

Table of Contents and Sample Pages from

Olympic Games

by Charlene Notgrass
with Mary Evelyn McCurdy

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Olympic Games

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written by Mary Evelyn McCurdy and published in 2004.

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for writing Lessons 1, 8, 39, and most of Lesson 38;
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to lessons 2, 4, 10, 11, 12, 16, and 40.

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How to Use This Study

The Olympic Games bring to mind athletes and uniforms, national anthems and flags, victory and defeat, records and statistics. What is the history of the Olympic Games? What does the Bible teach about athletic competition? What is the history of various sports? When did people start playing basketball and volleyball? When did people begin to ski and to skate? Who is the International Olympic Committee? How is a city chosen to host the Games? Find out the answers to these questions and much more as you have fun exploring the Olympic Games.

What's included in the forty lessons of *Olympic Games*?

- Bible Study
- History (with many historic photographs)
- Geography
- Physical Education
- Sports Vocabulary
- Creative Writing
- Grammar Activities
- Puzzles
- Review Questions
- Answer Key

How many copies of *Olympic Games* do I need for my family?

One per child. Students learn about the Olympic Games as they read and complete activities in the curriculum. The study is interactive. Each lesson includes some kind of written work that helps the student retain the information he or she has read.

How long does it take to complete this curriculum?

Lesson lengths vary. Allow 30 minutes for most lessons. Lessons with creative writing assignments will take longer.

How can I make the study even more memorable?

Have An Outdoor Family Olympic Games. Make up your own Olympic Games celebration! Appoint your own Family Olympic Committee to plan everything. Pretend you are having a torch relay by using a flashlight instead of a torch. Design your own Family Olympic flag. Plan an Opening Ceremony, using your family members' talents. Design medals and make them out of paper. Designate a place for winners to stand while you play his or her favorite song when they ascend the podium to receive their medals. A front or back porch would make a good podium.

Perhaps your family already enjoys some of the sports of the Games. If so, you can have events in those sports. If not, you can make up your own events. Who can kick a shoe the farthest? Who can hit a tree trunk with a ball? Who can pull up ten weeds before everyone else?

Perhaps your family doesn't like competition. Perhaps the children have different abilities and a skills contest would not be fun. You can simply hold events and give everyone an award for participating.

Just be sure that parents are involved in all the planning and that they supervise all events.

Have an Indoor Family Olympic Games. Instead of (or in addition to) outdoor Games, you could have an indoor Family Games. An indoor Family Games could include board games and cards. You could have a ball darts competition or see who can keep a balloon off the floor the longest. Just make sure you are safe and have fun!

For many years, our family has enjoyed following some of the sports of the Games. We are careful what we watch. Sometimes the girls enjoy watching figure skating, while the guys avoid it because some of the costumes are immodest. By writing this curriculum, I am not endorsing everything about the Olympic Games. However, it is inspiring to me to learn how people overcome obstacles to meet their goals. I love how countries work together during those few days, even though they may have major political differences. I hope this study of the Games encourages you to work hard to accomplish goals and inspires your family to work for peace at home and in the world.

Charlene Notgrass

Olympic Games



*Maracanã Stadium in Rio de Janeiro,
Site of the Opening and Closing Ceremonies
for the 2016 Olympic Games*

3 Sports Training in the Bible

The apostle Paul was almost certainly familiar with the ancient Olympic Games. Twice he wrote letters to the church in Corinth, Greece. The city of Corinth lies on approximately the same latitude as Olympia.



Ruins of Ancient Corinth in Greece

In 1 Corinthians, Paul used the imagery of athletic training and competition to teach Christians to be disciplined in their Christian lives. In the ninth chapter of 1 Corinthians, Paul even mentioned “the games.” In verses 24 through 27, he talked about running, boxing, and self-control and used other words that relate to athletic training and competition. This is what he said:

Do you not know that those who RUN in a RACE all run, but only one receives the PRIZE? Run in such a way that you may WIN. Everyone who COMPETES in the GAMES EXERCISES SELF-CONTROL in all things. They then do it to receive a perishable WREATH, but we an imperishable.

Therefore I run in such a way, as not without aim; I BOX in such a way, as not beating the air; but I DISCIPLINE my BODY and make it my slave, so that, after I have preached to others, I myself will not be DISQUALIFIED.

In 2 Timothy 2, Paul encouraged his young “son in the faith” to be strong. He taught Timothy, using the examples of soldiers, farmers, and athletes. In verse five, he said:

Also if anyone competes as an ATHLETE, he does not win the prize
unless he competes according to the RULES.

The words that relate to athletics are in all capital letters. Find them in the puzzle below.

