



## OLYMPIC EDUCATION PACK (for all ages)

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This pack is designed to encourage pupils to use the Olympic theme as a starting point for activities based on all aspects of the curriculum: to try new activities, learn new skills and become part of the Olympic experience.

It is intended that this pack can be used for Pupils of all ages, as there are ways of adapting the content to the appropriate age of the pupil.

The activities and projects are suitable for all abilities and they seek to extend the aims and objectives of the Quilts4London Project. They are divided into Research and Projects to encourage Pupils to learn about many aspects surrounding the Games and use this knowledge to influence their designs and creativity.

If you have any questions, suggestions or ideas for inclusion please contact us at [admin@quilts4london.org.uk](mailto:admin@quilts4london.org.uk)



<b>Area</b>	<b>Research</b>
<b>Title</b>	<b>History of the Olympics</b>
<b>Context</b>	<p>Where did the Olympics start and why?</p> <p>Type of Athletes and how the Olympics evolved. Other combat sports in History and the present day, i.e.: jousting, boxing, judo</p> <p>In Jousting the Knights always carried Flags or Pennants, usually with their Coat of Arms on. Find out if you have a Coat of Arms.</p> <p>Where are the Olympics taking place in 2012?</p>
<b>Activities</b>	<p>Collect any available newspaper articles about the progress and the cost of the buildings for the 2012 Olympics. These could be used for discussion as well as a display.</p>
<b>Subjects</b>	<b>Humanities (Heraldry, Mapping), PE, English</b>



<b>Area</b>	<b>Research</b>
<b>Title</b>	<b>Olympic Sports and Athletes</b>
<b>Context</b>	<p>How many sports are there in the Olympics?</p> <p>Who are the fastest runners and riders, etc?</p> <p>How difficult is it to break a World record?</p> <p>How fit do you have to be to be an athlete?</p> <p>What foods / diet to athletes have to follow?</p>
<b>Activities</b>	<p>Write about a famous/favourite athlete – their life history and their achievements. Add a picture to illustrate your article.</p> <p>Design a menu for an athlete for a particular sport or group of sports (e.g. Running, Weight Lifting etc)</p>
<b>Subjects</b>	<p>PE, Maths (Time keeping, Recording), Humanities, PE, Technology (Investigate foods which give you energy), English</p>



Area	Research
<b>Title</b>	<b>Countries of the Olympics</b>
<b>Context</b>	<p>How many countries take part in the present day Olympics?</p> <p>Where are they?</p> <p>What qualifies country to take part in the Games?</p> <p>Sportsmanship and equality are important, does this affect the Olympics?</p>
<b>Activities</b>	<p>Make and display the flags of the countries that participate in the Olympics.</p> <p>Link the flag display to a map of the world to show where the countries are.</p>
<b>Subjects</b>	Humanities, PHSE (multi-culturalism), Languages, Art and Design



<b>Area</b>	<b>Projects</b>
<b>Title</b>	<b>Sports and Teams</b>
<b>Context</b>	<p>Try out the different types of sport that are part of the Olympics.</p> <p>How far can you run?            How fast can you run?            How far can you throw or jump?            Compare your results with the records that were set at the Beijing Olympics.</p> <p>How would you chose who to be a your team? Should this be on Ability or should it include all?</p> <p>How fit do you have to be to be an athlete? What food should you eat? Make an energy meal or drink.</p>
<b>Activities</b>	<p>Put together a plan for an alternative, fun Olympics for your school involving a range of events which pupils can be entered for .... be inventive in your selection of 'sports' . Try out some of your alternative sports allotting pupils to countries to make it international (research on each of those countries could also be part of the work).</p> <p>Keep records of the times for each contestant and use these for a display after the event. Could each curriculum subject come up with an alternative 'sport'?</p>
<b>Subjects</b>	<b>Maths, PE, PHSE &amp; Food Technology, Humanities</b>



<b>Area</b>	<b>Projects</b>
<b>Title</b>	<b>Participating Countries</b>
<b>Context</b>	What countries are taking part and where are they located in the World?
<b>Activities</b>	<p>On a Map of the World pinpoint all the Countries taking part.</p> <p>Look at their different cultures, food and language.</p> <p>Find out where Olympics have been held previously.</p>
<b>Subjects</b>	<b>Humanities, Languages &amp; Food Technology, ICT.</b>



<b>Area</b>	<b>Projects</b>
<b>Title</b>	<b>Designs and Graphics</b>
<b>Context</b>	<p>What images are used to represent athletes and sports?</p> <p>What symbols and designs are used to represent memberships and teams?</p>
<b>Activities</b>	<p>Draw an Athlete. Will this be a real athlete or a cartoon one? What about investigating Clip Art for Sports?</p> <p>Design a Coat of Arms for yourself. Will this look like one a Knight would have carried?</p> <p>Who else has a flag, pennant or badge? Find out examples of modern day badges, i.e.: football teams.</p>
<b>Subjects</b>	<b>Art &amp; Design and ICT.</b>



