Kids guide TO THE TOKYO OLYMPICS

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kids guide
TO THE TOKYO OLYMPICS
Kids guide to the Tokyo Olympics

SportsEngine, a division of NBC Sports Digital & Consumer Business
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Overview
OF THE OLYMPIC GAMES
The origin of the ancient Olympic Games is lost in history, but some say that it began as a commemoration of the god Zeus’ defeating Cronus in a wrestling match—the prize being possession of Earth. Other legends state that Heracles, son of Zeus and the mortal woman Alcmene, founded the Games. Regardless of the event that inspired the Games, the first recorded mention of the Olympics was in 776 BCE. The Olympic Games would continue to be held in Olympia in the western Peloponnese until 393 ACE.

While nominally a religious festival honoring the gods, a major part was the competition between young men who wanted to show off their physical fitness, strength, speed, and cunning. For five days, spectators would watch athletes compete in running, jumping, and throwing events plus boxing, wrestling, pankration, and chariot racing. Winners were awarded a crown of olive leaves, also known as kotinos. The olive branch and leaves were intertwined to form a circle or a horse-shoe and placed on the victor’s head.

At its height in the second century ACE, 40,000 spectators would pack the stadium while many more lingered outside enjoying the festivities. In 393 ACE, Emperor Theodosius I, a Christian, banned all pagan festivals, ending the Olympic tradition after nearly 12 centuries.

What is the most interesting thing you learned about the ancient Games?

Learn More
To learn more about the ancient games scan the QR code above.
It is 5,922 miles from Athens to Tokyo.

1. When did the first Games take place?
   
   2. Who was allowed to compete in these Games?
   
   3. What did each winner receive as their prize?
   
   4. For how many years did the Games originally last?

Fun Facts

1. A false start in track was grounds for corporal punishment (floggings).
2. There were only two rules in pankration—no biting and no gouging.
3. Athletes in combat sports had to indicate their surrender by raising their index fingers—some died before they could do this.
4. There were no points, no time limits, and no weight classifications in boxing.
Modern Games

In 1859, an Olympic-like event was first held in a square in Athens, then again in 1870 and 1875, with attendance topping 30,000 in 1870. However, these first events were all one-offs.

In 1892, Pierre de Coubertin, a French educator and historian, proposed a regularly recurring Olympic event. His idea took hold and in 1894, the first meeting of the International Olympic Committee (IOC) was held in Sorbonne, Paris. They agreed on an internationally rotating Olympic Games that would occur every four years.

In 1896, 14 countries competed in 43 different events in the first modern Olympic Games. As a tribute to the original games, it was held in Athens, Greece. The result was a big success. Athletes, fans and government officials were extremely enthusiastic about the future of the Games.

Unfortunately, the 1900 and 1904 World’s Fairs relegated the Games to more of a sideshow at those events, instead of the grand international event that de Coubertin had envisioned. The Games regained their footing in 1908 and continued the four-year cycle known as an Olympiad until World War I, when the 1916 Games, which were to be held in Berlin, were canceled. This happened again in 1940 and 1944 because of World War II. The Games have run on schedule ever since until 2020, when the COVID-19 pandemic pushed the Games out of cycle to be held in July and August 2021.

Over the last 125 years, the Games have continued to grow and evolve. The Tokyo Olympics will feature 41 different sports, including newcomers like surfing, sport climbing, and skateboarding. Athletes from 206 nations are expected to compete. Women will also represent nearly fifty percent of the athletes, and they promise to be the most sustainable Games to date.

Where is the International Olympic Committee (IOC) based today?

Pierre de Coubertin

When Pierre de Coubertin was a young man, a German team of archaeologists were excavating ancient Olympia in Greece. De Coubertin was keenly interested in the discoveries and has repeatedly stated that this dig was the inspiration for recreating the ancient Games. Like the ancient Greeks, he saw sport as a spiritual movement and wanted to rebuild that for the modern day.

“Like ancient athletics, modern athletics is a religion, a belief, a passionate movement of the spirit that can range from ‘games to heroism.’”

- Pierre de Coubertin
Fill in the Blank

1. The first meeting of the International Olympic Committee (IOC) was held in _______ in _______.

2. Women were officially allowed to compete starting in the _______ Olympic Games.

3. The first modern Olympic Games was held in _______ in _______.

Scan the QR code to learn more about the modern games.

Fun Facts

1. Great Britain is the only nation to have won at least one gold medal at every Olympic Games.

2. Women have competed in the modern Olympics nearly as long as the Games have been around. In 1900, there were female athletes in sailing, tennis, croquet, equestrian, and golf.

3. 2021 marks the first time that the Olympics will be held in an odd-numbered year.
The Olympic Rings

The Olympic Rings are a relatively modern addition to the Games. They first appeared in 1913 at the top of a letter written by Baron Pierre de Coubertin, the founder of the modern Olympic Games. In the letter he wrote, “These five rings represent the five parts of the world now won over to the cause of Olympism and ready to accept its fertile rivalries. Moreover, the six colors thus combined reproduce those of all the nations without exception.”

An often cited mistake is that each ring color represents individual content. Rather, the five colors combined with the white background represent the colors of the flags of all nations at that time, without exception.

The rings are interlaced to show the meeting of the athletes of the world during each edition of the Olympic Games in a spirit of good friendship and fair and equal competition.

Freestyle swimmer Chris Jacobs is credited with starting the Olympic rings tradition. He noticed a small maple leaf tattoo on Canadian competitor Victor Davis’ chest and decided to follow suit and celebrate his three gold medals by tattooing the rings just below the waistline of his swim trunks. A few years later he got a second set of rings tattooed on his bicep. It wasn’t until 2008 when Michael Phelps got his tattoo that the tradition really took off. Today, it is a right of passage with many Olympians getting rings tattoos somewhere on their bodies.
Compare & Contrast

What differences do you see in each version of the rings. Why do you suppose such minor changes were made?

1913
Introduced in 1913

1920
The rings were first used during the Games of the VII Olympiad in Antwerp 1920

1957
In 1957, the IOC approved a standardized version of the rings which varied only slightly from the original design proposed by Coubertin

1986
In 1986, the official representation of the rings was updated slightly to include spacing between each ring

2010
In 2010, the IOC approved a return to the interlocking ring design used prior to 1986
The Olympic Torch & Flame

Today the lighting of the Olympic flame is an integral part of the Games and provides a connection to its ancient history. However, it didn’t make its first appearance until 32 years after the first modern Olympic Games. In these first appearances, the flame was lit over the stadium with much less fanfare than today.

Prior to the 1936 Games in Berlin, a German university lecturer, sports enthusiast, and head of Berlin’s Olympic Organizing Committee proposed a grand torch relay from Olympia to the site of the current Games. The torch would then be used to light the Olympic flame and open the Games.

Rule 13 of the Olympic Charter states “The Olympic flame is the flame which is kindled in Olympia under the authority of the IOC” and must begin its journey in Olympia, Greece.

Lighting of the Torch for Tokyo

The ceremony took place on March 12, 2020, at Olympia, Greece. However, due to the COVID-19 pandemic, the 31-city tour of Greece was canceled. A small ceremony was held in Sparta where Scottish actor Gerard Butler—who played Leonidas in the movie 300—helped commemorate the 2,500th anniversary of the Battle of Thermopylae.

The torch was later placed in the Japan Olympic Museum until the relay was restarted on March 25, 2021. It then made a tour of Japan and then on July 23, 2021 after a delay of one year, the cauldron will be lit to open the Tokyo 2020 Olympic Games.

Learn More

To learn more about the Olympic torch and flame scan the QR code above.
Did You Know?

- A new torch is designed for every Olympics.

- Several torches are made because each torchbearer is given their own torch. The flame is passed from runner to runner, not the torch.

- As it was in Ancient Greece, the Mother Flame that is used to light the torch is lit by the sun in Olympia.

- Since 1928, a flame has been lit in the opening ceremony and remains lit until the closing ceremony.

Past Olympic Torches

- ATLANTA 1996
- SYDNEY 2000
- ATHENS 2004
- BEIJING 2008
- LONDON 2012
- RIO DE JANEIRO 2016
Carrying on the tradition from the ancient Olympic Games, the first modern Games crowned the winners with an olive wreath and 1st & 2nd place winners received silver and bronze medals respectively. While the games in 1900, no medals were awarded at all. Finally, in 1904 winners received the traditional gold, silver, and bronze medals for 1st, 2nd, and 3rd place.

Some consistency emerged in 1928, when Italian artist Giuseppe Cassioli designed the medals for the Olympic Games in Amsterdam. Cassioli’s design had several features: a robed Hellenic goddess holding a laurel wreath with the Athens Colosseum in the background, a horse drawn chariot, a Grecian urn, and the Olympic rings. They appeared on both sides of the medals until 1968. In 1972, the image started to be used only on the front side only.

In 2004, the IOC approved an updated version of this design.
The 2008 Beijing medals also included Jade.

**Fun Facts**

1. No Olympian has received a solid gold medal since the 1912 Games.

2. Gold medals are generally heavier than silver or bronze medals. For example, the Tokyo medals weigh 556g, 550g, and 450g, respectively.

3. Olympians are often seen biting their medals. This harkens back to the ancient practice of biting into gold to test its purity and authenticity.

4. It wasn't until 1960 that medals were designed to be worn around the neck. Prior to that, they were pinned to the winner’s chest.
The Mascot

The Olympic and Paralympic mascots are fictional characters—usually an animal native to the area or human figures—who represent the cultural heritage of the place where the Olympic and Paralympic Games are taking place.

The first Olympic mascot was born at the Grenoble Olympic Games in 1968. It was named “Schuss” and was a little man on skis, designed in an abstract form and painted the colors of France (blue, red, and white). Starting in 1968, the coherent design system was introduced for the XIX Olympiad in Mexico. Building on the graphical success, 1972 Olympics in Munich introduced Waldi, a Dachshund dog, which was a popular breed in Bavaria and represented the attributes required for athletes—resistance, tenacity, and agility. It contained three of the colors of the Olympic flag (blue, yellow, green). From 1972 to date, every Olympics has featured a mascot that represents the feel of the Games and something of the host city.

The success of those first mascots helped the idea of a mascot become a symbol of the Olympic Games and developed into an institution.

Miraitowa

The 2020 Olympic mascot is called Miraitowa, which is derived from the Japanese words mirai (future) and towa (eternity). This name was chosen to promote a future full of eternal hope in the hearts of people all over the world.
Question & Answer

What is your favorite mascot? Why?

________________________________________________________

________________________________________________________

________________________________________________________

Scan the QR code to learn more about Olympic mascots.

Mascot Timeline for the Olympic Games

MUNICH 1972

SEOUL 1988

BARCELONA 1992

ATLANTA 1996

LONDON 2012

RIO DE JANEIRO 2016

Schuss, Grenoble Olympic Games 1968
Sports

There are 41 sports represented at the Tokyo Olympics. This includes six new sports added since the 2016 Rio Games—baseball, softball, karate, sport climbing, skateboarding, and surfing.

Competing Countries

Did you know there are more independent entities competing in the Tokyo Olympics but only 195 different countries? That means that some countries have different contingents competing independent of one another. One of those is the United States! In addition to athletes competing under the stars and stripes, American Samoa, Guam, Puerto Rico, and the US Virgin Islands each have their own delegation at the games.

Aquatics

Under the International Olympic Committee (IOC), swimming, diving, water polo, marathon swimming, and artistic swimming are all part of the same sport? They are all separate disciplines in the sport of aquatics. However, the U.S. treats each of these as its own sport with its own rules and governing body. It’s only at the Olympic Games and other international competitions that they are combined under a single sport.
Olympic Sport Name Word Scramble

1. RCRAYHE
2. BEHAC LLOYLEAVB
3. MNNTAIBDO
4. EASLBBLE
5. ESTBKALLBA
6. XGOBNI
7. AOCEGNENI
8. IGYCLNC
9. DVGINI
10. UNQTASEIER
11. LEFDI HCYOEK
12. CNEIGFN
13. FOLG
14. YSAMCSIGNT
15. HNLDBAAL
16. OJDU
17. KREATA
18. DNOMRE ANTPTENOHL
19. WGORN
20. BGURY
21. SAGILNI
22. IHNSGTOO
23. TAKANISODBEGR
24. ECRCOS
25. LASFBTOL
26. PRSOT MCNLBGII
27. GSRFNUI
28. NWGMIMSI
29. LTEAB INETS
30. WODTAEOKN
31. SNITEN
32. KTRAC NDA LFDIE
33. RMNTIOEALP
34. ORNTHLTIA
35. VALOLLELYB
36. ARWET OPLO
37. HILGGITNTFEWI
38. SGLIRTWEN

Tug-o-war used to be an Olympic sport
Opening Ceremony

The Opening Ceremony has been part of the Olympic Games since its modern inception in 1896. While many parts have changed, some of the traditions from that first Games have carried on to today. The Olympic anthem composed for the 1896 Games is still played and the parade of athletes entering the stadium (called the Parade of Nations) is considered the highlight for most spectators.

Today, Rule 55 of the Olympic Charter governs much of the protocol, but each host country provides its own flavor, especially to the artistic part of the program. Each Opening Ceremony concludes with the lighting of the Olympic flame, signaling the official beginning of the Games.

Watch All of the Action

NBC will air its first-ever live morning broadcast of an Olympic Opening Ceremony from Tokyo as part of its daylong presentation on Friday, July 23, 2021.

**EASTERN TIME**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:55 AM</td>
<td>Live Opening Ceremony Coverage</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>Special Edition of TODAY</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Tokyo Olympics Daytime</td>
</tr>
<tr>
<td>7:30 PM</td>
<td>Primetime Opening Ceremony</td>
</tr>
<tr>
<td>12:35 AM</td>
<td>Overnight Replay of Opening Ceremony</td>
</tr>
</tbody>
</table>

The Elements

While watching the Opening Ceremony, make note of each of the activities below and put them in the proper order that you see them.

1. The opening of the Games
2. Raising the Olympic flag & playing the anthem
3. The artistic program
4. The symbolic release of doves
5. Official speeches
6. Olympic Laurel
7. Playing the National Anthem
8. Taking of the Olympic oath
9. Olympic flame and torch relay
10. Parade of Nations (also known “Parade of Athletes”)
11. Entry into the stadium and welcome

Scan the QR code to learn more about the Opening Ceremony.
Observations

1. Describe the Olympic flag. ____________________________________________

2. How many countries are competing at the Tokyo 2020 Olympics? ______________________

3. How many sports are in the Tokyo Olympic Games? ______________________

4. What are some interesting facts that you learned about Japan? ______________________

Olympic champion Michael Phelps carrying the United States flag while leading the Olympic team USA in the Rio 2016 Opening Ceremony at Maracana Stadium

What was your favorite part of the Opening Ceremony?
The Closing Ceremony marks the end of the Games and has been part of the modern games since its inception in 1896. However, the Parade of Athletes didn’t come into existence until 1956. It is one final chance for the athletes to come together and celebrate as ‘one nation’ and reaffirm the Olympic spirit and values of Citius—Altius—Fortius (or Faster)—Higher—Stronger.

