

**BECAUSE
OF THEM
WE CAN**

BOX

JUST FOR KIDS

BECAUSE OF TOMMIE SMITH & JOHN CARLOS

AGES 9-12

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 with a world-record time of 19.83 seconds. A world-record means that 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 with a time of 20.06 seconds. Another runner for the United States, **John Carlos**, finished in third place with a time of 20.10 seconds. When the race was completed, the three went to the podium to be given their winning medals.

John and Tommie wore no shoes, 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 show solidarity with all blue-collar workers in the United States.

He also wore a necklace of beads that "were for those individuals that were lynched, or killed and that no-one said a prayer for, that were hung and tarred. It was for those thrown off the side of the boats in the Middle Passage." Tommie was clear in his messaging, that day and beyond. Both United States athletes were supposed to bring black gloves to the event, but John forgot his. Peter Norman, the Australian athlete, suggested that they each 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.

When The Star-Spangled Banner played, Tommie and John delivered the Black Power salute with heads bowed, an image that was seen around the world. 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 expressed 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!

ALICE COACHMAN GEORGE POAGE USAIN BOLT
 CONSTANTIN JOHN TAYLOR JESSE OWENS
 TOMMIE SMITH FLO-JO
 JOHN CARLOS GABBY DOUGLAS

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

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.

How many years ago did the Olympics start?

Show your work!

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.

This year's number is about how many more times the amount of athletes that participated when the Olympics started? 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. 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 was supposed to be in Tokyo, Japan in July. It was postponed because of the COVID-19 virus. The Olympics have only been postponed or cancelled 6 times and most of those times was due to war.

If the last Summer Olympics was in 2016 and this one was scheduled for 2020, what is the last year that an Olympics will be held in the 21st century (Hint: Before the year 2100)?

Show your work!



4. 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 has 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”.

What is the fraction of games the Americans won in 1896 in simplest form?

CHALLENGE: What fraction of games would they need to win all of the games?

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!)

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

Answers: (1.) 124 Years Ago (2.) About 39 or 40 times more (3.) 2096 (4.) 3/4

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.