<b>Area</b>	<b>Projects</b>
<b>Title</b>	<b>Making Pennants</b>
<b>Context</b>	What information have you found out about the history, sports, countries and athletes of the Olympics?
<b>Activities</b>	<p>Using the information you have found out about the Olympics, design a Pennant for an athlete taking part in the London Olympics in 2012. If you are making one for yourself to keep you do not have to adhere to the restrictions that the London Olympic Organising committee have imposed, Details can be found on the Olympic Website.</p> <p>Make a pennant, investigating different ways and different materials that could be used. Label your pennant with your first name, age and school.</p> <p>If you want to make two pennants – one to take home and one for an Olympic Athlete, then we would love to receive it. Just make sure that it follows the guidelines on our website (which includes limitations imposed by the Olympic Committee).</p> <p>Check on the Quilts4London website and upload a photograph of your completed pennant.</p>
<b>Subjects</b>	<b>Art &amp; Design, ICT, and Textiles Technology.</b>



<b>Area</b>	<b>Projects</b>
<b>Title</b>	<b>Fabrics and Making Quilts</b>
<b>Context</b>	What information have you found out about the history, sports, countries and athletes of the Olympics?
<b>Activities</b>	<p>Design a sports themed fabric. How could you print this?</p> <p>Design a square for a quilt based on one of the Olympic sports. This can be added to squares made by pupils in the class/year group/school to make a whole quilt which shows all the Olympic sports.</p> <p>Alternatively (or as well, if in a large school,) design and make squares to represent the countries that participate in the Olympics (using flags, symbols eg. Maple leaf for Canada, etc.).</p> <p>Design and make a bag or cushion cover to represent one of the Olympic sports.</p>
<b>Subjects</b>	<b>Art &amp; Design, ICT, and Textiles Technology.</b>



<b>Area</b>	<b>Projects</b>
<b>Title</b>	<b>Mini Olympics</b>
<b>Context</b>	<p>What information have you found out about the history, sports, countries and athletes of the Olympics?</p> <p>How do the Press report the Olympics and the activities leading up to the events?</p>
<b>Activities</b>	<p>Organise and hold a Mini-Olympics, perhaps in place of your usual Sports day. Arrange Refreshments for the visitors. Design posters to publicise the event.</p> <p>Consider filming some sports/races.</p> <p>Write a report on one of the events or the whole event for a newspaper or school magazine.</p>
<b>Subjects</b>	<b>PE, Maths, Food Technology, ICT, Art &amp; Design, English.</b>



<b>Area</b>	<b>Projects</b>
<b>Title</b>	<b>Recording and Reporting</b>
<b>Context</b>	<p>What activities have been completed during these research and project elements?</p> <p>How do the Press report the Olympics and the activities leading up to the events?</p>
<b>Activities</b>	<p>Document all that you have done.</p> <p>You can use Storyboards to show what you have done and learnt, or make a Scrapbook.</p> <p>Include Photos, drawings charts and maps from your work.</p> <p>Display all the Pennants you have made with the Art work in your school or club.</p> <p>Consider contacting your local paper to see if they want to do an article.</p> <p>Send us a brief report and photographs so we can possibly include it on the Quilts4London project website. (we can't promise to publish everyone)</p>
<b>Subjects</b>	<b>English, Art &amp; Design.</b>



## Guidelines for the Design and Construction of Pennants.

**Why Pennants?** - Traditionally in sport, competitors exchange Pennants as a sign of friendship. To continue this tradition, and as a memento of their participation in this event, we are undertaking a project to make an A3 (12" x 16") Pennant for each athlete - a personal gift for each athlete, created by you. Irene Heathcote combined the idea of Pennants and Journal Quilts and created the 'Quilts4london' Pennant Project.

**Pennants** - They can be made using a variety of techniques - patchwork, painted textile, photographs printed on fabric, felted, embroidered, cross-stitch, and appliqué (with lace and fabric or anything else), or knitted - and even embellishments can be added (Tassels, buttons, beads, fancy threads etc). They can be made by hand or machine. Quilted or un-quilted. If you are in any doubt and would like to ask a question about this or anything else to do with the project, please contact us and we will get back to you as soon as we can.

**Pennant Shapes** - The shape of the Pennant is derived from a sheet of A3 paper (42cm x 30cm approx). The 'Pennant Instructions' PDF File shows you how to make a template. Pennant templates are available for printing out, but you have the freedom to make the shape of your pennant as unique as possible.

