



7th U.S. Arts Olympiad

Topic: The Lesson Plan

National Core Arts Standards: Fulfilling 7 of the 11 Anchor Standards.

Time commitment: Two or three class sessions

Objectives:

- a) Empower students aged 8 to 12 to overcome the "fourth-grade slump" in creativity discovered by the "father" of creativity, E. Paul Torrance, so that students remain creative throughout their lives.
- b) Employ the arts as a dynamic activity to motivate students to embrace the "Artist-Athlete Ideal" of the creative mind and healthy body (*mente sana in corpo sano*).
- c) Awaken the dormant "inner artist" or the slumbering "inner athlete" in students to avoid creativity slumps and decrease obesity risks.
- d) Strengthen the revised self-image of students by allowing them to depict themselves as "artist-athletes" in their paintings, drawings, or digital artwork.
- e) Develop fellow feelings among young artists and young athletes to make your school community more creative, healthy, and peaceful.

Questions:

- 1) What is your favorite sport or activity? Why?
- 2) What is the relationship between art and sport?
- 3) Are the Olympics only for athletic excellence?
- 4) What are the Olympic values?
- 5) Can you be an artist and an athlete?

Materials:

A history of the Olympic Games > the Smithsonian Magazine

A global art contest > the ChildArt magazine

A global celebration of Creativity, Diversity, and Unity > World Children's Festival

Deadline: Art submission must have a **May 16, 2025** or earlier postmark.

Lesson Procedure:

Part 1: Instructional Group Activities

Encourage students to develop connections between art and sport.

Activity A. The Olympics Art Competitions

Ask the students to answer these four questions (using the Smithsonian History of the Olympic Games):

1. Should the Olympic Art Competitions be reinstated? Why? For what age group?
2. What is your favorite sport? Why?
3. Which city will host the 2028 Summer Olympics? 2030 Winter Olympics?
4. Who will select the city to host the 2032 Summer Olympics? How?

Activity B. Thinking Outside the Box

Divide the class equally and randomly into "Artists" and "Athletes."

The **Artists** answer these questions:

Question 1. *Why do people run, swim, or play soccer?*

Question 2. *How do you feel when you play a sport?*

Ask the **Artists** to draw or paint any sports gear or equipment (e.g., bat or ball).

The **Athletes** answer these questions:

Question 1. *Why do people draw, paint, sculpt, or carve?*

Question 2. *How do you feel when you create art?*

Ask the **Athletes** to draw or paint any art tool or equipment (e.g., easel or brush).

Activity C. Building Peace through Art and Sport

Read this quotation of Nobel Laureate Nelson Mandela:

"Sport has the power to change the world. It has the power to inspire.

It has the power to unite people in a way that little else does.

It speaks to youth in a language they understand.

Sport can create hope where once there was only despair.

It is more powerful than governments in breaking down racial barriers."

Ask the students to answer these two questions:

- a) If "sport" is replaced by "art" in the above quote, would it still ring true?
- b) Does the quotation become more robust when you add art to sport?

Part 2: Original Art Creation

Ask students to produce a painting, drawing, or digital artwork depicting themselves as Artist-Athletes playing their favorite Olympic or local sport.

Paintings or drawings should be roughly **45x65 cm (18x24 inches)**.

Part 3: Selecting Representative Artwork

Select one or two artworks based on creativity and originality. Involve students in the selection process if possible.

Clip the Artwork Submission Form to the artwork and mail it to ICAF on or before **May 16, 2025**.

A distinguished panel of judges will select the 7th Arts Olympiad winners. The winners from participating school districts and foreign countries will convene at the *7th World Children's Festival (WCF)* at The National Mall across the U.S. Capitol in June 2025. <https://WorldChildrensFestival.org>

Produced every four years, the WCF is the "Olympics" of children's imagination and celebrates Creativity, Diversity, and Unity. While participation in the WCF is free of charge, the delegates make their own travel, meals, accommodation, and local transport arrangements for their week in Washington, D.C.

Mail to:

International Child Art Foundation
Post Office Box 58133
Washington, DC 20037

For UPS or FedEx, please use the street address:

International Child Art Foundation
2549 Virginia Avenue, NW
Washington, DC 20037
Phone: (202) 530-1000

Please email any digital artwork to ChildArt@icaf.org.

To stay informed, subscribe to <https://icaf.org/mission/childart-magazine>

7th U.S. Arts Olympiad
Artwork Submission Form

INTERNATIONAL
CHILD ART
FOUNDATION

School or art club name	City	State
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Organizer's name	Email
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Student's first name	Last name	Age
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Student's or parent's email	Student's date of birth
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Title of artwork	Medium
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Student's message or description of the artwork

Fee: The Arts Olympiad is free of charge for public and charter schools nationwide. Private schools, art studios, after-school programs, and homeschoolers must pay this fee of \$100 for each entry. Payment can be via check mailed with the artwork.

Agreement: We certify that the attached artwork is the artist's original work. We understand this artwork has become the International Child Art Foundation (ICAF) property and will not be returned. We agree that the artwork can be exhibited internationally, published in *ChildArt* magazine or any other educational publication, reproduced by ICAF, or loaned to another entity to advance the mission of ICAF.

Name of Teacher	Signature	Date
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Name of Parent	Signature	Date
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