

Ashfaq Ishaq, Ph.D.
Executive Chairman



Dear School Principal and Art Teacher,

We are pleased to invite your school to participate in the 5th Arts Olympiad, our flagship program which is free of charge. Since first launched in 1997, the Arts Olympiad has grown into the world's largest and most prestigious art and sport program.

The attached lesson plan will help you introduce your students to the *Artist-Athlete IdealSM* — the power of a creative mind in a healthy body. Students learn how art and sport are related, and how the power of these disciplines could be leveraged to make a brighter, more peaceful world. Students visualize themselves as *artist-athletes* and then render that vision in a painting, drawing, or digital piece in an art contest on the theme *My Favorite Sport*.

The lesson plan may take 2 to 4 class sessions to implement. We request that you kindly submit your school's entries (one best painting or drawing, and one best digital art) to us as soon as possible but certainly before December 31, 2014. We will then invite the Arts Olympiad winners from several hundred cities around the world to the 5th World Children's Festival in Washington, D.C. in June 2015. The winners' artwork will be displayed right across from the National Gallery of Art, and will later tour the world, with a stop in Rio de Janeiro for the 2016 Summer Olympics.

In our 17 years of bringing art to children around the world, we have found that the Arts Olympiad breaks down divisions in a classroom between those with athletic abilities, academic strengths, and artistic inclinations. More importantly, it breaks down barriers within students' own minds: suddenly they feel liberated to be all of these things at once. Students who have completed our program typically show gains in academic performance; in addition evidence is emerging that they are more likely to make healthy choices in behavior and nutrition.

We look forward to your students representing your school and city at the 2015 World Children's Festival. We will know the exact dates soon from the National Park Service and will post the information on the festival website, www.WorldChildrensFestival.org. For updates you could also visit www.Facebook.com/ICAF.org.

Sincerely,

A handwritten signature in black ink, appearing to read "Ashfaq Ishaq".



5th ARTS OLYMPIAD LESSON PLAN

Objective:

Students will learn:

- About the Olympic Art Competitions as part of the Olympic Games
- Connections between Art and Sport and how these are tools for building peace in the world
- To appreciate each other despite their personal passion for art or sport
- How Art and Sport can make one think differently of oneself as an Artist-Athlete
- About the risk in creativity (the 4th-grade slump) and the obesity risk (a global health problem)
- To evaluate art by students from around the world on the theme “My Favorite Sport”
- To visualize their “inner athlete” and depict it in a painting, drawing or digital art
- About the World Children’s Festival and the need to be creative and empathic

Materials:

- Art supplies and 45cm x 60cm (18x24 inch) art papers
- Typical sport equipment (bats, balls, athletic wear) and art tools (brushes, paints, easel)

Online Resources:

For Activity **A**:

Smithsonian Magazine > <http://tinyurl.com/Olympic-Art-Competitions>

Richard Stanton (2000). The Forgotten Olympic Art Competitions. Trafford: Victoria BC, Canada

For Activity **B**:

ChildArt Magazine > <http://icaf.org/artsolympiad/>

For Activity **C**:

The Arts Olympiad works > <http://icaf.org/gallery/>

For Activity **D**:

World Children’s Festival > <http://icaf.org/whatwedo/wcf.php>

YouTube clip on the 2011 World Children’s Festival posted on the ICAF homepage >

<http://icaf.org>



Arts Olympiad Lesson Plan

Part 1: Instructional Group Activities

The activities suggested below will allow students to develop connections between art and sport, express their opinions, and create their own individual artwork. You can select any combination of the activities described below and modify these to fit your curriculum.

Activity A. The Olympics Art Competitions

Have your students read the article on the competitions in the Smithsonian Magazine or the book, *The Forgotten Olympic Art Competitions*, to discuss the role of art in sport. You may also have them answer these questions:

1. Should the Olympic Art Competitions be reinstated? Why? For what age group?
2. What is your favorite sport and sport event? Why?
3. In which cities will the Winter Olympics in 2014 and 2018 and Summer Olympics in 2016 and 2020 be held? What about 2022 and 2024?

Activity B. The Purpose of Art and Sport

Have your students read the *ChildArt* Magazine. Divide the class into two groups: “Artists” and “Athletes.” Students are to develop and write down their response to these questions:

Questions posed to “Artists”:

Question 1. *Why do people run, play soccer, climb trees, etc...?*

Question 2. *How would you feel if you were playing a Sport?*

Questions posed to “Athletes”:

Question 1. *Why do people draw, paint, sculpt, dance, etc...?*

Question 2. *How would you feel if you were creating Art?*

Once they have finished writing their answers, the students are put in Artist-Athlete pairs to discuss their responses with one another and to answer one final question: What are the similarities between why people create Art or participate in Sports? At the end, each group may present their answers to the class.

Activity C. Thinking Beyond the Stereotype

Have your students view some of the artwork on the ICAF website. Introduce students to the *Artist-Athlete Ideal™* of the creative mind and healthy body—*mens sana in corpore sano* (“a healthy mind in a healthy body”). Anyone be an artist and athlete, and anyone can be creative and athletic.

This activity is designed to encourage students to look beyond old assumptions and break stereotypes. Class should be divided into teams of three or four with each group assigned one of the following objects. The questions below ask students to reflect and conceive a sport using an art object, or conceive an art project using a sport object.



