



Arthur Ashe Learning Center
ACTIVITY BOOK
[AGES 7-12]

SPORT & TENNIS

LEARN

What kinds of sports do you like to play? Basketball? Soccer? Baseball? Tennis?

When you play a sport, you have to learn many things, from how to throw a ball to the rules of the game. But the great tennis champion Arthur Ashe believed that these skills were the most important:

CONFIDENCE: Believing you can win!

PREPARATION: Practicing a lot and learning as much as you can about the game.

STRATEGY: Having a plan for how to win in different situations

FAIR PLAY: Following the rules and including all types of people in your games
(This means boys and girls, people of all races and from all places, should be able to play!)

Arthur believed that these values apply to other parts of life. It's important to be prepared when you go to school, right? Why is it important to treat your siblings fairly? If you need to do a difficult task, like baking a cake, you should have a strategy—or plan—right?

And Arthur loved to be a coach, because he could teach these lessons to other people.

He was also inspired by great athletes who came before him. Jackie Robinson, for example, was the first African-American to play professional baseball. Since then, many people have broken barriers to allow people of all races, genders, and abilities to play professional sports. Arthur Ashe was proud to honor his sports heroes, and serve as an example to those who came after.

What sports heroes can you honor? Who will you be an example for?

ARTHUR'S FAST FACTS



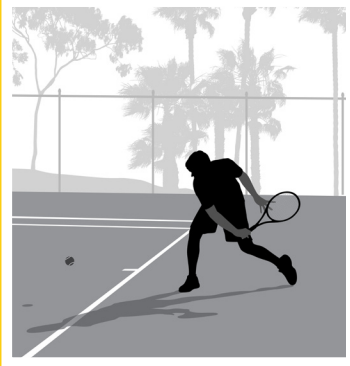
Arthur Ashe was a celebrated tennis champion who broke barriers in the sport. Here are some of his firsts:

- 1st African-American junior to achieve national ranking by the US Lawn Tennis Association
- 1st African-American to play on the Davis Cup team
- 1st and only African-American man to win the US Open Tennis tournament
- 1st African-American to win the Australian Open singles
- 1st and only African-American man to win Wimbledon
- 1st African-American Captain of US Davis Cup team

DO

1) TENNIS CHALLENGE

Arthur Ashe played tennis, a game that most people don't play in gym class. Here are some tennis terms. Can you match the terms to the pictures below?



TERMS racket • net • serve • backhand • volley • baseline • centerline

2) SPORTS HEROES BREAKING BARRIERS

Arthur Ashe wrote a book, called Hard Road to Glory, which traces the history of African-Americans in sport. For each sport below, fill in one of your sports heroes, and then learn a cool fact about someone who came before!



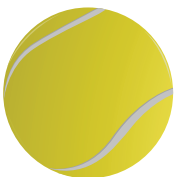
my favorite football hero

Frederick Douglass "Fritz" Pollard was one of the most outstanding running backs of his time. In 1919 he became one of the first African-Americans to play in what would soon become the National Football League, and was one of the first black coaches in football.



my favorite baseball hero

Jackie Robinson broke the color barrier in Major League Baseball when he was signed to the Dodgers in 1947. He won the Most Valuable Player Award in 1949 and lead the Dodgers to six World Series.



my favorite tennis hero

In 1957, Althea Gibson was the number one ranked women's tennis player in the world. She won the Wimbledon singles title followed by the Nationals at Forest Hills and repeated that performance the next year in 1958.



my favorite basketball hero

John Thompson was the first African-American head coach to have a team win the NCAA championship, when his Georgetown Hoyas won in 1984. He held many Big East conference records such as most overall wins and most regular-season wins.

TAKE ACTION

1) Fair Play Choose-Your-Own-Adventure

Play this game to rack up friends and practice Arthur Ashe's key values!



You're playing a basketball game with three of your friends. Do you:

A

CHEAT
You elbow and push the other players



Your friends get hurt when they play with you & don't want to play anymore. You lose a friend.

Number of friends now: $3 - 1 = 2$

B

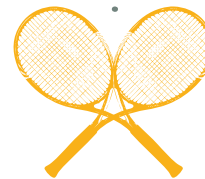
NOT CHEAT
You follow all the rules about blocking players

You have a lot of fun, so your friends invite you to play another round. You add a friend!



Number of friends now: $3 + 1 = 4$

You decide to play a match of tennis. A new student asks to play. She's from another town and looks different from all of your friends. Do you:



A

NOT INCLUDE HER
You don't know her; she might be weird.
After you don't include the new student, she goes to play with another group of kids. They end up having a lot more fun, and so one of your friends leaves.