While watching the Closing Ceremony, make note of each of the activities below and put them in the proper order that you see them.

1. Parade of Athletes
2. Moment of Remembrance
3. Playing the National Anthem
4. OCOG president’s speech & IOC president’s speech
5. Entry of the nation’s flags
6. Extinguishing the Olympic Flame
7. Intro of the Athletes’ Commissions new members
8. Next host city artistic segment
9. Victory ceremony
10. Lowering the Olympic flag & flag handover ceremony
11. Playing of the Greek National anthem
12. Entry and welcome

What was your favorite part of the Closing Ceremony?

Learn More

To learn more about the Closing Ceremony scan the QR code above.
Observations

1. What made the Closing Ceremony unique?

2. What medals were awarded during the Closing Ceremony?

3. Who carried the flag after it was lowered and to whom was it given?

4. What is the next host city for the Olympic Games in 2024?
tokyo
2020 OLYMPIC SPORTS
Archery

Archery is one of the oldest sports still practiced today. It can be traced back to France, 15,000 years ago! The modern history of target archery goes back to the 1300s, when the longbow became the most important weapon in the English army. Even after archery fell out of use in the military, people of all classes continued to enjoy it for recreational purposes.

How the Sport Began

A royal decree in 1363 required all English gentlemen to practice archery on Sundays and holidays.

Paleontologists believe the use of bows and arrows for hunting developed as early as 35,000 BCE!

South Korea is the most decorated country with 39 total medals including 23 gold, nine silver, and seven bronze medals.

Understanding the Sport

In the Olympics, archers shoot at targets that are four feet in diameter. Each target is divided into five colored rings. A ‘bullseye’ or ‘pinhole’ requires hitting a circle only 4.8 inches in diameter.

During the first round, the target is set 230 feet from the archer, and they shoot 72 arrows and receive up to ten points per arrow (a perfect score is 720 points). Athletes then compete in a head-to-head bracket-style format similar to tennis.

The Tokyo Olympics will have five events (including a new mixed gender team event). The ranking round determines the order, or seed, that archers receive for the main competition. Each pair of archers will shoot up to three arrows from 70 feet per set, with a maximum of 5 ends. The first competitor to reach 6 set points wins and advances to the next round.

Did You Know?

Only a recurve bow is used in the Olympics. The bow is named for its distinct shape; central parts curving toward the archer, and the tips curving away. This design provides more power but needs less strength to use.

Track the Medals

Who's Competing?

Follow your favorite athletes.

NAME | SCORE
--- | ---

Scan me for more!
With the invention of firearms (guns), the use of the bow and arrow declined. Why do you think that is?

Notice the different size circles and colors on the target. What do you think they are used for?

Many types of arrows included feathers (fletching) at the end of them. What do you suppose those are for?

3D archery is another popular type of archery. It differs from Olympic archery in that, it simulates the hunting experience. The targets are designed to look like animals and the archer walks the course looking for targets. How is this different from Olympic archery?

Want to know more about Archery? Visit USA Archery at www.usarchery.org
Artistic Swimming

Considered “ornamental” or “scientific” swimming, there a series of core moves that swimmers must complete. Competitors are required to stay in sync with music played above and below the waterline. Scoring is based on synchronization, difficulty and choreography.

Understanding the Sport

In the duet competition, a preliminary free routine of up to three minutes is performed. The next day duets perform a technical routine of up to 2 minutes 20 seconds. The pairs must perform the required elements in sequence throughout the routine, with an emphasis on execution.

The team competition comprises groups of eight athletes per country. Each team first performs a technical routine of up to 2 minutes 50 seconds, where athletes must execute seven required elements in sequence. The next day they perform a 4 minute freestyle routine.

In both formats, the scores are combined to construct the final ranking.

How the Sport Began

Artistic swimming developed around the turn of the 20th Century, with the first competitions being held in Berlin and England (both were men only). Eventually, the sport was considered better suited for women because they were more buoyant and able to create better images in the water.

In the early 20th century traveling water shows and Hollywood helped popularize the sport.

Mother of Artistic Swimming

She helped push the sport forward in 1915 when she added music to the routines. Eventually, the strokes were synced up with the beats in the music, as in dancing.

Who’s Competing?

Follow your favorite athletes.

<table>
<thead>
<tr>
<th>NAME</th>
<th>POSITION</th>
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</tbody>
</table>

Scan me for more!

Did You Know?

The movie Neptunes Daughter is about Annette Kellerman who performed in a glass tank and is described as the world’s first underwater ballerina.
Discussion Questions

1. In both team and duet routines, there are a required set of figures that need to be done. Why do you suppose everyone has to perform the same moves?

Crossword

1 A movement of the hands designed to apply continuous pressure against the water to propel, balance, and support the body while treading water.

2 A position where the legs are split evenly forward and back, with the feet and thighs at the surface while the lower back is arched and the hips, shoulders, and head are in a vertical line with the water.

3 A formation made by the spatial relationship between the members of a team.

4 Typically dress in brightly colored swim suits with matching or coordinated head/hair pieces and dramatic, waterproof stage makeup.

5 A quick head-first rise out of the water; the aim is to raise as much of the body above the surface as possible.

6 A combination of body positions and transitions performed in a prescribed manner.

ACROSS

6 A position where one leg is extended perpendicular to the surface of the water while the other leg is drawn to the chest, with the lower leg parallel to the surface and the face at the surface.

7 A move that starts from a back pike position with the legs perpendicular to the surface and involves a rapid vertical upward movement of the legs and hips as the body unrolls to assume the vertical position.

9 A rotary action of the legs used to support and propel the upper body in an upright position, leaving the arms free.

10 A position where the body is extended in a vertical position with one leg extended forward at a 90 degree angle.

DOWN

1 A movement of the hands designed to apply continuous pressure against the water to propel, balance, and support the body while treading water.

2 A position where the legs are split evenly forward and back, with the feet and thighs at the surface while the lower back is arched and the hips, shoulders, and head are in a vertical line with the water.

3 A formation made by the spatial relationship between the members of a team.

4 Typically dress in brightly colored swim suits with matching or coordinated head/hair pieces and dramatic, waterproof stage makeup.

5 A quick head-first rise out of the water; the aim is to raise as much of the body above the surface as possible.

6 A combination of body positions and transitions performed in a prescribed manner.
Badminton

Badminton is the second-most popular participation sport in the world behind soccer (football). Similar to tennis, it’s a court or lawn game played with lightweight rackets and a shuttlecock.

While elite players can run up to four miles around the court during a match, its casual play and simple rules make it a great game for any age or skill level.

How the Sport Began

It’s up for debate as to whether badminton came from the Aztecs in Mexico or from a game in India called Poona. Either way, it received its name in 1870 from English officers who constructed a shuttlecock out of a champagne cork and chicken feathers. They dubbed the game badminton after the Badminton Estate.

Seven years later, a colonel published the official rules and in 1934, the International Badminton Federation (IBF) was founded by nine members — the United States was not included. Badminton finally became an Olympic sport in 1992. China has won 41 medals, making them the most decorated country.

Understanding the Sport

Badminton is played with racquets and a feathered shuttle (or shuttlecock). Opposing players, or teams of two, face off over a 5-foot 1-inch net and attempt to win a best-of-three set of games.

Each “game” is played to 21 points; 1 point is awarded to whichever side wins the volley. One side must win by 2 points. If the score is ‘tied’ at 29 points, the winner of the next point wins.

Badminton at the Olympics is made up of 5 events: men’s and women’s singles, men’s and women’s doubles, and mixed doubles. Athletes qualify based on the Badminton World Federation’s ranking list.

Track the Medals

Two Time Olympic Champion

Widely regarded as the greatest badminton player of all time. Lin has completed the “Super Grand Slam” which is the winner of the 9 major badminton titles.

Fun Facts

Olympic-caliber players can hit the shuttle at speeds of up to 200 mph, which has resulted in lost teeth and broken glasses!

The longest badminton match on record lasted for two hours, 41 minutes. The shortest match lasted only six minutes!

The Kansas City Art Museum’s lawn is home to the world’s largest shuttlecocks. The four decorative shuttlecocks are 19 feet tall and weigh nearly three tons.

Did You Know?

Shuttles have 16 feathers and usually last for no more than two games.
**Discussion Questions**

1. Players serve from the right side if their score is an even number and the left side if their score is an odd number. Why do you think that is?

2. Why do you suppose the shuttlecock has feathers on it?

**Compare & Contrast**

Compare and contrast the advantages and disadvantages of singles, doubles, and mixed events.

**Name the Elements**

- Backcourt
- Fault
- Rally
- Carry
- Flick
- Let
- Cross-Court
- Shuttlecock
- Smash

**Word Search**

The overhand pitch was introduced in 1886. Even today, there is no rule stating that a pitcher can’t pitch underhand!!

Understanding the Sport

The competition will be limited to just six teams including Japan, who as the host city receives a spot. The teams are split into two groups for an initial round and then a complex knockout round follows.

Rules are nearly identical with Major League Baseball. Exceptions include a mercy rule where if a team is leading by 10 or more runs after 7 innings, they win, and an extra innings rule where if competition is tied at the 10th inning, base runners are automatically placed on first and second base with no outs.

Fun Facts

- The overhand pitch was introduced in 1886. Even today, there is no rule stating that a pitcher can’t pitch underhand!!
- The first World Series was played between Pittsburgh and Boston in 1903 —it was a best-of-nine-game series.
- Second base is the most stolen base because it is the farthest from home plate and requires a longest throw.

How the Sport Began

Baseball evolved from older bat-and-ball games already being played in the mid-18th century. This game was brought by immigrants to North America, where the modern version developed.

By the late 19th century, baseball was widely recognized as the national sport of the United States. Baseball is popular in North America and parts of Central and South America, the Caribbean, and East Asia, particularly in Japan, South Korea, and Chinese Taipei (Taiwan).

Track the Medals

Two Time Olympic Champion
Part of Team Cuba, this pitcher led his team to gold in 1996 & 2004 and claimed silver in 2000 & 2008. During the ’96 Olympics, his team won all 18 games played!

Who’s on the team?
Follow your favorite athletes.

NAME
POSITION

Did You Know?
The longest baseball game in MLB history lasted 26 innings.
Crossword

DOWN
1. After an out is recorded, teams throw the ball around the infield.
2. A skilled batter that hits the baseball far, usually for home runs or extra bases.
3. When a base runner is in a rundown.
4. When the pitcher tries to trick the base runners with illegal motions.
5. Third base position.

ACROSS
4. Home Run
6. When the pitcher throws four balls to a batter, the batter gets to walk to first base.
8. The area over home plate, above the batter’s knees.
9. A defensive play that results in two players being tagged out.
10. When the pitch count has 3 balls and 2 strikes.

Picture Math
Can you solve the equation?

- (Baseball + Softball + Baseball) = 30
- (Baseball + Cross + Cross) = 14
- (Cross + Baseball + Baseball) = 8

Discussion Questions
1. Baseball has been absent from the Olympics since 2008, but Japan used their hosting status to bring it back. Why do you think that is?
Basketball

Basketball is one of the world’s most popular sports. It’s a game played between two teams of five players on a rectangular court, usually indoors. Each team tries to score by tossing the ball through the opponent’s hoops.

While basketball is competitively a winter sport, it can be played all year long — on playgrounds, church halls, in school yards, family driveways, and in summer camps — often on an informal basis between two or more contestants.

How the Sport Began

Unlike most sports, basketball did not evolve from an older game. In 1891, a physical education class at a YMCA training college in Springfield, Massachusetts, was asked to come up with an indoor winter game that would be attractive to young men.

Canadian student James Naismith came up with a solution — he nailed peach baskets along the railing at each end of the gym and created rules, which included throwing a soccer ball through the peach baskets. The game quickly evolved into something that more closely resembles the modern-day version.

Understanding Olympic Basketball

Both 3x3 and 5x5 basketball will be contested in Tokyo. While they come from the same roots, the two games differ drastically with 3x3 being a much faster game. Some of the significant rules differences include only using a ½ court, only 3 players per team on the court, a 12 second vs 24 second shot clock, and games end after one team scores 21 points or 10 minutes. Because of these and other rules, agility rather than endurance and offense rather than defense are keys to success.

Did You Know?

Michael Jordan’s shoes used to be against the NBA’s dress code, with the red and black color combination he called the “Devil’s colors.”

Fun Facts

The three-pointer wasn’t introduced until the 1979-80 NBA season.

The first basketball game was played with a soccer ball and peach baskets.

The slam dunk was originally known as a dunk shot. Lakers announcer Chick Hearn coined the term “slam dunk.”

Track the Medals

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>8/7</td>
<td>8/8</td>
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Watch all of the action on the networks of NBCUniversal including NBCSN.
Basketball

Word Scramble
LAPYLEOO ____________________________
ANKB TOHS __________________________
CENHB ______________________________
RGIHNACG __________________________
UDEOBL IBLDRBE ______________________
URFULOTLC RSEPS ____________________
GHIH OSTP ____________________________
COLIRKLDPA _________________________
XISTH MNA __________________________
RTEHENOTIP PAYL ___________________

Compare & Contrast
3x3 basketball and 5x5 basketball both will be contested at the Tokyo Olympics. Compare and contrast the two types of basketball.

Complete the Court
What makes up a basketball game? Fill this empty court with the complete basketball set-up, from court lines, players, etc.

Discussion Question
Why was the 1992 team called the “Dream Team”?

For help, watch www.sportsengine.com/basketball/3x3-versus-5x5-basketball
Beach Volleyball

Beach volleyball is played by two teams of two players. The ball can be hit with any part of the body, except while serving, which must be hit with the hand or the arm. The object is to send the ball over the net to ground it on the opponent’s court, and to prevent the ball from being grounded on its own court. Each team has a maximum of three hits.

Understanding the Sport

Beach volleyball consists of men’s and women’s doubles. Matches are best two-out-of-three sets. Rally scoring will be used – the team winning a rally scores a point, regardless of who serves. When the serving team wins a rally, it scores a point and continues to serve; when the returning team wins a rally, it scores a point and gains the right to serve.

In the first two sets, the first team to score 21 points wins the set. In the third set, the first team to score 15 points wins the set and the match.

Fun Facts

- Beach volleyball is the only Olympic sport that has a rule prohibiting players from wearing too much!
- Olympic powerhouses were those countries with 'beach culture.' However, at the 2004 Games Switzerland won a surprise bronze medal.

How the Sport Began

The sport began in Santa Monica in the early 1920s and arrived in Brazil in the 1930s. It was known for its attitude and flair. By the 1980s, beach volleyball hit its stride. Sponsorships multiplied, offering prizes in excess of $20,000 for each event of the USA tour. Beach volleyball was the biggest growth sport from 1987 to 1994 increasing participation 38%. While the US has dominated gold at the Olympics, Brazil has more overall medals in the sport.

Tokyo

Tokyo 2020

BEACH VOLLEYBALL BROADCAST SCHEDULE

<table>
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<th>Men</th>
<th>Women</th>
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Watch all of the action on the networks of NBCUniversal including

NBC Sports Digital

USA network CNBC NBCSN

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Did You Know?