Groups with Art Object:

*What is the name of the sport?
What are the rules of the sport?
How is the object used in the sport?
How is the use of the object in the game different from its common usage?*

Groups with Sport Object:

*What is the name of the art project?
What materials are needed for the art project?
What are the steps for making the art project?
How is the use of the object in the art project different from its common usage?*

Activity D. Building Peace through Art and Sport

Have your students read about the World Children's Festival and watch the YouTube clip. Students are to discuss the following quotation by Nobel laureate Nelson Mandela:

"Art and sport have the powers to change the world, the power to inspire, the power to unite people in a way that little else can. Art and sport speak to people in a language they understand. Art and sport can create hope where there was once only despair. They are instruments for peace, even more powerful than governments."

Part 2: Independent Art Creation

Students are to create art on the theme, *My Favorite Sport*. They can select any sport to picture themselves as "artist-athletes." The sport can be a local, traditional or an Olympic sport, or one that they imagine. The students can produce a painting/drawing or digital art.

Traditional 2-D Art

A painting or drawing on paper, canvas, or silk approximately 45x60 cm (18x24 inches) in size

Digital Art

Static visual work created using digital tools or a collage (300+ dpi)

Each student should write a short essay on his or her work, describing their feelings and creative objective, and comparing their work in relation to the artwork of peers. This paper should be clipped to the artwork.

Part 3: Exhibition and Selection of School Entry

- Organize an exhibition of the artwork produced under the Arts Olympiad
- Form a panel of judges responsible for selecting the school entry
- Include a few students as judges to provide an intergenerational perspective on aesthetics
- The judges should give equal weight to originality/creativity as technical/aesthetic merit to select one best painting and one best digital art
- Complete the School Entry Form (attached as Appendix) and send the entries to the ICAF as early as possible but no later than **December 31, 2014**

Postal Mail: ICAF, P. O. Box 58133, Washington, DC 20037, USA

UPS/FedEx: ICAF, 2540 Virginia Avenue, NW, Washington, DC 20037, USA Phone: 202-530-1000

Email: program@ICAF.org or ArtsOlympiad@ICAF.org



Sending School Entry

The painting or drawing should be mailed to the ICAF (packaged flat and not rolled up). The finalist digital art can be emailed, or a CD can be mailed along with the painting/drawing. The School Entry Form should be completed for both categories. This form could be taped to the back of the painting/drawing. For digital art, the form can be scanned and emailed to the ICAF at program@icaf.org.

OFFICIAL DELEGATES TO THE WORLD CHILDREN'S FESTIVAL

Held on the National Mall in Washington, DC every four years as the "Olympics" of children's co-creation, the 5th World Children's Festival will be a 3-day educational event to be held in June 2015.

The Official Delegations to the World Children's Festival are Arts Olympiad winners (elementary and middle school students), their parents, school principals and teachers. Besides these visual artists, the delegates include performing artists—school bands, musicians and other performers from elementary, middle and high schools, invited to perform on The National Mall.

Your school can apply when the performance applications are posted on www.WorldChildrensFestival.org in August 2014. Your school can also send a delegation to the festival, even if the school's entry or performance group is not selected. The festival on the National Mall is free and open to the public.

The Arts Olympiad Schedule:

November 25, 2014	Deadline to implement the lesson plan
Nov-Dec 30, 2014	Art exhibitions in schools and communities to select the winners
December 31, 2014	Deadline to mail the school entries to the ICAF
January 31, 2015	Official Delegates invited to the 5 th World Children's Festival
June 2015	5 th World Children's Festival on The National Mall in Washington
Jan. - Nov., 2016	Arts Olympiad Traveling Exhibition

Optional Activities:

You can submit your school entry early for posting on the ICAF website and Facebook to cultivate global conversations on how the power of art can be a positive influence in children's lives.

You can make a video on the Arts Olympiad experience of your class and send it to the ICAF with release forms from parents for posting on the ICAF YouTube channel.

The ICAF:

A 501(c)(3) independent nonprofit, the ICAF since 1997 has served American children and the world's children as their arts and creativity organization. Some key ICAF achievements are:

- Hosted the first ever national children's art festival in U.S. history
- Produced the World Children's Festival every four years since 1999 on The National Mall
- Inspired approximately 5 million children thus far in about 100 countries to create art
- Elevated children's art to a whole new level by urging contemporary art museums to dedicate a room for works created by children and by requesting businesses to display in corporate offices paintings produced by their employees' children

The ICAF employs the power of the arts to nurture creativity and imbue it with empathy. Research shows that creativity and empathy are key attributes of successful learners and leaders. For prosperity, preservation and peace, children's creative and empathic development is a precondition as well.



School Entry for the 5th Arts Olympiad

I. School

School/Institution name	Name of Organizer
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Mailing Address

City	State	Country	Zip code
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Telephone (with area code)	Organizer's email	School/Institution email
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How many students participated? Comments on the lesson plan?

II. Student Artist

First name	Last name	Age	Date of birth
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Title of work and medium

Student's comments on his/her work

Student's height in inches	Weight in pounds	Ethnicity or race (optional)
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Parent's Name	Email	Telephone
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III. Agreement

I hereby certify that the attached "My Favorite Sport" artwork is the original work of the student artist named above. I further understand that the student's artwork becomes entirely the property of the International Child Art Foundation (ICAF) and cannot be returned. I agree that the artwork may be published, exhibited or reproduced by the ICAF or transferred or loaned to another organization or individual without further authorization from or any compensation to the student or his/her teacher and parent.

Name of Teacher	Signature	Date
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Name of Parent	Signature	Date
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