B

INCLUDE HER
Sure, why not?
You discover that the new student is great at tennis! She teaches everyone a new way to play. Another friend joins!



How many friends do you have now?

How many friends do you have now?



Your school's big football championship is this weekend. You're on the team. Do you:

A

SKIP PRACTICE
three times this week. There's something better on TV.

During the game you're unfocused and don't know the plays. Your coach benches you, and your teammates are mad at you.

B

PREPARE
every day this week with the rest of the team.

During the game you know all the plays and even help a teammate make a touchdown. Everyone congratulates you when the game is over.

How many friends do you have now?

0-2 friends: You lost most of your friends. What can you do better next time?

4-6 friends: Congratulations! You earned a lot of new friends because you followed Arthur's values

2) REAL TALK: FAIRNESS IN SPORTS AND LIFE

Find a friend, sibling, relative, teacher, coach, or neighbor and get ready to swap stories.

DISCUSS:

- Can you remember a time when you were playing sports, and someone cheated? What happened? Did you like playing with that person?
- Can you remember a time when you were especially prepared for something, like a school project or big trip? How did it go?
- Can you remember a time you had a strategy, or plan, for getting something done? What about when you didn't have a plan?
- Name something you feel confident about. How does it feel to do something you have confidence in?



ARTHUR'S FAST FACTS

TENNIS SCORING: Did you know? After the first player scores a point in tennis, the score is called 15-love — 15 for the first point, and love because the other player has zero. *In tennis, love = zero.* Pretty weird, huh?



ZERO  **= LOVE** 

**“SUCCESS IS A JOURNEY,
NOT A DESTINATION.
THE DOING IS OFTEN MORE
IMPORTANT THAN THE OUTCOME.”**

:: Arthur Ashe

HEALTH & WELLNESS

LEARN

Have you ever run around in gym class, and then felt your heart beat really loudly in your chest? That's because your heart is working hard to pump blood to every muscle in your body so that you can run fast and think quickly. When you exercise, your heart gets a work-out, too!

Exercising is one way you can keep your heart and whole body healthy. Another way is to eat good food, in the right amounts. That means lots of fruits and vegetables, a little bit of meat, and not too many sweets! It's also very important to eat only when you're hungry, and stop when you're full.

You can't control everything about your health. As a professional athlete, Arthur Ashe exercised a lot and was in great physical health. Unfortunately, he had a heart problem he was born with. But there ARE a lot of things you can control. If you eat well, get lots of exercise, and avoid things like smoking, you'll be helping your health a lot. It's also important to see the doctor regularly, so that she can check for any problems. Finally... you can help your friends and family get healthier by sharing what you know!

.....

color me!



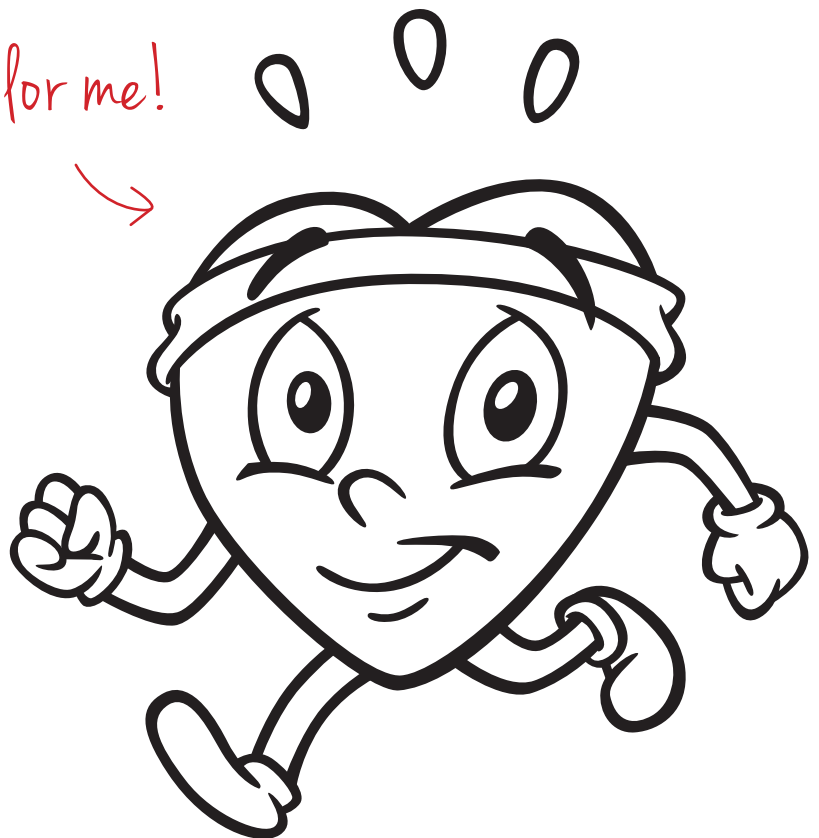
ARTHUR'S FAST FACTS

The average kid needs **60 minutes** of exercise a day! But you can do it in lots of short bursts. Make sure you get your heart racing AND that you use your muscles. Here's one idea:

20 minutes: Running around the playground at recess

30 minutes: A quick game of basketball

10 minutes: Jumping jacks during TV commercials or between homework subjects



DO

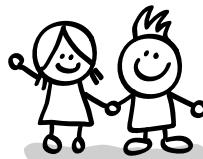
1) HEART CHECK UP

Learn to find your own heartbeat, and compare it to others, with this simple activity!

You will need:

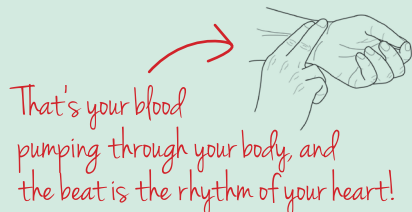


a stopwatch or clock



a buddy to help out
(a parent or older sibling works!)

Step 1: Place your fingers on your neck, just under your chin, one hand on each side. Push on your skin until you feel a beat. You can also place your first two fingers on your wrist, just below your hand.

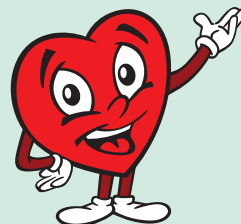


Step 2: Have your buddy time 15 seconds. Count the beats you feel. How many beats do you feel in 15 seconds? Fill in the blank below:

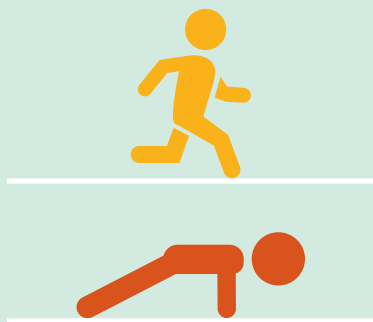


Step 3: Multiply that number by 4. This is your Resting Heart Rate in Beats Per Minute (BPM).

x4 = _____



Step 4: Exercise! If you are outside, try running around for 5 minutes. If you are inside, try doing 30 jumping jacks, or 15 pushups.

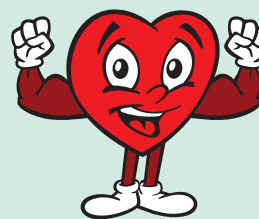


Step 5: Find your heart beat again, on your neck or wrist. Have your buddy time you for 15 seconds. How many beats do you feel now?



Step 6: Multiply by 4. This is your Active Heart Rate in Beats Per Minute (BPM).

x4 = _____

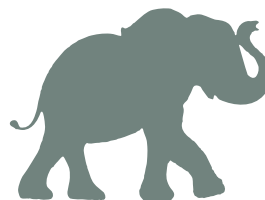


Compare: How much faster does your heart beat when you are active vs when you are at rest? How fast is your buddy's heartbeat?

How does your average resting heart rate compare to others? ►



Athlete: 40-60 bpm



Elephant: 28 bpm



Hummingbird: 250 bpm

TAKE ACTION

1) HEALTHY FOOD SCAVENGER HUNT AND SHARE OUT

Learn about heart-healthy foods and teach your friends to eat them!

GO foods are GREAT for your health! Eat them every day of the week! WHOA foods are bad for your health if you eat them too often—so save these for a special treat, a few times a month.

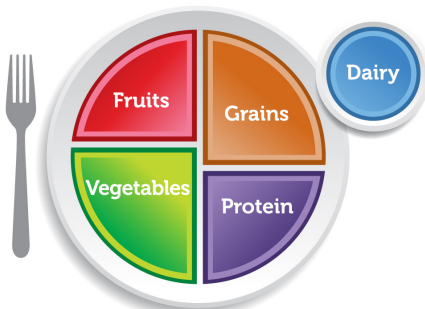
GO

apple slices, bananas	veggie pizza on whole wheat bread, 1-2 slices
carrot sticks, celery sticks	tuna fish sandwich
cup of low-fat yogurt	bean chili
trail mix/nut mix/ unflavored popcorn	100% fruit juice or milk

