



## 7<sup>th</sup> Arts Olympiad Lesson Plan

<b>Time commitment:</b>	One to three class sessions
<b>National Core Arts Standards:</b>	Fulfilling 7 of the 11 Anchor Standards.
<b>Fee:</b>	Free of charge

### 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.

### Essential 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 Needed:

A history of the Olympic Games > the Smithsonian Magazine

A global art contest > ChildArt magazine

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

**Deadline:** Art entries should be mailed before **December 16, 2025.**

## 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 from 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 sport.

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

## **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 **December 16, 2025**.

A distinguished panel of judges will select the 7<sup>th</sup> Arts Olympiad winners from participating countries. The winners will convene at the 7<sup>th</sup> *World Children's Festival* (WCF) in June 2026 at The National Mall across the U.S. Capitol. Delegates will be able to participate in America's 250<sup>th</sup> Anniversary on July 4, 2026, at The National Mall. 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.

To stay informed, subscribe to *ChildArt* quarterly and *Sketches* newsletter at <https://ICAF.org>.

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For DHL, UPS, or FedEx, please use our street address:

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2549 Virginia Avenue, NW  
Washington, DC 20037  
Phone: (202) 530-1000  
USA

Please email any digital artwork to [childart@icaf.org](mailto:childart@icaf.org).

**7<sup>th</sup> Arts Olympiad**  
**Artwork Submission Form**



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School or art club name City State/Country

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Organizer's name Email

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Student's first name Last name Age

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Parent's name and 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

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**Agreement: We certify that the attached artwork is the artist's original work. We understand this artwork is donated to the International Child Art Foundation (ICAF) 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, a 501(c)(3) nonprofit organization established in 1997 as the national arts organization for American children and the global arts organization for the world's children.**

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Organizer's Signature Date

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Parent's Signature Date