Teammates discuss strategy by using hand signals behind their back so to block the other team from seeing them.
Discussion Questions

1. A regulation beach volleyball is up to 1.5” larger than an indoor volleyball. The court is also smaller than an indoor court. Why do you suppose these changes were made?

2. Beach volleyball doesn’t have specific positions. Players hit, block, and dig. Why would every player need to know all these skills?

Crossword

1. When an offensive player attacks the ball with a one-arm motion done over the head, attempting to get a kill.

2. An easy serve that flies high into the sky and over the net.

3. An attempt by a player or players to interrupt the ball before, as or just after it crosses the net.

4. Ball brought up, or saved, with any part of the body, particularly off a spike attempt.

5. An attempt to put the ball down on the opponent’s side of the net for a kill, thus gaining a point or sideout.

6. Termination of a play leading to a point or side out.

7. An attempt by a player to conceal the start of a teammate’s serve by obstructing an opponent’s line of sight.

8. A served ball that lands within the playing boundaries.

9. A ball that is played close to the net with the hitter and blocker simultaneously contacting the ball.

Want to know more about Volleyball?
Visit USA Volleyball at www.usavolleyball.org
Boxing is a combat sport divided into two types — professional and amateur — in which two people, usually wearing protective gloves, throw punches at each other for a predetermined amount of time. Victory is achieved by the athlete who successfully lands more blows to their opponent’s head and torso.

Olympic boxing is overseen by a referee over a series of 3 rounds; each lasting 3 minutes. Five judges sit at the side of the ring and individually award points for successful hits.

The referee can end the match if they decide that the match should not continue or if a doctor indicates the match should be stopped. A match will also end if a competitor receives three warnings (penalties) and is disqualified, or if a competitor is unable to resume a fight within 10 seconds, considered knocked out (‘KO’).

Understanding the Sport

Boxing first emerged in present-day Ethiopia around 4000 B.C. The sport was formalized in 19th century Great Britain, with rules that included the wearing of gloves. Since then, boxers have become renowned for their sporting demeanor, with opponents showing immense respect for each other’s courage and physical commitment. Boxing has appeared since the 1904 Olympic Games. Women’s events were contested for the first time in 2012.

How the Sport Began

Boxing is a combat sport in which two people throw punches at each other for a predetermined amount of time in a boxing ring.

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Word Search

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

Compare & Contrast

Compare and contrast the advantages and disadvantages of each weight class.

Discussion Questions

1. Unlike in professional boxing matches, Olympic competitors wear a padded helmet. Why do you think that is?

2. Lighter weight classes have a different approach to boxing than heavier classes. What do you think those are?

Boxing Maze

Help the boxer reach his opponent.
Canoeing

Canoe sprint and canoe slalom are two disciplines that will be contested at the Olympic Games in Tokyo. Sprint athletes compete on a flatwater course in a canoe or a kayak while slalom athletes compete on a whitewater course and navigate upstream and downstream gates in a canoe or a kayak.

Understanding the Sport

Canoe sprint athletes compete on a flatwater course in a canoe or a kayak. Athletes in each heat or round begin together at the start line and race to the finish line. In Tokyo, there will be 12 sprint events contested: six for men, six for women. The goal is to reach the finish line in the fastest time possible. Canoe slalom athletes compete on a whitewater course and navigate upstream and downstream gates in a canoe or a kayak. Unlike in canoe sprint, athletes go down the course one at a time and race against the clock. Competitors can be given time penalties for missing a gate or other mistakes.

How the Sport Began

The first recorded competitive canoe sprint race was organized by John MacGregor at the British Royal Canoe Club in 1869. The New York Canoe Club, founded in 1871, began North America’s organization of the sport. In 1880, the American Canoe Association became the governing body in the United States. Canoe slalom began in Switzerland in 1933. Canoe sprint was added to the Olympics in 1936 and canoe slalom wasn’t consistently added until 1992.

Fun Facts

- The world’s oldest boat is a canoe. Discovered in the Netherlands, it’s believed to be around 10,000 years old.
- When referring to canoes and kayaks in the games, they are abbreviated with ‘C’ and ‘K’.
- When Jon Lugball, 5-time world champion appeared on a Wheaties box, canoeing was not an Olympic sport.
- The Tokyo Games will be the first gender equal Games in history, meaning there will be the same number of male and female athletes.

Track the Medals

Tokyo Olympic Qualifier

Only 19 years old, Nevin is one of two Americans to win a world canoe sprint title.

Who’s Competing?

Follow your favorite athletes.

<table>
<thead>
<tr>
<th>NAME</th>
<th>TIME</th>
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Watch all of the action on the networks of NBCUniversal including

CANOEING BROADCAST SCHEDULE

Slalom
7/26
7/27
7/29
7/30

Sprint
8/3
8/5
8/7
Crossword

**ACROSS**
2 To become caught in the current against an obstruction and turn sideways
5 A stroke made in a broad curve, turning a canoe in the direction opposite the sweeping side when performed by the sternsman
6 When a boat capsizes, but the paddler remains in place as the boat “rolls” into an upright position
7 An area in which a whitewater course suddenly is constricted, compressing and amplifying the current’s energy into a narrow tongue of water
9 A paddler who kneels or sits in the forward position of a canoe or kayak

**DOWN**
1 Two striped poles hanging just above the water from a wire extending across the course.
3 The widest part of a canoe
4 The rough or broken water left behind a moving boat.
5 A straight canoe/kayak race on open, flat water
8 A pool of calmer water out of the main current of a stream

Discussion Questions
1. Canoers only use a single bladed paddle, while kayakers have a double blade. What do you think are the advantages or disadvantages of each?
2. Look at the shape differences of the canoe and the kayak. Which do you think would be more challenging in slalom, or in sprint events?
3. Olympic slalom courses are almost always artificial. Why do you think that is?

Compare & Contrast
Name three differences between canoeing and kayaking at the Olympics.

Want to know more about canoeing? Visit American Canoe Association at www.americancanoe.org
Cycling

Olympic cycling is a highly diverse sport made up of 22 events in five disciplines — road, track, mountain, BMX freestyle and BMX racing. While each discipline is different and requires a unique set of skills, many cyclists compete across multiple disciplines.

Understanding the Sport

Mountain biking, the road race, and BMX racing all have the goal to be the first to the finish line. While the starting formats, course designs, and equipment vary, each rider competes against other riders directly.

BMX freestyle is similar to freestyle skiing, snowboarding, or skateboarding. Each athlete is awarded points based on the difficulty of their ‘tricks’ and the athlete with the highest point total is the winner.

Track cycling events take place in a velodrome — an indoor, oval track with steeply banked turns. Events include the keirin (riders follow a pacer at 30-50 kph) and the omnium (combination of 4 races).

How the Sport Began

The first, two-wheeled bike had no pedals and had to be pushed by foot. It is thought to have originated in central Germany in the early 19th century; pedals were added in 1861. Early designs had a large front wheel with small rear wheels and were dangerous. In 1885, an English company invented the safety bike — its wheels were the same size and had a chain connecting the pedals to the wheels. Cycling was included in the first Olympic Games in 1896.

Fun Facts

- The first Tour de France took place in 1903 and covered 1,450 miles!
- Wilbur and Orville Wright (The Wright Brothers) originally owned a bike repair shop.
- Many of Henry Ford’s production methods for the first cars were inspired by early bicycle manufacturing.

Did You Know?

The first bike race took place in 1868 — only seven years after pedals were invented!
Compare and contrast the differences between each of the cycling events.

Discussion Questions

1. BMX freestyle is a new event this year. What tricks are you excited to see performed?

2. Each discipline has a unique bicycle style. Can you describe the differences in each bicycle?

3. European cyclists have been strong contenders in traditional events, while non-European countries fare better in BMX. Why do you think that is?
Diving

Diving is the sport of jumping or falling into water from a platform or springboard, usually while performing acrobatics. Diving is an internationally recognized sport that’s also part of the Olympic Games.

How the Sport Began

Diving has been practiced for thousands of years. The first historical record — dating back to 480 BCE — is a painting of a male diver found in a burial chamber south of Naples, Italy. Competitive diving began in Great Britain in 1883 with the first “plunging” competition. The goal of plunging was to travel as far up the pool as possible while remaining motionless and face down. The first modern-era diving competition was held in Scotland in 1889.

Understanding the Sport

Most diving competitions consist of three disciplines: 1-meter springboard, 3-meter springboard, and the platform.

In platform events, competitors perform their dives on either the 5, 7 ½, 9, or 10-meter towers. In major diving meets, including the Olympic Games and the World Championships, platform diving is from the 10-meter height.

All men’s events have 6 dives per competition phase and all women’s events have 5.

Fun Facts

Nearly two decades after his 1984 and 1988 gold medal performances, Greg Louganis was featured on the iconic Wheaties box.

Diving first appeared at the Olympics at the 1904 Games in St. Louis.

Diving was known as “fancy diving” for the acrobatic stunts performed by divers (including somersaults and twists).

Track the Medals

How the Sport Began

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Tokyo Olympic Hopeful

Four time Olympic medalist, Boudia has been part of the US National Diving team since age 16. At the London Games, he defeated hometown favorite Tom Daley to take the gold.

Did You Know?

Judges score dives without consulting each other or watching video replays.
Olympic diving is done from either a platform or a springboard. Describe some of the differences you see between the two types of diving.

**Name the Position**

All dives are based on four distinct body positions. Can you name them all below?

Discussion Questions

1. Often divers are accomplished gymnasts or dancers. Why do you think that is?
2. When doing a summersault in a tuck position, divers hold tightly to their legs. What advantage do you think that gives them?

Want to know more about Diving?
Visit USA Diving at www.teamusa.org/usa-diving
Understanding the Sport

Equestrian is the only Olympic sport with no gender distinction in any event. Men and women compete together in all 6 events.

The following are part of the equestrian events at the Olympics.

**Dressage**: horses perform a series of pre-arranged movements to show responsiveness to the rider’s commands.

**Eventing**: a test of total horsemanship. This discipline is broken up into 3 parts: dressage, a cross-country course with obstacles, and jumping.

**Jumping**: involves clearing obstacles in a specified time without any faults.

Equestrian, or horseback riding, is referred to the skill of riding with horses. Equestrian activities can be both recreational and competitive.

How the Sport Began

Equestrian sports developed in the second half of the 19th century. On April 15, 1868, the Royal Dublin Society included two jumping events — the “high leap” and the “wide leap” — on the program of its annual horse show.

Equestrian was first included in the Olympics at the 1900 Games in Paris with three equestrian events: show jumping, the high jump, and the long jump.

Fun Facts

- The horses of the medal-winning athletes receive ribbons as a prize.
- The 1900 Summer Olympics was the only Games to date to feature an equestrian long jump competition.
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Did You Know?

- Because it involves dressage, a cross-country race and jumping, eventing is considered the most physically demanding Olympic equestrian discipline.
Crossword

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<tbody>
<tr>
<td>1</td>
<td>A gait, which resembles but is slower than a full gallop, when three legs are simultaneously off the ground.</td>
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<td>3</td>
<td>A type of jump constructed of wooden blocks, which are traditionally painted to resemble stone.</td>
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<tr>
<td>6</td>
<td>A gait in which the horse moves its diagonal legs at the same pace.</td>
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<tr>
<td>7</td>
<td>A marching pace in which the footfalls of the horse’s feet follow one another in “four time.”</td>
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<table>
<thead>
<tr>
<th>ACROSS</th>
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<tbody>
<tr>
<td>2</td>
<td>A white strip on the edge of the water jump.</td>
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</tr>
<tr>
<td>4</td>
<td>When a horse stops at a jump, incurring faults.</td>
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<tr>
<td>5</td>
<td>When the horse stands attentive and motionless, with all four legs straight and even to each other.</td>
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<tr>
<td>8</td>
<td>The four movements used by a horse: walk, trot, canter and gallop.</td>
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<tr>
<td>9</td>
<td>To stop short of an obstacle.</td>
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</table>

Compare & Contrast

Compare and contrast the differences between each of the events.

Name that Pictogram

There are three disciplines in Equestrian - Dressage, Eventing, and Jumping. Can you match them to the correct pictogram?

Discussion Questions

1. Eventing is considered the most demanding Olympic discipline. Which part do you think is the most challenging?

2. Horse breeds come in all shapes and sizes. Which breeds do you think fare the best in equestrian events?
Understanding the Sport

Fencing events take place between two competitors, and are primarily based on striking your opponent with a blunt weapon while avoiding attacks. A significant breadth of rules govern when and how hitting an opponent scores a point and varies between the 3 weapons: foil, sabre, and épée. Each sword has unique strategies with little crossover of style between disciplines. There are both individual and team events in fencing. Individually, the winner is the first to 15 points, or the fencer with the most points when time expires. In the team event, the goal is to reach 45 points as a team before your opponent.

Fun Facts

- Fencing suits are white because touching was originally recorded with a piece of cotton at the sword’s tip and dripped in ink.
- Fencing is the only Olympic combat sport with no weight classes.
- Fencing is one of five sports to be included in every Olympic program since 1896, along with cycling, swimming, gymnastics, and track and field.

Did You Know?

President Theodore Roosevelt and Winston Churchill were former fencers.
Word Scramble

EADNAVC ____________________________
EZLAL ______________________________
BTOU ______________________________
EN ERDAG __________________________
ETIFN ______________________________
GLUNE ______________________________
YRPAR ______________________________
EIPST ______________________________
RPSEIOT __________________________
TSHUTR ____________________________

Discussio n Questions

1. Each sword has a unique shape. Which one do you think is more challenging to master?

2. Fencers commonly use either their height or their speed to win. Which do you think offers a greater advantage?

3. While foil and sabre use the rule of priority, epee does not. Why do you think that is?

Want to know more about Fencing? Visit USA Fencing at www.usafencing.org
Field Hockey

Field hockey is a sport in which two teams try to maneuver a ball into the opponent's goal using a stick. The sport is often simply referred to as hockey.

How the Sport Began
The first men's hockey club was formed around 1861. The addition of other clubs eventually led to the establishment of the Hockey Association in London in 1886. The sport gained international appeal once the Association standardized the game using rules from London's Wimbledon Hockey Club and the British army introduced the game overseas.

Understanding the Sport
Since the 1976 Montreal Olympics, all international field hockey matches have been played on synthetic turf. Players are only permitted to use the flat side of the stick to make contact with the ball.

Field hockey made its Olympic debut in 1908, and the first Olympic women's field hockey event took place in 1980.

Fun Facts
- The Netherlands has been the most successful country in women's Olympic field hockey, winning a total of eight medals (three gold).
- In 1908, Great Britain won four medals in the debut of Olympic men's field hockey. England (gold), Ireland (silver), Scotland and Wales (bronze) were the four semifinalists, and each of them claimed a medal for Great Britain.
- India is the all-time leader with eight Olympic field hockey gold medals (all in men's field hockey).

Did You Know?
Zimbabwe's only Olympic gold medal in a team sport came in women's field hockey at the 1980 Moscow Olympics.

Three Time Olympic Champion
Indian field hockey great, Dhyan Chand won gold in 1928, 1932, and 1936. During his career he scored over 500 goals.

Who's on the team?
Follow your favorite athletes.