WHOA

cookies	half a double- cheese and peperoni pizza
french fries	cheeseburger
ice cream	chicken nuggets
candy	
soda	

- Circle the foods you eat a lot. Do you eat more GO or WHOA foods?
- Take a trip to your kitchen. See how many GO foods you can find!
- What GO foods would you like to try? Put a box around 2 of them.
- What WHOA foods can you eat less of? Put an X through 2 of them.
- Who buys groceries in your house? Mom, Dad, Grandma, or Grandpa? An older brother or sister, a babysitter? Show this list to that person and ask if you can get 1 GO food from the list. Tell them it's good for your health!
- Who is your best friend? Invite him or her over for a "GO Food" Snack!
Or make a pact with your friend to try 1 GO food a week at school lunch! Can you do 2?



Choose**MyPlate**.gov

◀ For more information
about healthy eating, visit
www.ChooseMyPlate.gov

2) GIVE ME MY 60!

How can you get 60 minutes of exercise a day? It's as easy as **1-2-3!**

Put a check-mark ☒ next to the things you ALREADY do.

Put a star ★ next to the things you would like to START doing.

Arthur Ashe always liked to encourage OTHERS to be active. Write in the name of someone you can start doing the star activities with. Be creative—adults need to exercise, too! Can you include your mom? Your older sister? Your teacher? Your best friend?



Play sports in/after school
with



Jumping rope
with



Go swimming
with



Biking
with



Dance around in your room
with



Go for a run
with



Play on playground
with



Break-jumping:
During TV commercial breaks,
doing 15 jumping jacks
with



Walking up stairs at school
with

YOUTH & EDUCATION

LEARN

What's one thing you learned this week? Did you learn it in school, or on the playground? Did you learn it at home with your parents, or with your friends?

Arthur Ashe was a great student in school—he was the top scholar in his high school class and was the first person in his father's family to go to college! (Arthur went to the University of California, in Los Angeles.) But he also knew that learning doesn't just happen in the classroom. Arthur learned so much from his mentors, Dr. Walter Johnson and Ron Charity. Both men taught Arthur about tennis, but also shared many life lessons as well. That's what a mentor does—they teach you, but also guide you in life. You don't have to be old to be a mentor! Have you ever shown a little kid how to tie his shoes, or helped your sibling pour cereal? You can mentor younger kids, AND have a mentor, too.

What are some things you need to learn? What can you teach others?

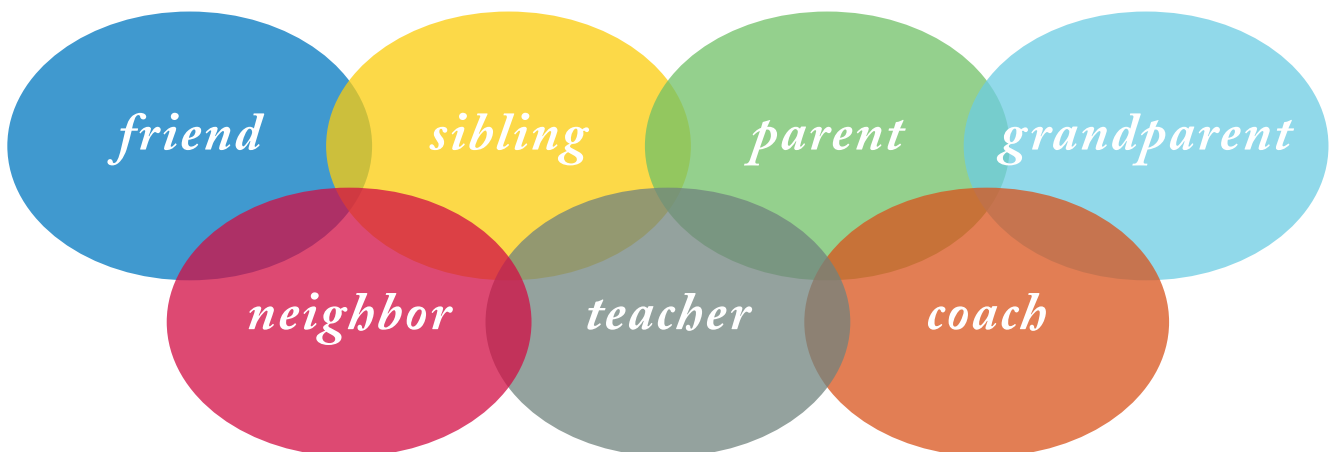
DO

1) THE MEANING OF MENTORS

Many people in our lives teach us valuable lessons. You can connect with your friends, siblings, parents, grandparents, teachers and coaches to learn about who shaped THEM.