**Layers** - Need to be a minimum of 2 layers.

**Colour** - Any colours can be used for the body of the pennant.

**Designs** - Any design from abstract, patterned, pieced, pictorial to anything you fancy. It could be an image depicting something local to you, or maybe depicting a sporting event, or maybe celebrating your regional heritage and culture or made using local /regional materials. It can be anything you like. There are restrictions placed on the use of the Olympic rings logo and 'London 2012'. This is to comply with the Branding Restrictions set by the Olympic Committee. [It is advisable to follow this link and read the information regarding Olympic Branding before designing your piece.](#)





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**Edges** – The pennants can be made by the bagging method (sometimes known as the 'birthing' method) or bound. If you bind the outside edge it would be ideal to use a colour from the Olympic rings – Green, Blue, Yellow, Red, Black, White - to harmonise the pennants. If your pennant needs a different colour binding, then by all means please use your own colour choice.

**Hanging Sleeve** - In order to display the pennants, they all need a sleeve on the back. This needs to be a minimum of 4" wide.

**Label** - Please add a label to your Pennant with some information about you and the Pennant. Add as much or as little information as you like. Suggestions are the Title of the piece, Date completed, your Name (could just be your first name), the Town and County and maybe a message to the recipient. If the Pennants are being made by a school or youth organisation the Child's first name, an adult contact and the name and location of the school/organisation. A printable "Quilts4London" label is available for printing onto fabric; use the Pennant Labels' PDF File below. Printable Fabric Sheets are available [here](#).

**Can I make more than one?** - Yes you can. You have until the closing date of the end of December 2011 to make as many variations of Pennant as you would like. Over 12,000 took part in the Beijing Olympics, Paralympics and Special Olympics, so we would like as many of you to help as possible.

**What do I do next?** - Please post your finished and labelled Pennant to -  
'Quilts4London',  
39 Hunting Gate,  
Hemel Hempstead,  
Hertfordshire,  
England, HP2 6NX

The Pennants need to be completed by closing date December 2011, but we are collecting them from now onwards in order to exhibit the work in the time leading up to the Olympics. There will be an exhibition of all the Pennants before June 2012. The arrangements for the giving of the Pennants to the Athletes are to be confirmed.





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**Who can take part?** - The Pennants can be made by groups, by individuals, any age or ability. We encourage school groups, young quilters and embroiderers, textile students and other organisations to take part. We would like everyone to take part who is able to sew (or would like to make this their first time) and has an interest in textiles, mixed media, art or just having fun. If you are helping children make a Pennant, it would be a wonderful idea if they made two - one to give to quilts4london and one to keep as a memento of the Olympics for themselves.

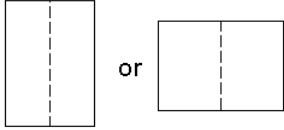
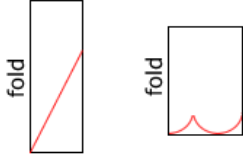
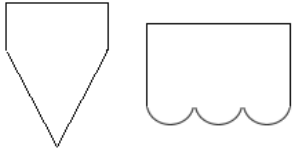
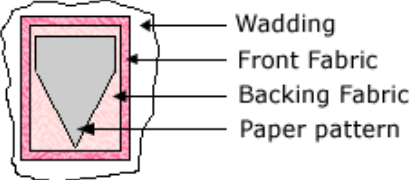
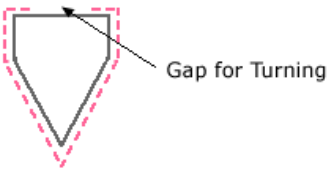
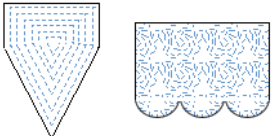

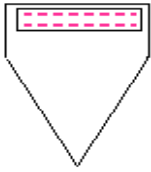
**Can I take part if I live outside the UK?** Yes you can. We welcome all international participation.

**Need a bit more help?** - There is more information available on our [Web Links](#) section, to give you further help and advice with - the hanging sleeve, assembling the quilt, searching for images, sewing on binding, plus some other information.

**What not to use if you want your Pennant to go to Australia** - Please be aware that some countries have quarantine restrictions on imported items, please read this regarding [Australian Quarantine](#) . If you are happy for your Pennants to be distributed randomly, then please make your Pennant out of anything you like, and we will find a very happy recipient for you.

