



DELAWARE 4-H

Healthy Living

SUMMER OLYMPICS

GOALS

To engage youth in a fun activity to learn facts about the Olympics, and create interest in the August 5-August 21, 2016 Olympics in Rio de Janeiro.

SUPPLIES

- This sheet of paper
- 2-8 ½ x 11 sheets of paper with **TRUE** written in large letters on one sheet, and another sheet with the word **FALSE** written on it.
- Tape to hang one on each side of the room or place on the floor (if no tape is available).

TIME REQUIRED

15-20 minutes

SUGGESTED AUDIENCE

Ages 8 and up

PROCEDURE

Hang a piece of paper labeled **TRUE** on one side of the room, and one labeled **FALSE** on the other. Instruct youth to move to the side of the room they think holds the correct **TRUE** or **FALSE** answer to the following questions:

Brazil will host the 2016 Summer Olympics, the first ever held in South America.

TRUE The host city is Rio de Janeiro.

If you are going to the Summer Olympics in Rio de Janeiro this year, you need to brush up on your Spanish.

FALSE Unlike most South American Countries, Brazil's native language is Portuguese.

The Olympics began in Greece with only men competing.

TRUE

The youngest Olympian was a 10 year old Greek gymnast who took part in the first modern Olympics.

TRUE Dimitrios Loundras was a Greek gymnast who won a bronze medal at the 1898 Olympics in Athens at age 10 and 218 days old. He remains the youngest Olympic competitor and medalist on record.

The first African to win a gold medal competed in the Olympic Marathon wearing Nike sneakers.

FALSE Abebe, who hails from Ethiopia, won the gold medal in the 1960 Olympics running barefoot.

The colors of the 5 Olympic interlacing rings are Blue, Yellow, Black, Green, and Red on a white background.

TRUE The rings were designed by Barron Pierre de Coubertin in 1914 and symbolize the 5 inhabited continents of the world, united by Olympism and the 6 colors are those that appear on all the national flags of the world.

The 2016 Summer Olympics will include skiing and ice skating for the first time ever.

FALSE You can catch those sports at the Winter Olympics in 2018 in Pyeongchang, South Korea.

Summer Olympic sports include Running, Swimming, Archery, Badminton, Canoeing and Cycling to name a few.

TRUE There are many cool sports included at the Summer Olympics such as those mentioned, as well as Basketball, Equestrian, Gymnastic, Sailing, Shooting, Tennis, Volleyball, Weightlifting and so much more. For a full list go to www.olympic.org/sports. There is something for everyone!

The United States has won more medals in both the summer and the winter Olympics than any other country.

FALSE The U.S. has won more summer Olympic medals, but Norway has captured the most medals of the winter events.

The oldest Olympic medal winner was a 72 year old Swedish Shooting expert.

TRUE Oscar Swahn, a Swedish shooting expert won his first Olympic Medal in 1908 as a 60 year old, and his last at the games in Antwerp when he was 72.

Thank you for participating in this fun activity to learn about the Olympics!



Cooperative Extension

COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

For information on booking 6-10 hours for your club or students, visit our website at <http://extension.udel.edu/4h>. Or call your County Cooperative Extension Office.



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"Youth Voice, Youth Choice"
building healthy communities
through engaged youth!