NAME

POSITION

Track the Medals

Field Hockey Broadcast Schedule

Watch all the action on the networks of NBCUniversal including

<table>
<thead>
<tr>
<th>Men</th>
<th>Women</th>
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<td>8/5</td>
<td>8/6</td>
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</table>

Scan for more about Field Hockey!
Discussion Questions

1. Since 1976, matches have predominantly been played on artificial turf. What do you think are the advantages to turf over grass?

2. India’s teams have won the most gold medals between 1908 and 1980, but not since. What factors could have allowed other countries to become more dominant?
Golf

Golf is a club-and-ball sport where players use various clubs to hit their ball into a series of holes. Each shot counts as one stroke. The goal is to get your ball into the hole in as few strokes as possible. Players encounter varied terrains with water hazards, sand traps (bunkers), and rocks. These are key challenges to the game.

How the Sport Began

Modern-day golf is considered a Scottish invention from the 15th century that gained popularity in the 19th century.

Golf made its debut at the 1900 Paris Olympic Games, held at the Compiègne Club, Paris, France. It consisted of a men’s 36-hole stroke-play tournament and a women’s nine-hole stroke-play tournament. After 1904, golf was removed from the Olympic program and would not return until the 2016 Rio Olympics.

Understanding the Sport

There are two individual events for golf at the Olympics — men’s and women’s. Each event consists of 4 rounds (72 holes) of stroke play over 4 days.

Each round is played in groups of three, who start at the first hole or the tenth hole. Scores cumulate from each round, and the player with the lowest combined score at the end wins.

The 2021 Olympics will be held at the Kasumigaseki Country Club — a private course in Kawagoe, Saitama, Japan.

The individual stroke competition for men will take place first over four days, followed by women.

Track the Medals

Tokyo Olympic Hopeful

Kang has five LGPA wins which earned her over 6 million dollars!

Fun Facts

In 1967, Astronaut Alan Shepard, Jr. became the first person to play golf on the moon.

By winning the Olympic golf tournament, Margaret Abbott became the first female to win an Olympic event.

The longest drive ever recorded was 515 yards!

Did You Know?

If you walked all 18 holes on a golf course instead of riding in a cart, you would walk approximately four miles.
Name the Club

There are six different types of golf clubs, each used for different shots on the course. Can you name them?

![Golf Clubs Diagram]

Crossword

**DOWN**
1. A type of club that propels the ball with a lower trajectory and longer distance than an iron
2. A pit filled with sand that exists as an obstacle for the players
3. The motion where a golfer torques his/her body and club away from the ball to generate momentum to swing through the ball
4. A score of three under par on a given hole
6. An area on a course that provides a difficult obstacle, such as a water hazard or a bunker
9. A condition that causes involuntary wrist spasms when a golfer is attempting to putt

**ACROSS**
3. A score of one under par on a given hole
5. A form of competition based on score amassed from the number of strokes played in a given round or multiple rounds
7. This part of the course is the mowed part of any hole between the tee and the green
8. A more forgiving replacement club for long range irons, used for medium to long distance shots from the fairway

Research on Your Own

A “links” is a golf course built on land reclaimed from the ocean. St Andrews in Scotland is the oldest links in the world. What other courses around the world can be described as “links” courses?
**Did You Know?**
While gymnastics has been part of the Games since its inception, only men competed for the first 32 years.

**Gymnastics**
Gymnastics events range from acrobatic and high-flying routines — on pommel horses, bars, and rings — to beautiful and rhythmic floor exercises. Many of the events demand a mastery of technique and a delicate grace.

**How the Sport Began**
Gymnastics first rose to prominence in ancient Greece as a way to prepare soldiers for battle — it kept men agile and in peak physical condition.

Educational gymnastics began in the 18th century in Germany. After designing special equipment, two physical educators created several exercises for boys, which included the parallel bars, rings, and high bars.

**Fun Facts**
- In 1984, Mary Lou Retton was the first American woman to win an all-around gold medal.
- Until the 1950s, gymnastics in the Olympics included synchronized team floor calisthenics, rope climbing, high jumping, running, and the horizontal ladder.
- Many major gymnasts start their careers as early as two years old!

**Track the Medals**
Follow your favorite athletes.

**Who’s Competing?**

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**Tokyo Olympic Hopeful**
Simone Biles has 4 gymnastics moves named after her in the vault, balance beam, and 2 in floor. No other gymnast to date has done the Biles II in competition — a triple-twisting, double-tucked salto backwards.

**Educational Gymnastics**
- Gymnastics events range from acrobatic and high-flying routines — on pommel horses, bars, and rings — to beautiful and rhythmic floor exercises. Many of the events demand a mastery of technique and a delicate grace.

**Understanding the Sport**
Scoring is done by two panels of judges. One starts from zero, adding points for requirements, difficulty and connections. The second starts from 10.0, and deducts for execution and artistry. The final score is determined by adding the difficulty and the execution scores. Typical scores range from 13 to 16 points.

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Simone Biles has 4 gymnastics moves named after her in the vault, balance beam, and 2 in floor. No other gymnast to date has done the Biles II in competition — a triple-twisting, double-tucked salto backwards.

**Artistic**
- 7/26
- 7/28
- 8/1
- 8/3

**Rhythmic**
- 8/7
- 8/8
- 7/30
- 7/31

**Trampoline**
- 8/2
- 8/8

**Did You Know?**
While gymnastics has been part of the Games since its inception, only men competed for the first 32 years.
There are three disciplines in the sport of gymnastics - artistic, rhythmic, and trampoline. Can you match them to the correct pictogram?

Word Scramble

LOFOR CSEEERIX ____________________________
NOOZIAHTLR RBA ____________________________
LEAAPRL SRAB ____________________________
GRNIS ____________________________
LMPMEO RESHO ____________________________
VUTNAGIL ____________________________
ITRHMYC VIRTESOP ____________________________
CLANABE EMAB ____________________________
ENNUEV SBRA ____________________________

Athlete Bio

Who is your favorite athlete?
Describe their career & achievements.

Discussion Questions

1. During the floor routines, notice how high the athletes can jump and bounce. Why do you think that is?
2. During the floor routine, listen for a bell to ring. What does that mean?
3. Notice before the pommel horse and rings and bars, the athletes put chalk on their hands. What does that help with?
4. When doing the vault, there is a line down the middle of the landing area. Why?
5. How long does each position in the rings need to be held for to be valid. What skill do the rings demonstrate?
How the Sport Began

Multiple reports exist regarding the founding of the modern game; it's believed that modern handball was first played near the end of the 19th century. One early game is reported to have taken place in the Danish town of Nyborg in 1897.

Understanding the Sport

Each game of handball consists of two 30-minute halves with a 15-minute halftime, and players wear no protective equipment. Each team is allowed one 60-second timeout per half. The ball is moved by passing, dribbling, or hitting it with any part of the body above the knee. In handball, only the goalkeeper may touch the ball with their feet.

The seven-man indoor game was added to the Olympic program in 1972. Women's handball became an Olympic event in 1976.

Fun Facts

- The size of the ball differs in men's and women's handball and is made of leather or synthetic material.
- Handball combines elements of soccer, basketball, and water polo into one game.
- Handball is a high scoring game; it is not uncommon to see a team score upwards of 20 times in a game.

Did You Know?

A player can't hold the ball for more than three seconds and can't move more than three steps while holding it.

Track the Medals

Two Time Olympic Champion

Nicknamed the beast, Karabatić is 6'5" tall and 220 pounds. His unusual speed and agility, especially for his size, makes him one of the best handball players of all time. At 37, he is hoping to leave Tokyo with gold.

Who's on the team?

Follow your favorite athletes.

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<th>POSITION</th>
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Scan for more about Handball!
Handball used to be played outside on grass. What are the advantages or disadvantages of playing indoors?

Referees can penalize teams who play too passively. Why is that an issue for teams?

Players can only hold the ball for three seconds and take three steps. How far do you think you can move in three steps?

Shooting and scoring is similar to soccer, except you use your hands instead of feet (and a smaller goal). Which method of scoring is more challenging?

**Word Search**

<table>
<thead>
<tr>
<th>CORNER THROW</th>
<th>DIVING SHOT</th>
<th>FREE THROW</th>
<th>GOAL THROW</th>
<th>PENALTY THROW</th>
<th>PLAYMAKER</th>
<th>THROW-OFF</th>
<th>YELLOW CARD</th>
</tr>
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</table>

**Compare & Contrast**

Handball is a mixture of basketball, soccer and ice hockey. Name some of the similarities to each of those sports.

1. ____________
2. ____________
3. ____________

**Discussion Questions**

1. Handball used to be played outside on grass. What are the advantages or disadvantages of playing indoors?
2. Referees can penalize teams who play too passively. Why is that an issue for teams?
3. Players can only hold the ball for three seconds and take three steps. How far do you think you can move in three steps?
4. Shooting and scoring is similar to soccer, except you use your hands instead of feet (and a smaller goal). Which method of scoring is more challenging?

**Fact or Fiction**

Circle the check mark if the statement is true, circle the ‘x’ if it is false.

1. In handball, it is illegal for the ball to touch a player's legs. ✓ ✗
2. Handball is the national sport of Wales. ✓ ✗
In the upcoming Tokyo Olympics, judo will be contested at the Nippon Budokan, the same venue that hosted the inaugural Olympic judo competition in 1964.

Understanding the Sport

Judo’s most prominent feature is its competitive element, where the objective is to either throw or take an opponent down to the ground, immobilize or subdue them with a pin, or force them to submit with a joint lock or a choke.

Strikes and thrusts by hands and feet as well as weapons defenses are a part of judo, but only in prearranged forms and are not allowed in competition or free practice. A judo practitioner is called a judoka.

For the Tokyo Olympics, there will be 15 events — seven weight classes for men, seven for women, and a new ‘Mixed Team’ event.

How the Sport Began

Kanō Jigorō (1860–1938) collected the knowledge of the old jujitsu schools of the Japanese samurai and in 1882 founded his Kōdōkan School of judo (from the Chinese jou-tao, or roudao, meaning “gentle way”).

Fun Facts

Japan has been the most successful nation in Olympic judo, winning 39 gold medals and 84 total medals. France is second with 14 gold and 49 total medals, while South Korea is third with 11 gold and 43 total medals.

Judo was founded in 1882 by Kanō Jigorō, who trained in Jiu Jitsu.

The name Judo means the ‘Gentle Way’.

Track the Medals

Two Time Olympic Champion

Harrison is also a mixed martial artist and competes in the Professional Fighters League.

Track the Medals

Who’s Competing?

Follow your favorite athletes.

NAME

SCORE

Mixed Team

7/31

Two Time

Olympic Champion

Kayla Harrison

Did You Know?

Watch all of the action on the

networks of NBCUniversal including

NBC SPORTS

DIGITAL

USA

network

Track the Medals

Judo's most prominent feature is its competitive element, where the objective is to either throw or take an opponent down to the ground, immobilize or subdue them with a pin, or force them to submit with a joint lock or a choke.
Crossword

DOWN
1  (come to) Attention
2  Person performing a Judo technique
3  Bow performed from a standing posture.
4  Judo Uniform
5  Person receiving a Judo technique
6  Sitting position with legs crossed

ACROSS
1  Place or club where Judo is practiced
2  Free practice
3  Repetition practice without throwing
4  Falling practice (side, back, forward)
5  Kneeling position
6  Teacher or Instructor
7  Kneeling bow
8  Shout during execution of technique

Discussion Questions
1. Judo and wrestling are similar in that you’re trying to pin your opponent into submission. Can you think of other sports that are similar?

2. Japan has traditionally dominated the sport, but France is second, before South Korea. Why do you think France does so well in competition?

Athlete Bio
Who is your favorite athlete?
Describe their career & achievements.

NAME
AGE  COUNTRY


Karate

Karate is both a martial art and a sport. Kumite, the fighting discipline, involves kicking and punching techniques performed on permitted parts of the body against an opponent, while kata, the demonstration discipline, emphasizes strength, grace and speed.

Understanding the Sport

Karate will make its debut at the Tokyo Olympics in 2021 and will feature two types of events: Kumite and Kata. Kumite, the fighting discipline, is predominantly a striking art through punching and kicking techniques. Athletes aim to score higher than their opponents during kumite matches. Kata, the demonstration discipline, is a performance of pre-defined movements in front of judges.

Kumite will feature 60 competitors from around the world across 6 events (3 for men, 3 for women), and 20 will compete in Kata (2 events, 1 for each gender).

How the Sport Began

Karate evolved in East Asia over a period of centuries, becoming systematized in Okinawa in the 17th century. It was brought to Japan in the 1920s. Several schools and systems have developed, each favoring different techniques and training methods.

Karate, like other Asian martial arts disciplines, stresses mental attitude, rituals of courtesy, costumes, and a complex ranking system (by belt color).

Fun Facts

- In addition to becoming stronger, karate helps you to work on your focus, discipline, agility, and flexibility.
- The place or hall where karate is practiced is known as a “dojo.” Teachers are called “sensei.”
- In kumite, competitors earn the most points for “ippon,” either kicking the face, head or neck of their opponent or sending their opponent off their feet.
- Did You Know? Okinawa, Japan, is known as the home and birthplace of karate, though it was influenced by Chinese martial arts.
Word Search

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

Discuss Question

1. Karate is entering the Olympics for the first time! Which discipline are you more excited to watch? Why?

2. Kumite competitions are scored similar to fencing and boxing. Of these disciplines, which do you think has a more challenging point system?

Athlete Bio

Who is your favorite athlete? ____________________________
Describe their career & achievements.
_____________________________________________________

Compare & Contrast

Can you explain the main difference between karate and taekwondo?
_____________________________________________________

Discussion Questions

Karate is entering the Olympics for the first time! Which discipline are you more excited to watch? Why?

Kumite competitions are scored similar to fencing and boxing. Of these disciplines, which do you think has a more challenging point system?
The youngest gold medalist was Anatoly Starostin from the USSR. At 20, he won gold at the 1980 Moscow Olympics.

How the Sport Began

The events included in modern pentathlon were chosen by this logic: a soldier is ordered to deliver a message before battle. The soldier mounts the horse and gallops off, clearing any obstacles in the way. The soldier then dismounts and fights through enemy patrols with a sword and pistol, then swims across a river and runs through the woods to accomplish the mission.

Understanding the Sport

The modern pentathlon event includes combat sports (fencing), aquatic sports (swimming), equestrian sports (show jumping), athletic sports (cross-country running), and target sports (shooting).

Athletes gain points for their performance in each event. These scores are combined to give the overall total. In the modern pentathlon, starting times for the last event are staggered. Before the last event, competitors are ranked according to their score from the other disciplines and given start times accordingly, with the leader going first. The first person to cross the finish line is the overall points leader and wins the pentathlon.

Tokyo Olympic Qualifier

Elgeziry comes from a family of Olympians. His wife & brother Omar are active Olympians and his brother Emad is an Olympic legend.

Fun Facts

- The youngest gold medalist was Anatoly Starostin from the USSR. At 20, he won gold at the 1980 Moscow Olympics.
- The event was designed to showcase the skills needed by cavalry behind enemy lines.
- Until 1952, only military officers could compete in the pentathlon. Sweden’s Lars Hall was the first civilian gold medalist.

