breakfast.

Sweden



Featured Game

Name: **Handshake Race**
Number of Players: At least four
Supplies: None
Aim of the Game: Not to be DET (IT).



How to Play:

1. Choose one player to be DET. The other players join hands and form a circle.
2. DET runs around the circle once or twice, taps the shoulder of one of the other players, and keeps running.
3. The tapped player runs around the circle in the opposite direction.
4. The other players leave an empty space where the tapped player was standing.
5. When the two runners meet, they shake hands three times, saying “good day” (or “goddag” in Swedish) each time.
6. They then race in opposite directions to the empty spot.
7. The player left outside the circle is DET for the next round.

Olympic Stories



- Sweden first participated in the 1900 Summer Olympics in Paris and hosted the 1912 Olympics in Stockholm. They are ranked 7th in the world for the most Olympic medals won by a country¹³.
- The Stockholm games marked the first time nations from all five continents were represented at the Olympics.
- The Stockholm games were also the first time where photo finish technology was available to verify judges' decisions¹⁴.

Nutrition Zone

Food Native to Sweden

Currants

- Currants grow on bushes that can grow up to 3 feet high.
- There are over 150 varieties of these berries—the most common being the red currant, the black currant, and the gooseberry.



Why did the man hold up a slice of bread?
To propose a toast.

Extra Resources

The following are available to support teachers in implementing Olympic activities within the classroom.

Supplementary Resources

Northwestern Ontario Sports Hall of Fame and Museum
(807)-622-2852

Canadian Olympic School Program
www.olympicschool.ca

Book Titles

Title	Author	Synopsis	Grade Level
Another Way To Dance	Margaret Southgate	Vicki Harris, 14, is one of two African Americans accepted into the summer program at New York City's School of American Ballet. She is a compulsive dancer and feels ready for the competition of this time-consuming endeavor. She is not ready, however, to face the racism within the program and begins to doubt her ability.	6 - 9
Degas and the Little Dancer	Laurence Anholt	Young Marie wants to be a ballerina, but her parents have no money for lessons. She must earn what little money she can as an artist's model at a ballet school.	K - 3
Olympics	B.G. Hennessy	This text depicts everyone from the athletes to those who manufacture equipment for both the Summer and Winter games. Hennessy gives an overview of what's involved in putting on and participating in the Olympics, rather than factual accounts of various competitions.	K - 3
Wilma Unlimited	Kathleen Krull	Rudolph contracted polio just before her fifth birthday. Though not expected to walk again, the fiercely determined girl persevered with her leg exercises; by the time she was 12, she no longer needed her steel brace. Eight years later, Rudolph represented the U.S. in the 1960 Olympics in Rome, where, despite a twisted ankle, she became the first American woman to win three gold medals during a single Olympic competition	3 - 6
Lives of the Athletes: Spills, Thrills (and what the Neighbours Thought)	Kathleen Krull	The newest addition to Krull and Hewitt's series of offbeat collective biographies, this lively book discusses the public feats and private lives of 20 athletes.	3 - 6
Salt in his Shoes	Dolores and Rosalyn Jordan	Before basketball star Michael Jordan's name was uttered reverently in households all over the planet, young Michael was just a shrimpy kid trying to play ball with the big boys in the neighborhood. This warm, uplifting story will encourage young readers to chase their dreams with hard work and faith.	K - 6
The Magic Hockey Stick	Peter Maloney	Do you believe in magic? Tracy does. When she starts using Wayne Gretzky's hockey stick, won by her parents at a charity auction, she suddenly becomes the best player on her hockey team.	K - 3
Sophie Skates	Rachel Isadora	Young readers are sure to admire eight-year-old Sophie, who is pursuing her dream of becoming a professional ice skater. While she clearly loves to skate, her story emphasizes the hard work, time, and dedication required to excel in the sport.	K - 3

The Brady Brady Series	Mary Shaw	Stories about Brady Brady and the Icehogs.	K - 3
Winners Never Quit	Mia Hamm	Mia's favorite sport is soccer but she hates losing. In fact, she dislikes it so much that she quits in the middle of a game. Upset about her attitude, her siblings do not let her participate the next day. Mia learns quickly that there will be times when she will score a goal and those when she will not, but playing the game is the most fun of all.	K - 3
Mighty Jackie: The Strike Out Queen	Marissa Moss	When Jackie Mitchell was a pitcher for the Chattanooga Lookouts, she made baseball history on April 2, 1931, by striking out both Babe Ruth and Lou Gehrig.	K - 6
Players in Pigtails	Shana Corey	Katie Casey is in a league of her own: "She preferred sliding to sewing, batting to baking, and home runs to homecoming." Unfortunately, baseball is not considered ladylike in 1942.	K - 6
Running Girl: The Diary of Ebonee Rose	Sharon Bell Mathis	The heart of Running Girl is diary-format fiction, fiction as clear as poetry; but its soul is straight fact. The narrator is 11-year-old Ebonee Rose. In her kente-cloth-covered diary ("Cool, cool!"), she records her preparations for the All-City Track Meet and her respect for female runners who have broken color barriers, gender-based stereotypes, and speed records.	3 - 6
The Best Skater in the Whole Wide World	Linda Bailey	Lizzy's ambitious dream is to be a champion figure skater. She practices her twirls and lutzes around the living room while watching the performers on TV. The author deftly portrays the ambition, desire, disappointment, and creative solution to a common setback.	K - 2
Girls Got Game	Sue Macy	Nine American women authors, including Virginia Euwer Wolff and Jacqueline Woodson, were invited to contribute original short stories about girls playing sports to this collection	6 - 9
When I Grow Up, I'm Going to Be a Hockey Star	Kimberly Jo Simac	Nearly all kids who learn to play hockey dream of becoming a hockey star. In this book, Kimberly Jo Simac shows beginning hockey players that this dream can become a reality. This book introduces budding young hockey players to the sport's team spirit, challenges and rewards.	K - 3
The Hockey Heroes Series	Mike Leonetti	A series of books highlighting a hockey player seen through the eyes of a young boy who finds the inspiration to surpass his own problems and become the best player and person he can. Each of the six books ends with a one-page biography of the featured hockey hero.	K - 3
Extreme Skiing	Kelley MacCauley and Bobbie Kalman	Extreme skiers have taken this favourite pastime to a whole new level! These daring athletes do it all, from winning gold at the Olympics to hitting backcountry mountains.	K - 3
Bobsled, Luge and Skeleton	Robin Johnson	Winter Olympic Sports	3 - 6
Sports Shorts	Joseph Bruchac	Well-known authors provide clever, semi-autobiographical snapshots that most people would love to forget. While many of the stories are about failed physical efforts, others celebrate athletic achievement.	5 - 9

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