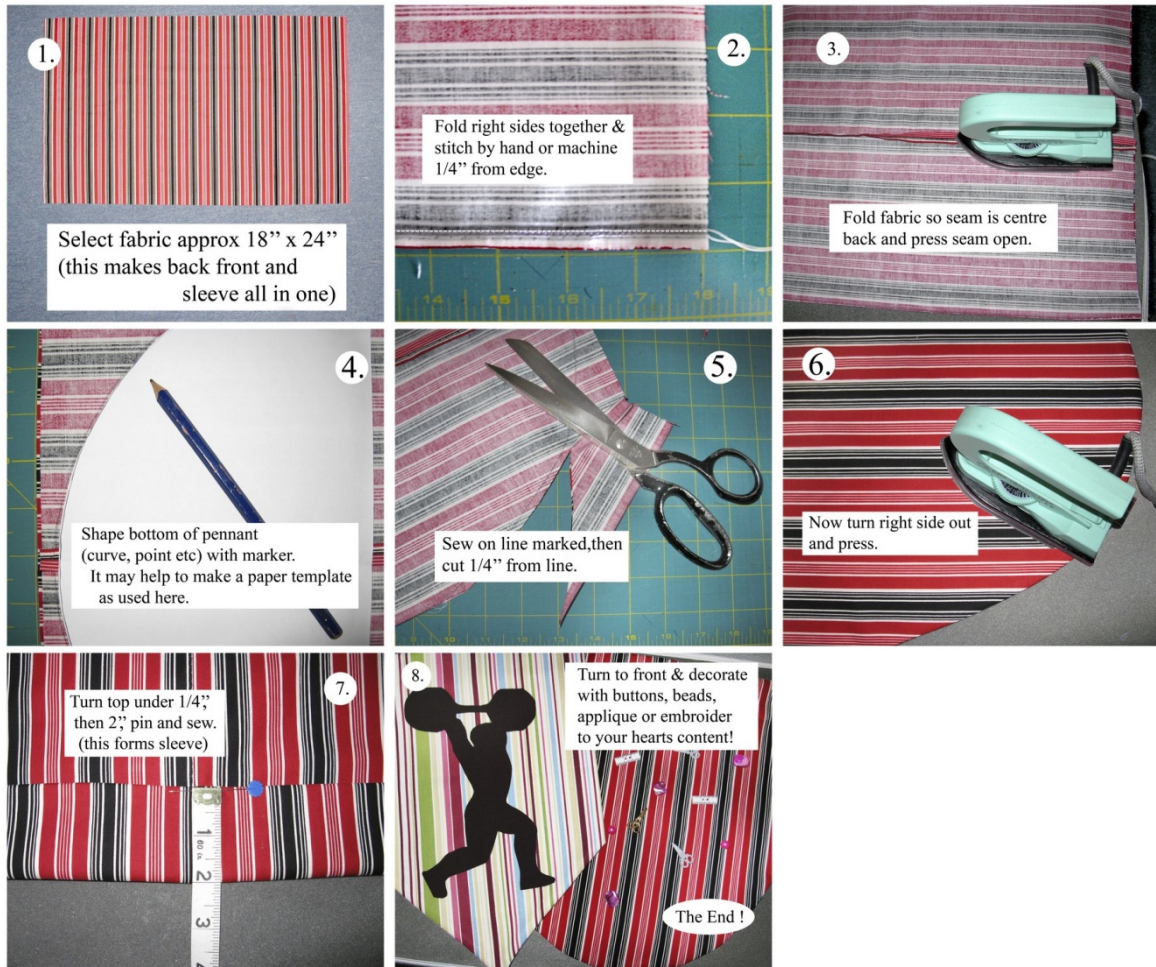
END OF GUIDELINES



Pennant Instructions		
		
<p>Take a sheet of A3 (297 × 420mm or 11.7" × 16.5") Fold in half lengthways or widthways.</p>	<p>Draw on your shape. Cut along the drawn line.</p>	<p>Open out the fold and this is your pattern.</p>
		
<p><u>Simple Pennant</u> Assemble the components in the following order:</p> <ul style="list-style-type: none"> <li>• Wadding</li> <li>• Front Fabric (right side up)</li> <li>• Backing Fabric (right side down)</li> <li>• Paper Pattern</li> </ul> <p>Pin them all together</p>	<p>Sew around the shape. Cut round pennant leaving at least ¼" (6mm) allowance. Clip any curves. Turn right side out.</p>	<p>Press lightly. Sew up gap and quilt as desired. Add any embellishments.</p>
<p><b>FOLD</b></p> 		
<p><u>Hanging Sleeve</u> Cut fabric 10" (A4 width) or 14" (A3 Width) x 8½". Fold in half widthways &amp; sew round 2 sides. Clip corners and turn inside out. Press &amp; sew opening shut.</p>	<p>Using a small stitch, sew to the back at the top of the pennant along both long edges of the channel.  Finished!</p>	



## Simple Pennant Method




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## You Pennant Bagging Method

This method is fully demonstrated on at

[http://www.youtube.com/watch?v=aQ0h9ijOxtI&feature=player\\_embedded](http://www.youtube.com/watch?v=aQ0h9ijOxtI&feature=player_embedded)

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# Certificate of Achievement

Quilts4London congratulate

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for successfully making a pennant for athletes  
at the Olympic and Paralympic Games.

Quilts4London is part of the London 2012 Cultural Olympiad.



Authorised: .....

Date: .....

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