Did You Know?

In modern pentathlons, successful athletes are required to have a wide variety of skills across vastly different sports as opposed to the decathlon which utilizes the same few skills (speed, strength, and endurance).
Discussion Questions

1. Modern Pentathlon was originally limited to military officers. Why do you think that was?

2. Think about each of the five events. Which one do you think is the most challenging? Which one do you think is the easiest? Why?
Rowing

Rowing is the sport of moving a boat as fast as possible on top of the water. Athletes move the boat forward by using two oars (in sculling events) or one oar (in sweep events).

How the Sport Began
Rowing has a long history due to its utility in both warfare and transportation. Rowing events were supposed to be held at the 1896 Olympics in Athens, but bad weather forced a cancellation. Men’s rowing made its Olympic debut on the Seine River at the 1900 Paris Games and has been part of the Olympics ever since. Women’s rowing was added in 1976.

Understanding the Sport
The different types of rowing depend on how many people are in the boat and how many oars each rower has. There are two styles of rowing: sweep, where competitors each use a single oar, and sculling, where they use two oars placed on each side of the boat. A rowing competition is called a regatta.

Rowing features a total of 14 events (7 each for both men and women). Events include categories for open weight and restricted weight (lightweight) athletes, and there are events for single rowers, pairs, groups of four, and groups of eight. All Olympic races take place on a 2000-meter course.

Fun Facts
Eight-oared shells are about 62 feet long — that’s more than 20 yards on a football field!

From 2006 to 2016, the U.S. won eight consecutive world titles and three consecutive Olympic gold medals in the women’s eights event.

Rowing is the oldest intercollegiate sport in the United States — it was contested for the first time between Harvard and Yale in 1852.

Did You Know?
The eight-person events are the only ones that include a coxswain, who is responsible for steering the boat from the stern (back).

Tokyo Olympic Qualifier
Bronze medalist Kohler started her sports career as a swimmer. She didn’t start rowing until she started college at UC-Berkley.

Who’s on the team?
Follow your favorite athletes.

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Track the Medals

Watch all of the action on the networks of NBCUniversal including

ROWING BROADCAST SCHEDULE

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Scan for more about Rowing!
Travel by Math
Find the fastest way to row from Greece to Japan. Move from square to square horizontally or vertically, but not diagonally.

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<td>Japan</td>
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Crossword

ACROSS
1. A wide collar on the oar that keeps it from slipping through the oarlock
2. The water swirls left by oars in stroke
3. The flat end of the oar that is in the water during the drive
4. Holding the blades in a flat position between strokes to reduce wind resistance during recovery
5. An innovation in the shape of the oar blade that entered the sport in 1991
6. Not a paddle. Used to drive the boat forward
7. Not an oar. Describes rowing with very little power on the oar
8. The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic
9. Person who steers the shell and directs the race plan, acting as the eyes of the crew
10. The boat

DOWN
1. A wide collar on the oar that keeps it from slipping through the oarlock
3. The flat end of the oar that is in the water during the drive
5. An innovation in the shape of the oar blade that entered the sport in 1991
6. Not a paddle. Used to drive the boat forward
8. The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic

Compare & Contrast
What are the advantages and disadvantages to each event?

1. ______________________
2. ______________________
3. ______________________
4. ______________________
Rugby was developed and named after the Rugby School in England. Legend has it that a student named William Webb Ellis elected to run with the ball rather than kicking it, paving the way for a new sport to emerge. Rugby sevens, the variant of the sport now used in Olympic competition, was invented in 1883 in Scotland when a local town could not afford its 15-a-side team and instead created a new competition with seven players on the field for each team.

Did You Know?
Since 1905, the same whistle has been used to start the game at every Rugby World Cup. It is called the Gil Evans Whistle, and it was also used at the 1924 Paris Olympics.

Fun Facts
Rugby has only been played as an Olympic sport five times: 1900, 1908, 1920, 1924, and 2016. The most recent is the only rugby sevens style (7-a-side).

Track the Medals

Tokyo Olympic Hopeful
At the 2016 London Sevens, Iosefo scored a try 11 seconds into the match, one of the fastest tries in the World Series.

Martin Iosefo

RUGBY BROADCAST SCHEDULE

Watch all of the action on the networks of NBCUniversal including

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- CNBC
- USA Network

Scan me for more details about Rugby!

Did You Know?
Rugby sevens is played on a field by 2 teams of 7 players. The objective is to obtain more points than the opposing team within 14 minutes of playing time (20 for games in which medals are awarded). Points are gained through scoring tries (rugby’s equivalent to touchdowns) or kicking drop goals and penalties (similar to field goals).

Each end of the playing field has a field goal made of poles shaped like the letter “H.” Around the field goal is an area called the in-goal. If a player touches the ball in the in-goal, they score a try. A drop goal or penalty is scored when a player kicks the ball through the top of the field goal.

Understanding the Sport

Rugby sevens is played on a field by 2 teams of 7 players. The objective is to obtain more points than the opposing team within 14 minutes of playing time (20 for games in which medals are awarded). Points are gained through scoring tries (rugby’s equivalent to touchdowns) or kicking drop goals and penalties (similar to field goals).

Fiji won the 2016 Olympic gold medal in men’s rugby, the first Olympic medal of any color for the small island nation.

The World Rugby Sevens Series serves as the annual global circuit for the best rugby sevens players. The men’s series was founded in 1999 and women’s in 2012.
**Word Scramble**

ETENRC __________________________
INSOCROEVN ______________________
ROPD IKCK _________________________
LAEEGS __________________________
EKOHRO __________________________
LUMA ____________________________
UKCR ____________________________
RMUCS ____________________________
TRY ______________________________
WNIG ____________________________

**Fact or Fiction**

Circle the check mark if the statement is true, circle the 'x' if it is false.

1. Halftime is only two minutes long in rugby sevens. ✓ ✗
2. Canadian football and rugby sevens are really the same game. ✓ ✗

**Compare & Contrast**

Can you spot the rugby influences in American football?

______________________________
______________________________
______________________________

**Discussion Questions**

1. Rugby is sort of a combination of soccer and American football. Can you describe which parts of these sports appear in rugby?

2. Even though rugby players don’t wear much padding, they also don’t suffer many injuries. Why do you think that is?

3. Before its recent debut in 2016, rugby hadn’t been played in the Olympics since 1924. Why do you think it was left out for so long?
Sailing

Sailing has a long history in the Olympic Games. The sport made its debut in 1900 and, with the exception of 1904, it has appeared at every Olympic Games since then. The sport’s name was changed from ‘yachting’ to ‘sailing’ at the 2000 Sydney Games.

Understanding the Sport

Sailing is not just a race against other boats—it’s a battle with nature.

Boats cannot sail in a straight line along each leg of the course. When sailing upwind, boats must catch the wind by moving in a zig-zag pattern. Navigating the course requires changes in direction and tight turns, with crews controlling their vessels by changing the position and orientation of their bodies.

The 2021 Tokyo sailing competition will have six classes—four of them (Laser, Windsurfer, 470, and 49er) have both men’s and women’s competitions. The Nacra 17 has evolved to become a fully foiling boat, which means it literally flies above the water.

How the Sport Began

Sailing competitions have been held since the 19th century, although these events initially didn’t have any uniform set of rules. After the Netherlands popularized the sport, they gave a yacht as a gift to Charles II in England in 1660. This helped popularize sailing in England, and after sailing expanded to the American colonies, world competitions began.

Did You Know?

Sailing westward around the world is more difficult than eastward.

Fun Facts

- The world-record sailing speed is 65.45 knots (75 mph).
- The ideal wind speed for safe, comfortable sailing is generally between five and 12 knots.
- Sailing has been a part of every Olympics since 1908.
**Discussion Questions**

1. Sailing has six events, with both individual and team events. Can you think of advantages for individuals over teams, or vice versa?

2. Unlike other racing competitions, sailing courses are triangular. Why do you think that is?
How the Sport Began

In the 1790s, Americans developed match rifles with long barrels and double-set trigger mechanisms. Formal match shooting emerged in 1825, and trapshooting contests followed five years later. Around the same time, competitors began to organize national federations. The first major international shooting competition was the 1896 Athens Games. The first world championships were held in France one year later.

Understanding the Sport

Shooting has three main disciplines divided by gun type — rifle and pistol, where athletes shoot at stationary targets in a range, and shotgun, where athletes shoot at moving clay targets on an outdoor range.

In Tokyo, there will be four individual medal events competed for each type of gun, plus a newly-added mixed team event for all three gun types (totaling 5 events per gun, 15 events total). Each shooting event consists of a qualification round and a progressive elimination-style final round.

Tokyo Olympic Qualifier

Mary started her shooting career by watching videos on YouTube and using other online resources.

Did You Know?

Aside from shotguns, most sport guns don’t look like others you might see privately owned or depicted in pop culture.

Fun Facts

- The oldest-ever Olympic medalist was a shooter - Sweden’s Oscar Swahn, who won a silver medal in 1920 at age 72.
- In Tokyo, three-time Olympic pistol medalist Nino Salukvadze will become the first woman in any sport to compete at 9 Olympics.
- Pigeons were targets in the 1900 Games—the only time animals were ever used this way.
Crossword

ACROSS
1 The wooden, metal, plastic or fiberglass portion of a rifle or shotgun to which the barrel, action, trigger action, etc., are attached
3 A gun or ammunition’s failure to perform; not firing when the trigger is released
4 Non-magnifying devices on the front and rear ends of a firearm used to assist aim
5 In .22-caliber shooting, the area downrange where targets are placed for use
6 Competition in which two clay targets are launched simultaneously in front of the shooter
9 Practice shots fired at the beginning of a match to check sight adjustments
10 A rifle or pistol that uses compressed air or carbon dioxide to discharge metallic pellets

DOWN
2 A shot accidentally fired on a target assigned to another competitor
7 The interior diameter of a gun barrel
8 The device used for launching clay targets into the air

Name the Gun
There are six guns used in the Olympic shooting events. Can you name them all?

Crossword

Want to know more about Shooting?
Visit USA Shooting at www.usashooting.org
How the Sport Began

It wasn’t until the 1950s when the modern skateboard—a wooden board with metal wheels—came into existence. In 1959, the first commercial skateboard appeared. It was initially marketed as ‘sidewalk surfing.’ It wasn’t until 1973 when polyurethane wheels were introduced that the sport really took off. These wheels gripped the pavement allowing for complicated tricks. It was still a niche sport until it appeared on the X-Games.

Understanding the Sport

There will be two disciplines on the program for skateboarding at the Tokyo Olympics: street and park. In street, competitors score points by utilizing features like jumps, rails and stairs (things one might find while skating down a street). In park, athletes skate and perform tricks in a dome-shaped bowl.

Fun Facts

- The first skateboard is said to have stemmed from a homemade wooden scooter, which became a board once the handlebars were taken off.
- Skate videos helped to grow the sport once the VHS was invented in the late 1970s.
- Skateboarding became more popular in the 1970s when LA residents in the middle of a drought started using drained pools to sharpen their skills.
- Skateboarding became more popular in the 1970s when LA residents in the middle of a drought started using drained pools to sharpen their skills.
- The 900 is the most demanding trick in skateboarding. It was first landed by Tony Hawk in the 1999 X-Games.
- Skateboarding became more popular in the 1970s when LA residents in the middle of a drought started using drained pools to sharpen their skills.

Who’s Competing?

Follow your favorite athletes.

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Scan me for more about Skateboarding!
Word Scramble

AIBL ____________________________

KNAB ____________________________

LOBW ____________________________

FAIEK ____________________________

PIITLRFCK ________________________

IKCFILKP _________________________

GOYOF ____________________________

LIPIILSED _________________________

LILOE ____________________________

LSEDI ____________________________

Compare & Contrast

Compare and contrast the main differences between street and park events.

________________________

________________________

________________________

________________________

Discussion Questions

1. Competitors receive points based on the difficulty of the tricks performed. Which tricks do you think are worth the most points?

2. Park involves more aerial tricks while street traditionally has more rails. What skills would you need to practice to be proficient in both?
The object is to kick the ball through the opponent’s net. Teams move the ball up and down the field keeping it away from the opposing team. Except during a throw-in, the other players must use their feet, knees, head and chest to control and advance the ball.

How the Sport Began
The earliest documented ancestor dates back to the 16th B.C. in China. A rock-like oval ball was used by soldiers to play the game. Other similar games existed ancient Japanese, Greek and Roman cultures, but none had the impact on modern soccer that earlier versions in the British Isles did. Little changed in the game for centuries. Then in the mid 1800s a series of innovative rules led to the meeting of the 11 London clubs and the formation of ‘The Football Association.’

Understanding the Sport
The game has two 45-minute periods with a 15-minute halftime. Eleven players, ten on the field plus the goalkeeper begin the game with a kick-off by one team from the spot on the line in the midfield circle. Kick-off privileges are determined by the flip of a coin. Except for throw-ins, only the goalkeeper may play the ball with his hands or arms, and he may do so only within his own penalty area. To score, the entire ball must pass across the goal line, between the goal posts and under the crossbar.

Fun Facts

General Mills donated all proceeds from this 2019 limited edition box to two charities benefiting girls in sport.

The USWNT has dominated in women’s soccer winning 4 Olympic Gold medals and 1 Silver medal.

Nigeria rallied, besting Brazil and Argentina to become the first African nation to win a soccer gold medal in 1996.

Tokyo Olympic Hopeful
Olympic Gold medalist, Rapinoe is known for her philanthropy and activism. One of the first soccer players to join ‘Common Goal, a campaign where athletes donate 1% of their earnings to soccer-related charities.

Track the Medals

**Megan Rapinoe**

Who’s on the team?
Follow your favorite athletes.

<table>
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<th>NAME</th>
<th>POSITION</th>
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Did You Know?
The Laws of the Game is the name of the soccer ‘rule book.’ It has been maintained by the International Football Association Board since 1886.

Scan the QR code for more about Soccer!
Who’s on the Field?

Each soccer team has 11 players on the field at once. A typical formation usually includes four defenders, four midfielders, two forwards, and one goalkeeper. Can you identify them all?

Discussion Questions

1. Soccer players sometimes act injured to get a penalty call from the referees. What do you think about this behavior? Have you seen this in Tokyo?

Compare & Contrast

In soccer, a penalty is issued by giving a player a red card or a yellow card. Describe some of the differences between the two types of penalty cards.
The fundamentals of softball are the same as baseball — batting and fielding strategies are similar, but softball is played on a much smaller field, and each game is only 7 innings long.

The ball is delivered by an underhand motion, whereas in baseball the pitch is generally overhand or sidearm.

Baseball and softball return to the Olympics for the first time since 2008, but for now, it's a one-time-only return to the program.

How the Sport Began
Softball developed from a game called indoor baseball, first played in Chicago in 1887. It became known in the United States by various names, such as kitten ball, mush ball, diamond ball, indoor–outdoor, and playground ball. Each style had wide variances in playing rules, size, and type of playing equipment, and dimensions of the playing field.

Understanding the Sport
The fundamentals of softball are the same as baseball — batting and fielding strategies are similar, but softball is played on a much smaller field, and each game is only 7 innings long.