L	P	S	J	K	G	A	M	E	S	L	M	N	D
O	A	E	C	O	R	I	N	T	H	I	A	N	I
R	U	L	E	S	E	M	A	R	K	W	I	N	S
U	L	F	D	G	E	A	C	T	S	R	L	T	C
N	A	C	E	H	C	P	R	I	Z	E	U	H	I
P	B	O	F	I	E	A	A	O	J	A	K	E	P
E	C	N	J	O	H	N	C	P	A	T	E	S	L
T	A	T	H	L	E	T	E	Q	M	H	X	S	I
E	A	R	D	A	N	I	E	L	E	V	W	A	N
R	C	O	M	P	E	T	E	S	S	U	B	L	E
A	O	L	Y	M	P	I	C	R	S	T	O	O	J
D	I	S	Q	U	A	L	I	F	I	E	D	N	A
L	B	H	E	B	R	E	W	S	O	F	Y	I	M
O	O	P	H	I	L	L	I	P	I	A	N	A	E
E	X	E	R	C	I	S	E	S	X	Y	Z	N	S



Pictures clockwise from top: White-Washed Building in Santourini, Greece; Greek Flag; Loufa Sponges from the Mediterranean Sea; Greek Windmills; Island of Samos, Greece



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The Olympic Oath



Athletes Taking the Olympic Oath on Opening Day of the Los Angeles Games, July 30, 1932

During the opening ceremonies an athlete from the host country takes the Olympic Oath on behalf of all athletes. He promises to follow the rules and to behave with good sportsmanship. Belgian athlete Victor Boin was the first to pronounce the Olympic Oath in the Antwerp Games of 1920. Since 1972 in Munich, officials and judges have also taken an oath. Since the 2000 Games in Sydney, the athletes' oath has included a promise not to use drugs.

The Olympic Torch



A Model of the 2012 Torch

The Berlin Games of 1936 saw the first relay of the Olympic torch. The torches of the Olympic Games are unique, a new one being designed for each relay. The torch is lit by a mirror reflecting the sun's rays in Olympia, Greece. It is then carried by relay, passing the torch on from person to person, until it reaches the location of the Olympic Games. There it is used to light the Olympic cauldron during the opening ceremonies. For the 2004 Games in Athens, Greece, the torch traveled to all five continents.

The final torchbearer of the 1964 games in Tokyo was 19-year-old Yoshinori Sakai. Yoshinori was born near Hiroshima, Japan on the day the first atomic bomb was dropped on that city in 1945 during World War II.

Olympic Spectators



Imagine the thrill of actually attending an Olympic event. This picture from the Library of Congress is entitled, "Crowds gathering at restored Stadion for 20th century celebration of old games, Athens." Describe the scene on notebook paper. When you and a parent have proofread your work, copy it below.

19

Archery



Archery was included in some Olympic Games from 1900 to 1920, but it did not become a permanent event until the Munich Games of 1972. An Olympic target is 1.22 meters across. It has 10 concentric rings. The bullseye ring in the middle is 12.2 centimeters across. Archers shoot their arrows from 70 meters away. Competitors vie individually and in teams. See the photo from Athens 2004 at left.

The Bible often speaks of bows and arrows. One passage is Psalm 127:4. Copy it on these lines:

Read about King David, his friend Jonathan, and what they did with arrows in 1 Samuel 20.

Badminton

Badminton has been an Olympic sport since the Barcelona Games of 1992. The game is popular across Asia and Europe. In the modern game two to four players use lightweight rackets to hit a shuttlecock back and forth over a net. The game is often played on grass, but the Olympic game is played indoors on a marked court. A shuttlecock is a piece of round cork with feathers sticking out of one side.

In the 400s BC, the Chinese played a form of the game, called *ti jian zi*. In this game they kicked the shuttle. Later, ancients from Greece and India played a form that used rackets instead of feet. During the 1600s, Europeans played shuttlecock. British soldiers brought a version of the game home from India in the mid-1800s. The English Duke of Beaufort introduced the game to royal friends at his country estate, Badminton House. Thus, the game came to be called badminton.



Duke of Beaufort

Fencing

Modern fencing has its roots in the ancient combat form of sword fighting. Fencing competitions have been held in every modern Olympic Games. Olympic competitors face one another on a 14-meter by 1.5 meter metal playing area. Contests are held for three types of swords: foil, épée, and sabre. The foil has a flexible, rectangular blade. The épée has a triangular blade that is rigid. The sabre is V-shaped, flexible and has an edge that can cut.

Fencers wear protective clothing with wires. These connect to an electronic scoring system which indicates whether a hit has been made. Olympic competitions are held for individuals and for teams. A fencing team has three members. Each fencer on a team duels each member of the opposing team.

Some of the words in the sentences below are scrambled. Unscramble them. Use these words as hints.

en-garde lunge parry riposte touché

DA-EGENR _____ is the command made by the umpire to start a match.

To NLUEG _____ is to put one foot forward and thrust the sword forward.

