

**Title: Metric Olympics** (designed to parallel a yearlong unit on Ancient Greece)

**Subject Area/Grade Level/Instructional Focus:**

Elementary Grades K-5

**Vocabulary:**

Greece, marathon, vault, discus, javelin, metric, meter, centimeter, decimeter, kilometer, gram, kilogram, motto, creed, oath

**Materials/Resources/Graphic Organizer:**

AIMS Metric Olympics unit

[www.mrdonn/olympics.com](http://www.mrdonn/olympics.com)

Various websites as resources on the History of the Olympics

**Instruction Type(s):**

Guided Instruction

Independent/Collaborative Practice and Activities

**Components:**

1. Introduce history of ancient and modern Olympic games. Share various websites and images.
2. Stress the importance in Ancient Greece of being physically fit as a tribute to the gods and goddesses of Ancient Greece. Games were a way to show their fitness.
3. Discuss the symbolism of the Olympics: opening and closing ceremonies, motto, creed, and oath that players take.
4. Review metric system of measurement, specifically meters, centimeters, decimeters, kilometers, grams, kilograms, liters, milliliters
5. Divide students into teams of four students.
6. Introduce Metric Olympic activities that they will participate in:
  - a) Paper plate discus-throw paper plate, estimate distance, then measure it.
  - b) Marble Grab-grab fistful of marbles and then place them on a scale, estimate weight in grams, then measure it.
  - c) Cotton Ball Shot Put- throw cotton ball in shot put fashion, estimate distance in meters, then measure it.
  - d) Sponge Squeeze- Pick up sponge from bucket of water and squeeze sponge into a container, estimate milliliters, then measure them.
  - e) Big Foot-estimate foot length in metric units, then measure with ruler/yardstick
  - f) Straw Javelin Throw-throw paper straw, estimate meters, then measure distance of throw.
7. Each team member records their individual achievements on record sheet, then adds the totals to get team total.
8. Teams are then awarded Gold, Silver, or Bronze medals based on accomplishments.
9. Follow up: Students choose and research a famous Olympian in history.