The ball is delivered by an underhand motion, whereas in baseball the pitch is generally overhand or sidearm.

Baseball and softball return to the Olympics for the first time since 2008, but for now, it’s a one-time-only return to the program.

Did You Know?
Organized softball sprouted after a Chicago sporting goods salesman helped convince teams to play in a 55-team single-elimination tournament in conjunction with the 1933 World’s Fair in Chicago.

Fun Facts
Softball made its Olympic debut in 1996. Every softball game at the 1996 Atlanta Olympics was completely sold out.

There are two types of softball: slow pitch and fast pitch. Fast pitch is the type contested in the Olympics.

The U.S. has reached the gold-medal game every time softball has been contested at the Olympics, winning gold in 1996, 2000 and 2004, and silver in 2008 (losing to Japan).
**Discussion Questions**

1. Softballs are larger and thrown underhand. What are the advantages and challenges to throwing a softball?

2. Pitchers generally favor to pitch in a windmill-style throw. Why do you think that is?

3. While the U.S. is a dominant force in softball, Japan won the most recent gold medal. With the home advantage, do you think they can repeat their victory?

**Word Scramble**

- NODARU EHT RHON
- LAKB
- RGEDIN
- EUOBDL YPAL
- LLUF CNUTO
- TOH CERNRO
- KLEPIC
- OWREP TEIHRT
- RTKESI ZONE
- LKWA

**Compare & Contrast**

Softball and baseball are very similar sports. List 3 things that are different and 3 things that are the same.

---

**Picture Math**

Can you solve the equation?

\[
\begin{align*}
\text{Baseball} + \text{Baseball} + \text{Baseball} &= 18 \\
\text{Baseball} + \text{Bats} + \text{Bats} &= 14 \\
\text{Softball} + \text{Softball} - \text{Baseball} &= 2 \\
\text{Bats} + \text{Softball} + \text{Bats} &= \_\_\_ 
\end{align*}
\]
Climbing walls are now present in more than 140 countries around the world.

A study has shown that climbing is as good for cardio as running an 8-11 minute mile.

The Verdon Gorge in the French Alps is commonly referred to as the birthplace of sport climbing. The first prominent bolted route at the Verdon Gorge, Pichenibule, was completed in 1980.

How the Sport Began
Smith Rock is known as the birthplace of American sport climbing. By the early 1980s, all the big ascents had been done, and climbing pioneer Alan Watts began drilling in protection bolts to create new routes. Soon, Smith Rock turned from a local Pacific Northwest attraction into a global destination for elite climbers.

Understanding the Sport
Sport climbing takes the challenge of scaling steep ascents to a whole new level. Using a range of hand and foot holds of different shapes and sizes, climbers put their skills and strength into practice on a vertical wall.

The wall may feature varying angles of either positive (known in climbing as a slab) or negative (steep, overhanging) sections.

Understanding the Sport
Sport climbing will make its debut at the Tokyo Games with the combined event, which features 3 disciplines: speed, bouldering, and lead. Speed climbing pits two climbers against each other, both climbing a route on a 15-meter wall in a matter of seconds. In bouldering, athletes scale a number of fixed routes on a 4-meter wall in a specified time. For Lead, athletes attempt to climb as high as possible on a wall measuring over 15 meters tall within a specified time.

The final rankings will be determined by multiplying the placement in each discipline. The athlete achieving the lowest scores wins.

Track the Medals
Tokyo Olympic Qualifier
At age 9, she became the first climber to successfully complete a 5.13b climb—the same difficulty of The Nose of El Capitan!

Who’s Competing?
Follow your favorite athletes.

NAME | TIME
---|---

Scan me for more!

Fun Facts
The Verdon Gorge in the French Alps is commonly referred to as the birthplace of sport climbing. The first prominent bolted route at the Verdon Gorge, Pichenibule, was completed in 1980.

Did You Know?
The first organized competition for sport climbing came in 1985, when a lead climbing event called SportRoccia was held in Bardonecchia, Italy. The following year, more than 10,000 people attended the finals.
Sport Climbing

Discussion Questions

1. Sport climbing is making its Olympic debut with three disciplines. Which one are you excited for? Why?

2. Speed and lead events both require athletes to use safety ropes. What are the advantages or disadvantages to having safety ropes in place?

Want to know more about Sport Climbing? Visit USA Climbing at www.usaclimbing.org
Surfing

Surfing is contested in the ocean. Athletes wait for the perfect wave, and then paddle to catch it. A panel of judges evaluate each ride to determine which surfer wins.

How the Sport Began

Riding the waves originated from Polynesians in Tahiti and Hawaii. Surfing was popularised by a native Hawaiian Olympic athlete, Duke Kahanamoku. Kahanamoku is considered ‘the father of modern surfing’ and planted the seed for its future Olympic inclusion; he expressed his dream to see the sport become an Olympic sport while accepting his medal at the 1912 Games.

Understanding the Sport

Competitors use “shortboards,” smaller, performance-oriented surfboards that are designed for tight turns, vertical maneuvers, and top end speed on good waves. Each heat lasts 30 minutes. Surfers are allowed to catch as many waves as they can. Like gymnastics skills, each wave is given a difficulty from 1 - 5 and that combined with the surfers execution on a scale of 1 - 10 determines their score. The judge with the highest and lowest scores are tossed. The surfer’s two highest scores are averaged for the overall heat score.

Fun Facts

In February 2020, Brazilian surfer Maya Gabeira surfed a wave that was 73.5 feet tall, breaking her own world record for largest wave surfed by a woman. The first major surf contest was held in 1928 in California. Duke Kahanamoku - known as the “father of surfing” - travelled the world with surfboards made of Hawaiian koa wood that weighed more than 100 pounds.

Did You Know?

The surfing schedule is dependent on expected wave conditions. While the norm for some sports is to postpone competition in case of bad weather, surfing is known to postpone competition if better conditions are expected later.

Track the Medals

Tokyo Olympic Qualifier

With help from his mother, John John first rode on a surfboard when he was six-months old, and he was surfing on his own by the age of five!
Compare and contrast the advantages of using a shortboard over a longboard in Olympic competition.

**Word Search**

<table>
<thead>
<tr>
<th>AERIAL</th>
<th>AXED</th>
<th>CARVING</th>
<th>CREST</th>
<th>CUTBACK</th>
<th>FIN</th>
<th>GOOFYFOOT</th>
<th>GROM</th>
<th>SHORTBOARD</th>
<th>SWELL</th>
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**Fact or Fiction**

Circle the check mark if the statement is true, circle the ‘x’ if it is false.

1. The biggest wave ever recorded was 1738 ft    
   ![Check mark symbol]   ![X symbol]

2. Cave paintings in France depict surfing over 20,000 years ago    
   ![Check mark symbol]   ![Check mark symbol]
Swimming

Swimming is an individual or team racing sport that requires the use of one’s body to move through water (e.g., in a pool, sea, or lake). Competitive swimming is also an Olympic sport, with varied distance events in the butterfly, backstroke, breaststroke, freestyle, and individual medley.

Understanding the Sport

The goal of competitive swimming is to break personal or world records while beating competitors in any given event.

The strokes allowed in competitive swimming are freestyle (crawl), backstroke, breaststroke, and butterfly — all four strokes are used in medley races.

Each stroke requires a set of specific swimming techniques; competitions have distinct regulations on acceptable forms for each one.

How the Sport Began

Swimming is one of the world’s oldest sports, with evidence of it being practiced in ancient Egypt, Greece, and Rome. Organized swimming competitions began on a regular basis in the 19th century. Four swimming events were included on the program at the first modern Olympic Games in Athens in 1896, and it’s one of five sports that’s been part of every Olympics — along with gymnastics, track and field, cycling, and fencing.

Track the Medals

Tokyo Olympic Hopeful

Two time gold medalist, Dressel swims butterfly and freestyle. He is projected to win multiple medals in Tokyo. Will he best Phelps’ eight?

Who’s Competing?

Follow your favorite athletes.

<table>
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Watch all the action on the networks of NBCUniversal including

Fun Facts

Michael Phelps has been featured 3 times. He is so decorated they created a special ‘Lifetime Achievement’ box for his third appearance.

Swimming burns about 30% more calories per hour than running.

Breaststroke is the oldest known swimming stroke.

Did You Know?

The crawl (freestyle) is the fastest Olympic swim stroke.
Compare & Contrast

Most sports—like swimming, soccer, tennis, and golf—are the same, regardless of whether the athletes are male or female. Use the space to the right to compare and contrast the two.


Crossword

1. The time registered by a swimmer when he or she finishes each length of the pool
2. When swimmers somersault before reaching the wall and push off with their feet
3. The area from which a swimmer dives into the pool to begin a race
4. The area from which a swimmer dives into the pool to begin a race
5. The area at the edges of the pool into which water overflows during a race
6. To withdraw from an event in a competition
7. The gradual process of resting in preparation for competition
8. The area at the end of each lane in the pool where a swimmer’s time is registered
9. Refers to short intense swims of usually not more than 100 meters
10. Type of wave action caused by the bodies moving through the water

Want to know more about Swimming?
Visit USA Swimming at www.usaswimming.org
Table Tennis
Table tennis is one of the most popular sports in the world. It is played by two or four people on a table split in half by a short net. Players hit small plastic balls with rubber-coated paddles over the net to score points.

How the Sport Began
The first players used the lids of cigar boxes for rackets and a rounded-off wine cork over a stack of books. Table tennis has also been known as ‘ping pong,’ ‘whiff waff,’ and ‘flim flam,’ which reflected the sound of striking the ball. Today, the game is played with paddles comprising of a wooden blade coated with rubber on both sides, and a hollow plastic ball weighing just 2.7 grams (a little less than an ounce).

Understanding the Sport
A table is 9 feet long, 5 feet wide, 2.5 feet high, and divided by a net. This sport follows the same basic rules as tennis but has different scoring.

Singles matches are played over the best of 7 games. First player to 11 points (winning by 2) wins each game. Team matches consist of 4 singles matches and one doubles match, each played over the best of 5 games. Each team consists of 3 players and matches end when a team wins 3 individual games.

In Tokyo, there will be a mixed doubles event with one athlete of each gender on a team. Matches will be played to the best of 7 games, with each game played to 11 points (winning by 2).

Did You Know?
China has nearly three times as many Olympic medals in table tennis than any other country (53). The next best country, South Korea, has only 18.

Fun Facts
The longest table tennis match recorded in modern history lasted 1 hour, 32 minutes and 44 seconds!

Table tennis is the sixth largest sport in the world in terms of participation.

Four Time Olympic Champion
One of only three athletes to win four Olympic gold medals in table tennis.

Who’s Competing?
Follow your favorite athletes.

<table>
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<th>NAME</th>
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Watch all of the action on the networks of NBCUniversal including:

- NBCSN
- Sports Digital
- USA Network

Track the Medals

Scan me for more!
Word Scramble

RKTCAAET ..........................................................
LKBCO ...............................................................
HPOC ............................................................... 
NTLECOUOROP ...................................................
GIPR ................................................................. 
POOL .................................................................
LPEOOR ............................................................ 
EDPNHORLE GPRI ..............................................
DSEKANHARPIG ...................................................
PISTPON ............................................................

Compare & Contrast

Compare and contrast the advantages and disadvantages between singles, doubles, and mixed doubles

Fact or Fiction

Circle the check mark if the statement is true, circle the 'x' if it is false.

1. The longest rally was 32,000 total hits.  
   ✔  ❌
2. Table tennis is to ping-pong as Kleenex is to tissues.  
   ✔  ❌
3. China has won nearly every gold medal since the sport entered the Olympics. What do you think makes them so dominant?
How the Sport Began

Martial arts have been practiced on the Korean peninsula for thousands of years, and during the early 20th century, taekwondo became the most popular form with the Korean people. The sport’s exact origin is unknown.

Understanding the Sport

Taekwondo is believed to be a martial art of Korean origin, similar to karate in Japan. It utilizes hands and feet in order to attack or defend from an adversary in a one-on-one combat format.

Matches are fought on a matted area. Each match consists of 3 rounds lasting 2 minutes, with one-minute breaks between rounds. Athletes score points for each successful attack they make and the athlete with the most points at the end of the match wins.

Fun Facts

Taekwondo incorporates a philosophy of living in the core teaching of the sport. Its five basic tenets are courtesy, integrity, perseverance, self-control, and indomitable spirit.

Often associated, taekwondo and karate differ in practice: taekwondo features more kicking than punching, while karate involves more punching than kicking.

If there is a tie after the regulation period, there is a final sudden-death round known as the “golden point round.”

Did You Know?

Taekwondo levels are measured in belt colors, ranging from the white belt (beginner) to the black belt (master).

Track the Medals

Tokyo Olympic Qualifier
Silver medalist at the 2018 Buenos Aires Youth Olympic Games, Zolotic is ranked 7th in the world. At 5-foot-11 she’s tall and strong, fights with an aggressive style and is looking for her first Olympic medal.

Who’s Competing?

Follow your favorite athletes.

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Watch all of the action on the networks of NBCUniversal including

Scan for more about Taekwondo!
Word Search

Taekwondo

Word Search

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

Compare & Contrast

Taekwondo matches take place on an octagonal field, while karate is on a square. What do you think are the advantages or disadvantages for each?

Athlete Bio

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Discussion Questions

1. Competitors wear padded helmets to protect against kicks to the head. Can you think of other differences between taekwondo and karate?

2. Taekwondo competitors wear special uniforms that electronically assign points when they strike their opponents. Why don’t other events use this technology?
Tennis

Tennis is a racket sport that can be played against a single opponent (singles), or between two teams of two players (doubles).

How the Sport Began

Tennis originated in France during the 12th century, when the first courts appeared in the courtyards of castles and monasteries. By the 13th century, there were close to 1,800 courts in France.

It was originally known as jeu de paume (the game of the palm) because players would hit a ball with their bare hands. Eventually a glove was used to protect the hand, and by the 14th century, the first rackets were used.

Understanding the Sport

Tennis scoring counts 0 points as ‘love,’ 1 point as ‘15,’ 2 points as ‘30,’ and 3 points as ‘40.’ The player who scores 4 points first wins that game. However, if both players have scored 3 points, the score is ‘deuce’ and the game continues until there is a difference of 2 points between the players.

The first player to win 6 games with a two-game advantage over their opponent wins the set.

At the Tokyo Games, the tournament will follow a knockout format for both men’s and women’s singles and doubles, as well as mixed doubles. Matches will be played on hard courts, which is the usual surface for the Olympic tournament.

Track the Medals

Olympic Coach & Tennis Legend

Billie Jean King

Was part of the ‘Battle of the Sexes’ exhibition game. 90 million viewers watched. King beat Bobby Riggs.

Who’s Competing?

Follow your favorite athletes.

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<th>WINS/LOSSES</th>
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Fun Facts

Venus & Serena Williams have four Olympic gold medals each. Each has won a singles gold and each have three doubles golds.

The first tennis balls were made of wool or hair wrapped in leather.

In 2010, Wimbledon has changed their rules of play after a single match lasted 11 hours and 5 minutes over 3 days.