A RPYAR _____ is a stroke that deflects the opponent's sword.

An attack following a defensive move is a IOTESRP _____.

OTUÉCH _____ is a shout made when a fencer scores a hit.



Men's Individual Epee Event at the 2004 Athens Games

*For I will not
trust in my bow,
nor will my sword
save me.
Psalm 44:6*

Luge

Vikings rode sleds as early as 800 A.D. Luge is French for “sled.” Luge became an Olympic sport in the 1964 Games in Innsbruck. The Winter Games feature competition for men’s singles and women’s singles. A doubles match is also held where men’s teams and women’s teams can compete against one another. A team can be made up of one man and one woman, but traditionally teams have either two males or two females.

In singles competition, competitors make four runs—two runs on one day and two on another. The times are added together. The gold medalist is the athlete with the fastest



Luge at the 2010 Games

total time. Men and women use the same track, but women start closer to the finish line.

In doubles competition, pairs of athletes take two runs on the same day down the luge course. The pair with the fastest total time wins gold.

Ice Skating

A type of ice-skating blades that are centuries old have been unearthed from bogs in The Netherlands. The Dutch have a long tradition of ice skating. Races were held there as early as the 1400s. Figure skating was performed during the 1908 Games in London, and it became an official Olympic Winter Games sport in 1924 at Chamonix. The Winter Games include contests in figure skating for men, women, and pairs; ice dancing; and two forms of speed skating.

Figure Skating. Olympic figure skating competitions include women’s singles, men’s singles, pairs, and ice dancing. Singles perform a short program with eight set elements. In the free skating component, skaters choose their own music and do an original performance. Pairs skating also has a short program with set elements and a free

skate. The pair must appear to skate as one unit. The focus of ice dancing is complex steps in time with music. Ice dancers perform a predetermined dance, an original dance with set rhythms, and a free dance. Ice dancing is similar to ballroom dancing. The focus is on complex steps performed in time with the music. The skaters maintain contact with each other, limiting lifts and jumps.



Ice Dancing in Vancouver

Speed Skating. Men's Olympic speed skating has been part of the winter Games since the Chamonix Games in 1924. Women began to compete in 1960 at Squaw Valley. Today there are ten events. Men and women compete separately in the 500 meter, 1000 meter, 1500 meter, and 5000 meter. Women also compete in a 3000 meter and men in a 10,000 meter. Team pursuit competition is held for women and for men. Skaters skate two at a time and race against the clock on a 400 meter oval. They skate counter-clockwise.

Short Track Speed Skating. The first Olympic short track speed skating competition was held in Albertville in 1992. Today the Winter Olympic Games include



Women's 5000 Meter Speed Skating, 2010

separate men's and women's races of 500 meters, 1000 meters, and 1500 meters. Men also compete in a 5000 meter relay and women in a 3000 meter relay. Skaters begin in mass starts of four skaters and skate against one another in heats on a 111.12 meter oval. Short track speed skaters also skate counter-clockwise.

Fill in the blanks.

1. _____ rode sleds as early as 800 A.D.
2. The _____ skated from village to village by the 1200s.
3. Women's Olympic speed skating began at _____.
4. Centuries-old blades have been found in _____ in The Netherlands.

God Made Us All



*Flags of the World at Olympic Park
in Seoul, South Korea*

Every Olympic athlete has been created by God and in the image of God. Each athlete uses the heart, soul, mind, and strength that God gave him to accomplish his goals. An athlete needs the physical strength that God has given him, but he also needs his heart so that he can have courage, his soul so he can draw strength from his Creator, and his mind so that he can think quickly how to handle every challenge.

The Bible talks about people who were physically strong.

What does the godly woman do in verse 17 of Proverbs 31? _____

How is the son of Jesse the Bethlehemite described in 1 Samuel 16:18 (this is David the shepherd, who is soon to be king of the Israelites)? _____

According to Luke 2:52, when Jesus was a boy, He grew in four ways. List them:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |

Every Olympic athlete and every person in the world can say what the psalmist says in Psalm 139:14. Copy it here: _____

Bible Study: Run!

Running has been a part of the Olympic games since their origin in Greece. The Bible talks about our lives being a race which we must run with endurance.

Look up these passages from the Bible about running and answer the questions that follow.

Psalm 119:32

Where does the psalmist say he will run?

Proverbs 4:10-12

Since the father has led his son in upright paths, what will happen when the son runs?

Isaiah 40:31

Those who wait for the Lord will run
and not be what?

Proverbs 18:10

The name of the Lord is a strong tower.
What happens when the righteous run into it?

Hebrews 12:1

Hebrews tell us to run our race with what?



Nick Willis is a runner from New Zealand who seeks to honor God with his athletic skill. He won a silver medal at the 2008 Beijing Games.

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