

**BECAUSE
OF THEM
WE CAN**

BOX

JUST FOR KIDS

BECAUSE OF TOMMIE SMITH & JOHN CARLOS

AGES 5-8

BOTWC MINIS POSING AS
TOMMIE SMITH AND JOHN CARLOS



**TOMMIE
SMITH**



**JOHN
CARLOS**

BOTWC

OLYMPICS EDITION

FISTS UP!



In October 1968, United States track-and-field athlete **Tommie Smith** won the 200 meter race! Tommie broke every recorded time, for a 200-meter-race runner, in the world. That same day, Australia's track-and-field athlete Peter Norman finished second. Another runner for the United States, **John Carlos**, finished in third place. When the race was completed, the three went to the middle of the stadium to receive their winning medals.

John and Tommie decided to make a statement about the way Black people were treated in the United States. They didn't wear shoes as a symbol for Black people in poverty. Tommie wore a black scarf around his neck to represent Black pride, John had his tracksuit unzipped to represent all blue-collar workers in the United States. He also wore a necklace of beads that represented all of the enslaved and harmed Black people, during our time in the U.S.

Both United States athletes were supposed to bring black gloves to the event, but John forgot his. Peter Norman, the Australian athlete, said that each U.S. athlete should wear one glove. For this reason, John raised his left hand as opposed to his right, as pictured above. The Black Power salute uses the right fist. As they left the podium they were booed by the Olympic audience.

Tommie later said, "If I win, I am American, not a Black American. But if I did something bad, then they would say I am a Negro. We are Black and we are proud of being Black. Black America will understand what we did tonight." Tommie later stated that he and John were concerned about the lack of Black coaches, Muhammad Ali being stripped of his title, and the lack of housing and access to colleges for Black people.

The actions of Tommie and John, as well as many athletes and activists before them, inspired protests to this very day. More recently Colin Kaepernick and other US athletes have protested to continue to bring light to racism and police brutality.

WORD SEARCH!

DIRECTIONS: Complete the word search to find the names of some very important Black athletes who made history at the Olympics! You can research their names to find out more about them!

- | | |
|--------------|---------------|
| CONSTANTIN | JOHN TAYLOR |
| TOMMIE SMITH | FLO-JO |
| JOHN CARLOS | GABBY DOUGLAS |
| GEORGE POAGE | |

F	N	A	P	T	T	Y	J	A	Y	R	L	O	G
L	T	O	A	G	Y	Y	N	R	L	R	N	S	A
O	A	O	J	N	D	G	H	T	G	N	S	O	B
J	Y	E	N	O	G	L	E	N	J	G	J	L	B
O	C	O	N	S	T	A	N	T	I	N	O	R	Y
A	E	J	U	O	T	M	E	N	E	B	H	A	D
T	L	D	T	D	S	G	I	A	N	A	N	C	O
E	G	A	O	P	E	G	R	O	E	G	T	N	U
R	O	O	T	G	C	A	E	C	R	O	A	H	G
H	T	I	M	S	E	I	M	M	O	T	Y	O	L
R	I	R	A	S	T	T	M	H	E	E	L	J	A
A	E	O	M	M	O	A	A	O	M	O	O	G	S
O	R	Y	G	J	O	S	T	S	O	A	R	A	T
S	N	S	G	R	I	O	L	N	H	A	J	M	E

THE OLYMPICS

DIRECTIONS: Read the following information about the Olympics. As you read about new facts, complete the math questions to help you understand even more about the Olympics.

1. How did it start?

The Olympics started in Greece in a region called Hleia. The name, Olympics, comes from the town where the games were held called Olympia. The first ever modern-day Olympics were held in 1896.

Write the underlined number in expanded form and word form.

STANDARD FORM	EXPANDED FORM	WORD FORM
EXAMPLE: 256	$200 + 50 + 6$	TWO HUNDRED FIFTY SIX

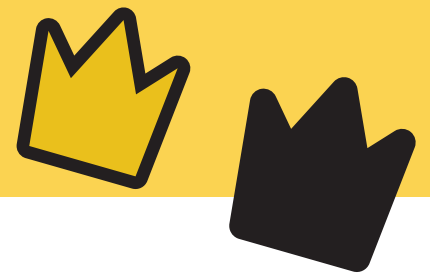
2. What is it?

The Olympics is a huge event that is celebrated all over the world. There are several sports competitions and thousands of athletes compete. In the 1st modern day Olympics athletes competed in 9 sports including, swimming, cycling, gymnastics, tennis, fencing, and more. There were about 280 athletes who competed. The next Olympics is set to have 47 different sports and about 11,100 athletes competing.