Did You Know?

Andy Murray of Great Britain is the only man to win two Olympic gold medals in singles.
Tennis

Crossword

When a player hits a groundstroke in attempt to pass an opponent who has taken position at the net
If both serve attempts fail. The opponent wins the point
If the server’s foot enters the court before the service is completed
To hit a shot with backspin (slice) and follow it into the net
When a ball is hit just after it bounces
Occurs when a player hits the ball before it bounces
To follow a serve immediately into the net with the intent of winning the point with a volley or a forced error by the opponent
A valid serve that is not reached by the opponent
A tie game at 40 points
Zero points

Compare & Contrast

Compare and contrast the different advantages between singles, doubles, and mixed doubles events.
**Track & Field**

Track and field (Athletics) is a sport which includes athletic contests of running, jumping, and throwing. Athletes are judged by the fastest time, the longest or highest jumps, and throws.

---

**How the Sport Began**

The roots of track and field can be traced back to the first ancient Olympic Games, held in 776 BCE, in the valley of Olympia on the southwestern coast of Greece.

The ancient Olympic Games were held every four years and eventually grew to contain other events, including the discus, javelin, and the broad jump.

---

**Understanding the Sport**

Most track and field events are individual sports with a single victor; the most prominent team events are relay races, which typically feature teams of four.

The foot-racing events include sprints (50 yards to 500 meters), middle-distance (800-2,000 meters), long-distance (3,000 to 30,000 meters), racewalking, and hurdling and are won by the athlete who completes it in the shortest time.

Field events include high jump, pole vault, long jump, triple jump, shot put, discus, javelin, and hammer. Jumping and throwing events are won by those who achieve the greatest distance or height.

---

**Track the Medals**

**Tokyo Olympic Hopeful**

In addition to his stellar athletic career, he is also a rapper and recording artist and can be found on Spotify under the handle Nojo18.

---

**Who's Competing?**

Follow your favorite athletes.

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<th>NAME</th>
<th>TIME/DISTANCE</th>
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**Fun Facts**

- In addition to gracing the front of a Wheaties box, Stacy Dragila has a street named after her on the Idaho State University campus.
- The first Olympic race was in Greece in 776 BCE.
- The Olympic 100-meter race determines who is the “fastest on earth.”

---

**Did You Know?**

Over 200 countries participate in major track & field meets, including the Olympics.
**Word Scramble**

ABOTN ____________________________

EDFIL VNTEE ____________________________

LRUSEHD ____________________________

NGOL IDCTANSE ____________________________

LEOP VUTAL ____________________________

NSPTRI ____________________________

ETARSEGG RSTTA ____________________________

HIHG UPJM ____________________________

**Compare & Contrast**

Compare and contrast the difference in track events versus field events.

______________________________

______________________________

______________________________

______________________________

______________________________

**Discussion Questions**

1. Sprints and distance races have different demands on the body. What do each of these events require physically?

2. Of each of the track and field events, which events are you most excited for? Why?

3. When track events are marked, some lanes appear to be closer to the finish line than others. Why do you think that is?

**Name the Events**

Name 5 events that are part of Track & Field (athletics).

1. ____________________________

2. ____________________________

3. ____________________________

4. ____________________________

5. ____________________________

Want to know more about Track & Field? Visit USA Track & Field at www.usatf.org
The oldest known triathlete is Arthur Gilbert, who was still competing at the age of 93!

The triathlon will feature the men’s and women’s race and a new mixed team relay event this year in Tokyo.

A triathlon race is completed without breaks from start to finish; both the men’s and women’s events consist of a single race and the first athlete to cross the finish line is the winner.

The new mixed team relay teams consists of 4 athletes (2 men, 2 women) who each complete a super-sprint triathlon (still a swim-bike-run, but shorter distance) before tagging the next person on their team. The team whose fourth competitor crosses the finish line first wins.

Hunter Kemper is the most decorated U.S. triathlete and a member of an elite group of athletes to be featured on the front of a Wheaties box.

It is not uncommon for triathletes to burn up to 10,000 calories during a race.

The oldest known triathlete is Arthur Gilbert, who was still competing at the age of 93!

How the Sport Began

The sport developed in the United States during the 1970s and became part of the Olympics at the 2000 Sydney Games. More than half a million spectators lined the city streets to cheer on the athletes.

Tokyo Olympic Hopeful

Zaferes was a multisport athlete in high school. In college she ran track and won the state title for the 1500m. It wasn’t until after college that she discovered her true passion.

Did You Know?

The most well-known (and longest) version of the triathlon is the Ironman race. An Ironman consists of a 2.4-mile swim, a 112-mile bike and a 26.2-mile run. Top competitors can finish an Ironman in under nine hours.
Discussion Questions

1. Triathletes must complete the event without any breaks. Which part do you think is the hardest, or the easiest? Why?

2. The sport has always started with swimming and ended with a run. Why do you think that is?

Want to know more about Triathlon?
Visit USA Triathlon at http://www.usatriathlon.org/
Volleyball

Understanding the Sport

Volleyball matches are played to the best of 5 sets. Each set is played to 25 points with a team needing a two-point advantage to win. When a team wins a point they serve next. The first team to 3 sets wins the match, but when the match is tied at 2 sets each, the final set is played to 15 points.

At the upcoming Tokyo Olympics, teams will be divided into two pools of six, with each pool playing a round robin. The top four teams of each pool advance to the quarterfinals; the final round is played under a knock-out system.

Fun Facts

- The longest volleyball game lasted 85 hours!
- The first ball to be specially designed for volleyball was created in 1896.
- Volleyball was originally an indoor-only game. Beach volleyball started in the 1920s in California.

Who’s Competing?

Follow your favorite athletes.

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Did You Know?

Around 800 million people worldwide play volleyball in a week.

Track the Medals

Three Time Olympic Champion

Karch Kiraly

Won Olympic gold in beach and indoor volleyball. He also coached the women’s team in Rio leading them to Bronze.

Volleyball Broadcast Schedule

Men

<table>
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Women

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Watch all of the action on the networks of NBCUniversal including

NBC Sports

USA Network

Tracking the Medals

Scan for more about Volleyball!
**Crossword**

**ACROSS**

3. When the team that received the serve wins the point and is awarded the next serve.

5. A ball hit softly over the net, instead of attacking.

6. When the setter sends the ball over the net on the second hit instead of setting it to a hitter.

9. A serve that lands in bounds and goes unplayed by the opposing team, resulting in a point for the serving team.

10. The line that marks 10 feet from the net.

**DOWN**

1. A technique used to receive the opponent’s hit and pass the ball to a fellow teammate

2. When the server steps on or across the back line before serving the ball.

4. To prevent a hard-hit attack from hitting the ground by passing it up with any part of the body.

7. A player puts his or her hand flat on the floor and lets the ball bounce off the back of it to prevent the ball from hitting the floor.

8. A serve with no spin that wobbles through the air like a knuckleball in baseball.

**Compare & Contrast**

Research and list 6 differences between court and beach volleyball.

1. ____________________________  

2. ____________________________  

3. ____________________________  

4. ____________________________  

5. ____________________________  

6. ____________________________  

Want to know more about Volleyball? Visit USA Volleyball at www.usavolleyball.org
Water Polo

Water polo is a competitive, full-contact team sport. Teams have six players and a goalie with the objective to score more goals than the opposing team.

Because the water polo ball resembles a volleyball, many people assume water polo is just volleyball in the water. It’s actually much more closely related to rugby or soccer.

Understanding the Sport

For water polo, teams of 7 tread water or swim the entire game and cannot touch the bottom or sides of the pool. Except for the goalie, players may only handle the ball with one hand. The object is to put the ball into the opponent’s net. Physical contact is also highly encouraged. Water polo is unique in that other than the five-meter penalty throws, the whistle does not stop play.

Men’s and women’s water polo rules are nearly identical. Upon taking control of the ball, the offensive team has 30 seconds to shoot, or it loses possession. A shot clock at each end of the pool helps the players keep track.

How the Sport Began

In 1869, an English rowing club set out to create a game similar to soccer, but in the water. They came up with “football in water,” which would later be known as water polo.

Fun Facts

- The average player swims nearly two miles in a game.
- Olympic water polo players can throw the ball up to 50 miles per hour.
- Along with soccer, water polo was the first team sport to be included in the Olympics.

Did You Know?

Men play with a slightly larger ball and on a field that is 16 feet longer than the women. Otherwise the rules are virtually the same.

Rio Olympic Gold Medalist

Steffens comes from a family of water polo players. Her father Carlos, uncle Peter and three siblings all played. Her older sister won a silver medal at the London Games.

Track the Medals

<table>
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<th>Men</th>
<th>Women</th>
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Watch all of the action on the networks of NBCUniversal including the Rio Olympic Games.
Word Scramble

BNYUN OSHT
LIATBRYUT
DRY SSAP
ENIEIGR
ETBAEGERG
INGBIRLBD
RDE ARDC
IGLANTLS
WET SAPS
WGNI

Fact or Fiction

Circle the check mark if the statement is true, circle the ‘x’ if it is false.

1. Added with tug-of-war to the 1900 Olympic Games. ✓ ✗
2. Until 1950, players pedaled around in the water on mechanical horses. ✓ ✗

Discussion Questions

1. European countries have been strong contenders, with Hungary winning the most gold medals. Why do you think that is?
2. Teams only get 30 seconds to pass to their teammates and score. Can you think of other sports with time limits before they lose possession?
3. The men’s competition started in 1900, but women’s didn’t join until 2000. Why do you think that is?
4. Water polo is the only ball sport played in a pool. Can you think of other sports that would be fun to play in a pool?
Weightlifting

Weightlifting is a sport in which athletes lift barbells from the ground to above their heads, competing to lift the greatest amount of weight.

How the Sport Began

Weightlifting dates back to ancient Egypt and Greece, and continued through the Middle Ages, usually done by the strongest men in villages all over Europe. In the 1800s, professionals toured with carnivals or vaudeville shows. By the end of the 19th century, weightlifting was recognized as a competitive sport internationally. It was included in the first modern Olympic Games in 1896.

Understanding the Sport

Weightlifting athletes are divided into weight classes. Each athlete has 3 attempts at both the snatch (lifting the bar from their feet to above their head in a squat position, then pushing up to a standing position) and the clean and jerk (lifting the bar from the floor to rest on their chest with bent arms [the clean] and then using a jumping motion to extend both the arms and legs to stand upright with the weight fully extended overhead [the jerk]).

An athlete’s best snatch is added to their best clean and jerk to calculate the total amount of weight lifted, and the athlete with the highest total weight wins.

Track the Medals

Tokyo Olympic Qualifier
At just five feet tall, Jourdan Delacruz is the smallest member of Team USA Weightlifting.

Who’s Competing?
Follow your favorite athletes.

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<th>NAME</th>
<th>WEIGHT</th>
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Fun Facts

A medal was awarded for a “one hand lift” in the 1896 Olympic games before the event was discontinued.

Weightlifting has been on the program of every modern Olympic Games except in 1900, 1908, and 1912.

Athletes choose the weight for their first attempt; it can only get heavier. A lifter starting too high might face trouble.

Did You Know?
In 1928, the program was standardized to three lifts: snatch, clean & jerk, and press. In 1976, the press was removed because of judging difficulty.
Word Search

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

Compare & Contrast

Compare and contrast the different events for weightlifting.

Discussion Questions

1. Weightlifters are split into 10 weight classes for the 2021 Olympics. What advantages to lighter weight classes have over heavier classes, and vice versa?

2. While strength is required, it also requires mental focus. What techniques would you use to maintain focus if you were competing?

Order of Elements

Number the parts of the clean & jerk lifts in the correct order.
How the Sport Began

Wrestling was a feature of the ancient Olympic Games in 708 BCE. The sport's Greco-Roman style was included in the first modern Olympic Games in 1896. Eight years later, freestyle wrestling was introduced at the 1904 St. Louis Games. Women's freestyle wrestling joined the Olympic program in 2004.

Understanding the Sport

Wrestling matches are contested on a circular mat that’s 12 meters in diameter. Matches last for two periods of three minutes with a 30-second break. Athletes earn points for a variety of actions and holds, including forcing an opponent out of bounds, taking an opponent down, and rolling an opponent into an exposed position. At the end of both periods, the athlete with most points wins.

There are two wrestling styles. The chief difference is that in Greco-Roman, a wrestler may not attack below the waist or use his own legs to trip, lift, or execute other holds. In freestyle, both the arms and legs are used to execute holds.

Fun Facts

- Wrestling is often considered the oldest sport on Earth. Cave drawings that depict the sport date back to 3,000 BCE.
- The U.S. has won 133 medals in wrestling at the Olympics, the most of any nation.
- Wrestling was part of the ancient Olympics since the 18th Olympiad in 708 B.C. It first appeared as an elimination tournament among the Greeks and was the decisive discipline of the Ancient Games Pentathlon.

Track the Medals

Who’s Competing?

Follow your favorite athletes.

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Tokyo Olympic Qualifier

Gray designed a special edition shoe for ASICS. The Aggressor 3 L.E. Adeline Gray wrestling shoe is the first for a female wrestler.

Scan for more information about Wrestling!
Ways to Win

Name the three ways you can win in a wrestling bout.

1. ________________  2. ________________  3. ________________

Crossword

DOWN

2  When a wrestler passes his or her arm under his or her opponent’s armpit from behind and places the palm of his or her hand against the back of the head.

4  When the wrestler on the bottom manages to get to his or her feet and face their opponent.

5  Also known as an ankle lace.

7  When a wrestler takes his or her opponent to the mat from a standing position.

ACROSS

1  A 30-second period where one wrestler who has been designated as passive is required to score a point.

3  A defensive move in which a wrestler, while facing belly-up, attempts to avoid being pinned by supporting himself or herself with his or her head and feet.

6  When the referee orders a wrestler to place both hands on the back of his or her opponent, who is underneath on the ground.

8  When the wrestler on the bottom reverses positions with the wrestler on top and seizes control.

9  Called when both shoulders of the defensive wrestler are held against the mat for the length of time it takes the referee to pronounce the word “tombe,” about half a second.

10  When a wrestler turns his or her opponent’s shoulders to the mat.

11  When the referee encourages wrestlers to be more active.
answer guide
The Ancient Games - Page 2

1. 776 BCE
2. All free Greek males were allowed to take part, from farmhands to royal heirs, although the majority of Olympians were soldiers. And while there is some evidence that women participated in the early Games, by the fifth century BCE, women were explicitly barred from competition and the Games as a whole.
3. A wreath of olives as this was associated with Heracles, a demi-god associated with the Olympic Games.
4. Twelve centuries

The Modern Games - Page 4

1. The first meeting of the International Olympic Committee (IOC) was held in Sorbonne in Paris, France in 1894.
2. Women were officially allowed to compete starting in the 1900 Olympic Games.
3. The first modern Olympic Games was held in Athens, Greece in 1896.

Archery - Page 22

For all archery puzzle solutions, go to: sportsengine.com/archery-puzzles.pdf

1. There are many reasons why the use of the bow and arrow declined with the invention of firearms. One reason is that guns, if aimed correctly, can be more accurate than a bow and arrow. Guns are also more powerful, and can be used quicker.
2. The different size circles and colors on the targets are used to test accuracy. Some circles are harder to hit than others.
3. The feathers at the end of arrows are used to stabilize the arrows as they fly through the air. This makes each shot more accurate.

