

Carry the Torch

Introduction:

- ◆ Introduce the symbolism of the Olympic flame and the significance of its journey to the site of the Olympic Games.
- ◆ Set up activity area, group equipment needed for each state capital activity at a distance from each other.

Through:

- ◆ Place the correct state capitals on each state.
- ◆ Divide the class into small groups and assign each group to a region of the country. (time zone, geographical, topological)
- ◆ Explain that the torch needs to pass through each state capital. Ask each group to map out a route through its region, then join the regions together. (Suggestion: begin in New York and end in California)
- ◆ Explain that the Olympic flame has traveled by foot, by train, by skateboard and by swimming with a diver underwater. This torch will also travel in many ways.
- ◆ Following the route sketched out by the class, have each individual in the group perform the exercises listed as the torch moves from state capital to state capital. Each individual should perform one activity then hand off the torch to the next person in the group to perform the next state capital activity. (If space allows, let different groups begin their torch relay in different state capitals)

Beyond: Extensions

- ◆ Use a world map and countries instead of states.
- ◆ Research other modes of transportation for the Olympic flame.
- ◆ Research some of the athletes and heroes that have carried the Olympic flame.
- ◆ Open Court Connections

Curriculum Standards

- ▶ Movement Skills & Knowledge—demonstrate responsible personal behavior while participating in activities
- ▶ Movement Skills & Knowledge—competent in many movement activities: throwing, catching, striking and kicking, using mature form ; dribbling and passing a basketball; balancing with control on a variety of apparatus; developing and refining a tumbling or dance sequence demonstrating smooth transitions and repeatable sequences; jumping and landing for height/ distance using mature form; transferring weight from hands to feet at fast and slow speeds
- ▶ U.S. History and Geography—students know the locations and names of the 50 states and their capitals

Resources

- Exercise and activity equipment appropriate to space
- Large wall or floor map
- Cards of state capitals and activities
- Torch prop or relay baton
- [Http://www.aafra.org](http://www.aafra.org)
- [Http://www.slc2002.org](http://www.slc2002.org)
- [Http://www.olympic.org](http://www.olympic.org)
- Sports magazines and newspapers

State Capital	Activity
Albany	SKIP FORWARD BETWEEN CONES
Annapolis	SKIP BACKWARDS BETWEEN CONES
Atlanta	JUMP ROPE FORWARD 10 TIMES
Augusta	JUMP ROPE BACKWARDS 10 TIMES
Austin	JUMP FEET TOGETHER 10 TIMES
Baton Rouge	HOP ON ONE FOOT 10 TIMES
Bismark	3 FORWARD ROLLS
Boise	3 CARTWHEELS
Boston	10 LEG LIFTS
Carson City	10 LARGE FORWARD ARM CIRCLES
Charleston	10 LARGE BACKWARD ARM CIRCLES
Cheyenne	10 SMALL ARM FORWARD CIRCLES
Columbia	10 SMALL BACKWARDS ARM CIRCLES
Columbus	10 TOE TOUCHES
Concord	BALANCE ON ONE FOOT 10 SECONDS LEG TO THE SIDE
Denver	DRIBBLE A BASKETBALL 10 TIMES
Des Moines	3 BACKWARDS ROLLS
Dover	3 FORWARD STRADDLE ROLLS
Frankfort	3 BACKWARDS STRADDLE ROLLS
Harrisburg	SHOOT A BASKET FROM THE TOP OF THE KEY
Hartford	10 SQUAT-THRUSTS
Helena	JUMP AS FAR AS YOU CAN 3 TIMES
Honolulu	HULA HOOP 10 SECONDS
Indianapolis	JUMP AS HIGH AS YOU CAN 3 TIMES
Jackson	3 MULE KICKS
Jefferson City	REACH AS FAR AS YOU CAN IN THE SIT AND REACH
Juneau	10 SIT-UPS
Lansing	REACH AS FAR AS YOU CAN IN THE V-SIT
Lincoln	HOLD YOUR ARMS PALM UP STRAIGHT OUT TO THE SIDES FOR 10 SECONDS
Little Rock	HOLD YOUR ARMS PALM DOWN STRAIGHT OUT TO THE SIDES FOR 10 SECONDS
Madison	10 LEG THRUSTS
Montgomery	10 LUNGES FORWARD
Montpellier	10 LUNGES TO THE SIDE
Nashville	BALANCE A BOOK ON YOUR HEAD AND WALK FORWARD BETWEEN CONES
Oklahoma City	BALANCE A BOOK ON YOUR HEAD AND WALK BACKWARDS BETWEEN CONES
Olympia	10 PUSH-UPS
Phoenix	DRIBBLE A SOCCER BALL BETWEEN CONES
Pierre	BASKETBALL LAY-UP
Providence	FLEX-ARM HANG FOR 10 SECONDS
Raleigh	10 KNEE BENDS
Richmond	CRAB WALK BETWEEN CONES
Sacramento	10 WINDMILLS
Salem	10 JUMPING JACKS
Salt Lake City	MARCH IN PLACE 10 STEPS
Santa Fe	10 NECK ROLLS
Springfield	STAND ON ONE FOOT LEG IN FRONT FOR 10 SECONDS
St. Paul	STAND ON ONE FOOT LEG IN BACK FOR 10 SECONDS
Tallahassee	SEAL WALK BETWEEN CONES
Topeka	CRAWL FORWARD BETWEEN CONES
Trenton	CRAWL BACKWARD BETWEEN CONES