If you wanted to find out how many more sports there are now than the 1st modern games do you need to add or subtract? Explain why? Then find the answer and show your work.

WHAT DO YOU KNOW?	WHAT DO YOU NEED TO FIND OUT?	WHAT ARE THE KEY WORDS?	HOW WILL YOU SOLVE THE PROBLEM? SHOW YOUR WORK

READ & RESPOND



3. Why is it important?

The mission of the Olympics is to “contribute to building a peaceful and better world by educating youth through sport.” This means that they want to bring all different kinds of people together to celebrate and participate in sports. Today, there are a lot of celebrations in different countries because of their athletes. The athletes and the people cheering them on show pride for their country. In the 1896 Olympics, America won 9 out of the 12 track and field events causing a huge celebration. However, there have been times when people did not want Black people or women to participate in the Olympics. Many times, the Olympics have been a place where people were determined to fight against discrimination. In 1968, Tommie Smith and John Carlos made history after winning the gold and bronze medals and doing the “Black Power Salute”.

How many games would the Americans need to win all of the track games for that year? Is this number even or odd?

Show your work!

4. When and where does it happen?

The Summer Olympics is held every 4 years. It happens in different major cities and in different countries but there are some cities that will have the Olympics more than once. The last Summer Olympics was in 2016 in Rio De Janeiro. The 2020 Olympics were supposed to be in Tokyo, Japan in July. It was postponed (pushed to a later time) because of the COVID-19 virus. The Olympics have only been postponed or cancelled 6 times and most of those times was because of war.

If the last Summer Olympics was in 2016 and this one was scheduled for 2020, in what year will the next Summer Olympics take place?

Show your work!





BE ACTIVE!



DIRECTIONS: Just like with Olympic athletes, it is important to stay active and fit. Use the letters of your first name to create a workout just for you! If you want an extra challenge you can use your first and last name! You can even try a new word each day!

A	10 JUMPING JACKS	B	JUMP UP 10X	C	SKIP 10X
D	LEAP LIKE A FROG 8X	E	HOP ON RIGHT FOOT 10X	F	HOP ON LEFT FOOT 10X
G	WALK LIKE A BEAR (10 SECS)	H	JOG IN PLACE (10 SECS)	I	RUN IN PLACE (10 SECS)
J	BALANCE ON LEFT FOOT (5 SECS)	K	5 PUSHUPS	L	MARCH IN PLACE (5 SECS)
M	10 BIG HOPS	N	TOUCH YOUR TOES (10 SECS)	O	BALANCE ON RIGHT FOOT (5 SECS)
P	WALL SIT (5 SECS)	Q	5 SITUPS	R	10 BODY TWIST
S	PRETEND TO SWIM (15 SECS)	T	PRETEND TO JUMP ROPE (15 SECS)	U	JOG IN PLACE (15 SECS)
V	TOUCH YOUR TOES (10 SECS)	W	10 SQUATS	X	PRETEND TO JUMP ROPE (20 SECS)
Y	5 JUMPING JACKS	Z	REACH FOR THE SKY (10 SECS)		



DESIGN YOUR FLAG

Directions: We included a flag for you to design that you would fly at the Olympics! You can plan out your design here, and we've included a few guidelines below to help you get started!

Keep It Simple.

The flag should be simple so it's easy to remember - lots of flags use simple shapes and big blocks of color.

Use Meaningful Symbolism.

The flag's images, colors, or patterns should mean something! Think of your favorite colors, or what a color makes you think of (for example: the sky or water might make you think of the color blue!)

Use 2 or 3 Basic Colors.

Limit the number of colors on the flag to three which contrast well.

No Lettering or Seals.

Flags are often seen from far away and letters can't be read.

Be Distinctive or Be Related.

Make sure your flag is different from others - or, make your flag similar to another. Be sure to change some elements (for example - you could have the stars & stripes of the American flag, but change the colors, number of stars, - make it your own!)

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

Answers: (1.) Standard Form - 1896 | Expanded Form - 1000+800+90+6 | Word Form - One thousand eight hundred ninety six (2.) Subtract, 11100 - 280 = 10,720 (3.) 2024 (4.) 3, odd

Word Search Answer Key

TAKE THE PLEDGE

I WILL HONOR
THE SACRIFICES OF
MY ANCESTORS.

I WILL BELIEVE
IN ME.

I WILL PURSUE
MY DREAMS.

I WILL HELP
OTHERS ALONG
THE WAY.