Artistic Swimming - Page 24

For all artistic swimming puzzle solutions, go to: sportsengine.com/artistic-swimming-puzzles.pdf

1. Artistic swimming is scored by a panel of judges. In order for the judges to determine who has the best technique for a certain skill, they need to see all teams showcase that same skill. Having a designated set of movements allows the judges to assess who has the best technique.

Badminton - Page 26

For all badminton puzzle solutions, go to: sportsengine.com/badminton-puzzles.pdf

1. Players serve first on the right side with a starting score of 0-0. That means when the server switches to the left side, the score will be 1-0, an odd number. When the server switches back to the right, the score will either be 1-1 or 2-0, which means the total score is an even 2. The game continues like that, with odd scores on the left and evens on the right. It’s a good way to make sure the score is right!
2. A shuttlecock has feathers to keep it from wobbling in the air during play. The feathers allow the shuttlecock to change speed and direction very rapidly without being wobbly or losing speed.

Baseball - Page 28

For all baseball puzzle solutions, go to: sportsengine.com/baseball-puzzles.pdf

1. Japan recognized how popular baseball is all over the world. The country thought it was important to include a sport that is loved by all in the worldwide Olympic Games.

Basketball - Page 30

For all basketball puzzle solutions, go to: sportsengine.com/basketball-puzzles.pdf

1. The team included NBA greats like Larry Bird, Michael Jordan, and Magic Johnson. During the 1992 Barcelona Olympic Games, the team won by an average of 44 points over their competitors.

Beach Volleyball - Page 32

For all beach volleyball puzzle solutions, go to: sportsengine.com/beach-volleyball-puzzles.pdf

1. Indoor volleyball is played with six players to a side, while beach volleyball is only played with two players to a side. The indoor court is larger because twelve total players can cover more of the court during play, whereas a beach volleyball court is smaller because four total players cannot cover the same amount of court. Similarly, an indoor volleyball court is smaller because it allows for players to hit the ball harder and with greater speed, which can make for a faster play of game. Beach volleyballs are larger and lighter so that players have greater control over the ball.
2. Beach volleyball players need to know every skill because they don’t have set positions on the court and they move constantly throughout play. Players could be put in a position to hit, block, or dig at any time during a game, and so they must be prepared for any type of scenario.
Boxing - Page 34

1. Olympic competitors wear padded helmets to increase the safety of the athletes. This is especially important because Olympic boxers must compete in many matches in a short period of time.
2. There are many reasons why lighter and heavier weight classes have different approaches to boxing. One reason is that lighter and heavier boxers have different centers of gravity, which affects how they throw punches and aim at an opponent.

For all boxing puzzle solutions, go to: sportsengine.com/boxing-puzzles.pdf

Canoe - Page 36

1. There are many different advantages and disadvantages to the types of paddles used by canoers and kayakers. One advantage of a kayaker’s double blade is that it is easier to change direction since the kayaker does not have to switch the side of the boat he or she is paddling on. One advantage of a canoer’s paddle might be that he or she has the ability to make longer strokes to move the boat faster.
2. Canoes have a longer, more slender shape while kayaks are a bit wider to account for a kayaker’s in-boat seat. Due to its shape, a canoe might have a tougher time changing direction quickly, which means it would be more challenging in a slalom race.
3. Olympic slalom courses are often artificial in order to ensure fairness. Man-made courses allow for all athletes to be subjected to the same challenges during a race, which might not be guaranteed in open water.

For all canoe puzzle solutions, go to: sportsengine.com/canoe-puzzles.pdf

Cycling - Page 38

1. There are many tricks in BMX freestyle. Some include bunny hop, manual, 180, and bar hop.
2. There are many differences between the four different types of bicycles: BMX, Road, Mountain, and Track. BMX bikes are the smallest bike you’ll see at the Olympics, with a very small, light frame, a single speed, and a free back wheel so riders can pedal backward while still moving. Road bikes have very light, strong frames with standard brakes and 22 different gear options. Mountain bikes have very wide and knobby tires that help to grip and navigate tough terrain, and they have 30 different gear options. Track bikes only have the essentials, such as one gear and no breaks.
3. European countries have a strong culture of cycling. It is not uncommon to see Europeans biking to work or the grocery store, or forgoing a car altogether. That daily culture can be seen translating to the massive success of European cycling teams in road and track races.

For all cycling puzzle solutions, go to: sportsengine.com/cycling-puzzles.pdf

Diving - Page 40

1. Diving uses many of the same techniques as gymnastics or dance. Divers do flips and turns that are similar to those in gymnastics routines. Divers also share similar body positioning and polishing that you find in dance, such as pointed toes.
2. The tighter a diver holds to their legs in a tuck, the faster their body can rotate. This becomes advantageous when divers do multiple somersaults in a row; faster somersaults mean more rotations and more time to come out of the tuck to land in the water.

For all diving puzzle solutions, go to: sportsengine.com/diving-puzzles.pdf

Equestrian - Page 42

1. Eventing consists of three main disciplines: dressage, cross-country, and jumping, and each are challenging in their own ways. Dressage requires the horse to be skillful and attentive to the rider while cross-country is a test of endurance. Jumping is difficult because it often occurs as the last event when the horse is already tired from the previous disciplines.
2. German-bred horses, such as the Trakehner, are typically outstanding in eventing. The Germans are very successful and devote a lot of resources to breeding competition horses.

For all equestrian puzzle solutions, go to: sportsengine.com/equestrian-puzzles.pdf

Fencing - Page 44

1. There are three types of swords in fencing: foil, epee, and sabre, each with a unique strategy behind it. To gain points using a foil, the fencer must be precise about where the point lands on their opponent. The epee favors fencers who are more patient, defensive, and thoughtful, while the sabre is all about the offensive attack.
2. There are advantages to using both speed and height. Height can allow a fencer to strike from a further distance since they have longer arms. Speed, on the other hand, can catch an opponent off guard and control the pace of the match.
3. Epee does not use the rule of priority, or right-of-way because of its dueling history! Traditionally, whoever lands the first touch wins the point, no matter who was attacking first.

For all fencing puzzle solutions, go to: sportsengine.com/fencing-puzzles.pdf
Field Hockey - Page 46

1. There are many advantages to playing on artificial turf. For instance, there is less maintenance needed for artificial turf upkeep. Artificial turf also allows for a more fast-paced game.
2. Field hockey was played as early as the 14th century in England but gained rapid popularity in India, a British colony, in the 1800s. India was home to the very first professional field hockey team established outside of England, Calcutta HC, and the country went on to dominate competitions, including the Olympics. While predominantly a women’s sport played in colleges in countries like the United States, field hockey is rapidly gaining popularity at the professional level, leading to more successes for countries outside of India.

For all field hockey puzzle solutions, go to: sportsengine.com/field-hockey-puzzles.pdf

Golf - Page 48

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Gymnastics - Page 50

1. Gymnastics floors have built-in springs or a combination of rubber foam and plywood that make the entire floor bouncy.
2. The bell is a timer that allows the gymnast to know how much time he or she has left in their routine. Often there will be a bell to signal there are 10 seconds left in an athlete’s allotted time.
3. The chalk helps the athletes grip the pommel horse, rings, or bars. It prevents the possibility of the athletes slipping off or losing their grip during the routine. This not only helps the gymnast’s routine but can also enhance the safety of the athlete.
4. The line in the middle of the landing area is used as a guide to judge how straight a gymnast’s jump was. The closer to that line the athlete lands, the more accurate the jump, and the better their score.
5. Each position, or “strength,” in the rings must be held for a minimum of two seconds. The rings showcase upper-body skills: biceps, triceps, shoulders, and chest are the main muscles used in the rings.

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Handball - Page 52

1. In handball, athletes are allowed to not only throw to move the ball but dribble as well, like in basketball. An indoor court allows for easier dribbling, and it also speeds up the play of the game.
2. Referees can issue a “passive play” penalty if they don’t see the offensive team actively trying to score. This keeps the game moving, but may pose an issue to teams trying to stick to a certain formation or strategic approach.
3. While it may seem more difficult to aim and shoot with your feet, handball has rules in place that state players can only shoot from a certain distance, making it harder to aim accurately and score past a goalkeeper in a smaller net.

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Judo - Page 54

1. Many forms of martial arts focus on pinning down an opponent. Another example is jiu-jitsu.
2. Judo is the fourth most popular sport in France, and many parents enroll their kids in the sport at a young age. The French people have deeply connected with the values of judo and the sport has become less of a recreational activity and more of a lifestyle education.

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Karate - Page 56

1. There are two main disciplines within Karate: Kumite and Kata. Kumite focuses on fighting techniques, like kicking and punching, while Kata is more about performance and demonstrating skill.
2. Each point system is challenging in its own way. Fencing, for example, takes into account the priority rule, Kumite allows for points based on the technique displayed, and boxing is scored by a judging panel.

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Modern Pentathlon - Page 58

1. Each of the five events that comprise modern pentathlon aligns closely with skills needed to be successful on the battlefield. Running, swimming, shooting, horseback riding, and sword fighting are all traditional situations a military officer would be subjected to in the line of duty (at least up until WWII).
2. Each event could be challenging in its own way. Running and swimming pose a challenge because they require a lot of endurance. Show jumping or shooting, however, require a lot of specific techniques. Athletes must master a very wide range of skills in order to compete in modern pentathlon.

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Rowing - Page 60

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Rugby - Page 62

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1. There are many aspects of soccer and American football that appear in rugby. Touchdown scoring and the huddle that starts play called the “scrum,” are used similarly in American football. The way players move the ball down the field with consistent forward passing is similar to soccer.

2. Rugby players are taught to hit in a very specific way. They often lower their bodies to the level of their opponent’s hips and assume a low crouch that allows them to lean their full force into the opponent. There is much less head-to-head contact in rugby than in American football, which accounts for fewer injuries.

3. After the 1924 Olympics, a new President of the IOC took office and wasn’t very fond of the sport of rugby. He removed it from the Olympic program, along with some other team-based sports.

Sailing - Page 64

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1. In individual sailing events, individual boats compete against one another for first place. In team events, teams of three boats each compete against each other for the best overall finish. An advantage to competing as a team is that all boats have the ability to work together to better their chances of winning. One boat could help block the wind from another or help navigate a turn. An advantage to the individual race, however, is that an individual boat does not have to worry about what place other team members will finish in. An individual boat just has to worry about winning. Their body can rotate. This becomes advantageous when divers do multiple somersaults in a row; faster somersaults mean more rotations and more time to come out of the tuck to land in the water.

2. Sailing races are triangular in order to test different skills. Sailing in a triangle forces the sailor to execute complicated turns and navigate challenging changes in the wind.

Shooting - Page 66

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Skateboarding - Page 68

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1. There are a ton of different skateboarding tricks that can be performed, ranging in difficulty. Judges will score each trick on a scale of 0 - 100.0. A simple trick, like a kickflip, might not be worth a lot of points, but something extremely difficult like a gazelle flip might be worth close to the maximum 100.0 points.

2. Park and street events share a lot of the same basic tricks. Skateboarders would have to master simple jumps and lands, like an Ollie or a 360 flip. Both types of competition also use tricks like balancing, grinds, and slides.

Soccer - Page 70

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1. Soccer players are not only great athletes, they’re often great actors as well. Many coaches encourage their players to “flop” or fall in order to force a penalty on the opposing team and get an advantage. While the faking may seem unfair at times, it has become such a staple in soccer that the dramatics are just another part of the game.

Softball - Page 72

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1. Softballs are larger and therefore do not travel as far or as fast as baseballs. While that may seem like an advantage, the pitcher’s mound in softball is also closer to the plate, which means that the batter has less time to react to the throw. One advantage, however, is that softballs are yellow which makes them a bit easier to see as they’re thrown.

2. A windmill-style pitch is much less harsh on the shoulder joint than an overhand pitch. Softball pitchers can often pitch for longer without sustaining injury, both in individual games and throughout their overall careers.

3. Similar to baseball, Japan has brought back softball for the 2020 Olympics because of the country’s love of the sport. With that inspiration behind the Japanese national team, a repeat victory wouldn’t be out of the question!

Sport Climbing - Page 74

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1. Sport climbing has three main disciplines: speed, bouldering, and lead. Speed climbing is high-intensity and closest to a race format, while bouldering puts a climber’s skill to the test. Lead tests how high a climber can go in a certain amount of time.

2. There are many different advantages and disadvantages to using safety ropes. One clear advantage is the added safety measure for the climber: if anything were to go wrong, the climber would be backed up by the ropes. One disadvantage could be how the ropes affect the mentality of the climber; some climbers might feel more capable if they weren’t attached to anything at all.
Surfing - Page 76

1. Part of being a good surfer is picking out the perfect wave. Choosing a wave is a skill in itself, and it is essential to being successful in competition. Surfers take a lot of factors into account when selecting a wave, such as the wind speed and direction, which way the wave is swelling, and how long of a period there is between waves. Surfers also try to look for the peak of the wave and identify how it breaks.

2. Judging takes into account a lot of different factors, from the height of a wave to the number of maneuvers completed by the surfer while riding the wave. Some may think choosing the right wave is the hardest part, while others might find the addition of tricks to be more challenging.

3. Brazil’s rise in surfing competitions has been very recent. A large part of surfing’s popularity in Brazil has to do with the near-perfect surfing conditions in the country. Brazil has some of the best surfing in the world, making it easy for Brazilians to master the sport.

Swimming - Page 78

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Table Tennis - Page 80

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Taekwondo - Page 82

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Tennis - Page 84

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Track & Field - Page 86

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Triathlon - Page 88

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Volleyball - Page 90

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Water Polo - Page 92

1. Europeans have been playing water polo since the 19th century, with the first water polo match hosted in London in 1870. After official rules were established, the game resembling “water rugby” spread across Europe in the late 1800s, before first landing in the United States in 1888.
2. Basketball is another sport that has a time limit before a team loses possession. The shot clock is most commonly 24 seconds.
3. Women were fighting to be included in the water polo event for over 20 years before they were allowed by the IOC. They held many protests to get their event on the Olympic schedule, but they were turned down each Games until Sydney 2000, when the Australian national team took home the gold medal. It was a massive victory for the home team and for women everywhere! Water polo is yet another event that has been subjected to gender inequality throughout Olympic history, and women have had to fight hard to have their sports recognized.
4. Think about playing basketball or volleyball in the pool!

Weightlifting - Page 94

1. Size is very important in weightlifting. It is not uncommon to see weightlifters change weight classes between big competitions. Often, weightlifters will try to strategize which weight class they will most likely dominate in. A weightlifter may weigh enough and be strong enough to compete in a heavier weight class, but he or she might try to cut down their weight so that their superior strength can carry them to victory in a lighter weight class.
2. Athletes use a lot of techniques to maintain their focus. Some may meditate before a competition, visualizing their actions and playing out different scenarios in their heads. Some may focus on their breathing and try to remain calm while competing.

Wrestling - Page 96

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