FIND EACH OF THE FOLLOWING PEOPLE AND ASK:

- 1) Who is one person that taught you something important?
- 2) What did they teach you?



Now, ask yourself the same questions! Who are YOUR mentors?

2) MY FAVORITE THINGS

Arthur Ashe loved to read, and he loved word puzzles! Can you solve this word search to find out more about Arthur?

W U R E D A E R J L F C I B L
F E D O A K S C H O L A R H A
K P U E S C L A N A L Y S I S
R T L I D S H J W M D P S I Z
T Y L L J Y E I A X N E J H S
O E E R G E D F E P F I G S U
Y R A R O N O H O V Y Q J W I
H L Q S E D A R G R E P W A A
Y I X X O Y N P O N P M K S Q
S D R A D N A T S C I F E C S
I W I D U D S X T U M S D N U
K W D Z H I E T A U D A R G T
P A Z E H W S E B W R I U C Z
R E S E A R C H B S Y G C H Y
Y D E B A T E B Y P G V S I D

WORDS

Achievement

Analysis

Debate

Degree

Grades

Graduate

History

Honorary

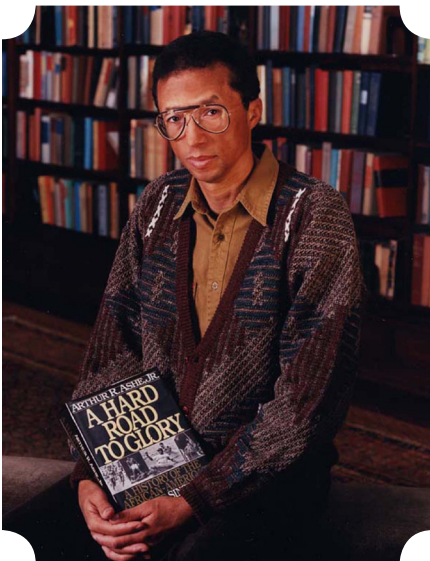
Professor

Reader

Research

Scholar

Standards



ARTHUR'S FAST FACTS

BOOKS: Arthur had over 4,000 books in his personal library, and *wrote 9 books himself!*

Arthur also founded a number of organizations for students and education. Just a few are highlighted here:

- USTA/National Junior Tennis League | www.usta.com/njtl
- Virginia Heroes | www.virginiaheroes.org
- Safe Passage Tennis Program | www.safepassagetennis.com



TAKE ACTION

1) ARE YOU MY MENTOR?

Mentors love to know they are making a difference!
Make someone very happy!

- a) Think of someone who has helped you learn something new—maybe a teacher, parent, neighbor, family friend, or older sibling. Write them a letter telling them how they helped you, and thank them for the help! Your letter could start like this:

	Dear _____,
	Thank you so much for helping me to learn _____.
	I could not have done it without you!

- b) Think of something you are good at. Do you know anyone who needs help with that? Write a letter to that person offering to help. Your letter could start like this:

	Dear _____,
	I am really good at _____.
	Would you like to learn how to do that? I can teach you on _____ day.

If you can, deliver both letters in person! If not, keep them somewhere safe in your bedroom until you have a chance to deliver them.

SERVICE & CITIZENSHIP

LEARN

Calling all local leaders and world citizens! Do you see problems you can solve? Do you see things that are unfair, that you can fix?

Sometimes it feels like the BIG problems in the world are too big for one person. But Arthur Ashe just started with what he knew. He fought racial discrimination (that's when people are treated unfairly because of the color of their skin) because he saw that people were not treated fairly in his hometown. He worked to spread healthy habits because he had been sick himself. And he taught tennis because he was good at it! Service comes from finding things in your own life that are either great, and you want to spread, or things that need to change. Everyone can serve!

In the United States, we have a lot of freedom to say and do what we want, as long as it does not hurt others. We also have responsibilities to participate in the community. Arthur Ashe stood up for what was right, both as a local leader, and a citizen of the world.

Will you?

DO

1) CITIZENSHIP CHALLENGE

Being a citizen means following the laws, paying attention to elections, voting, serving on a jury, and exercising your rights. Citizens also follow the news so they know what is going on! You can pretend to be a reporter—someone who writes the news—too!

You will need: A pen or pencil and a piece of paper or notebook

Find: An adult to interview. This can be a teacher, coach, neighbor, relative or family friend. Try asking your mentor (from the activity above).

Ask these questions, and write down the answers.

Have you ever voted in an election? What was that like?

Have you ever served on a jury? What was that like?

What is the most important law we have in the United States? Why do you think that?

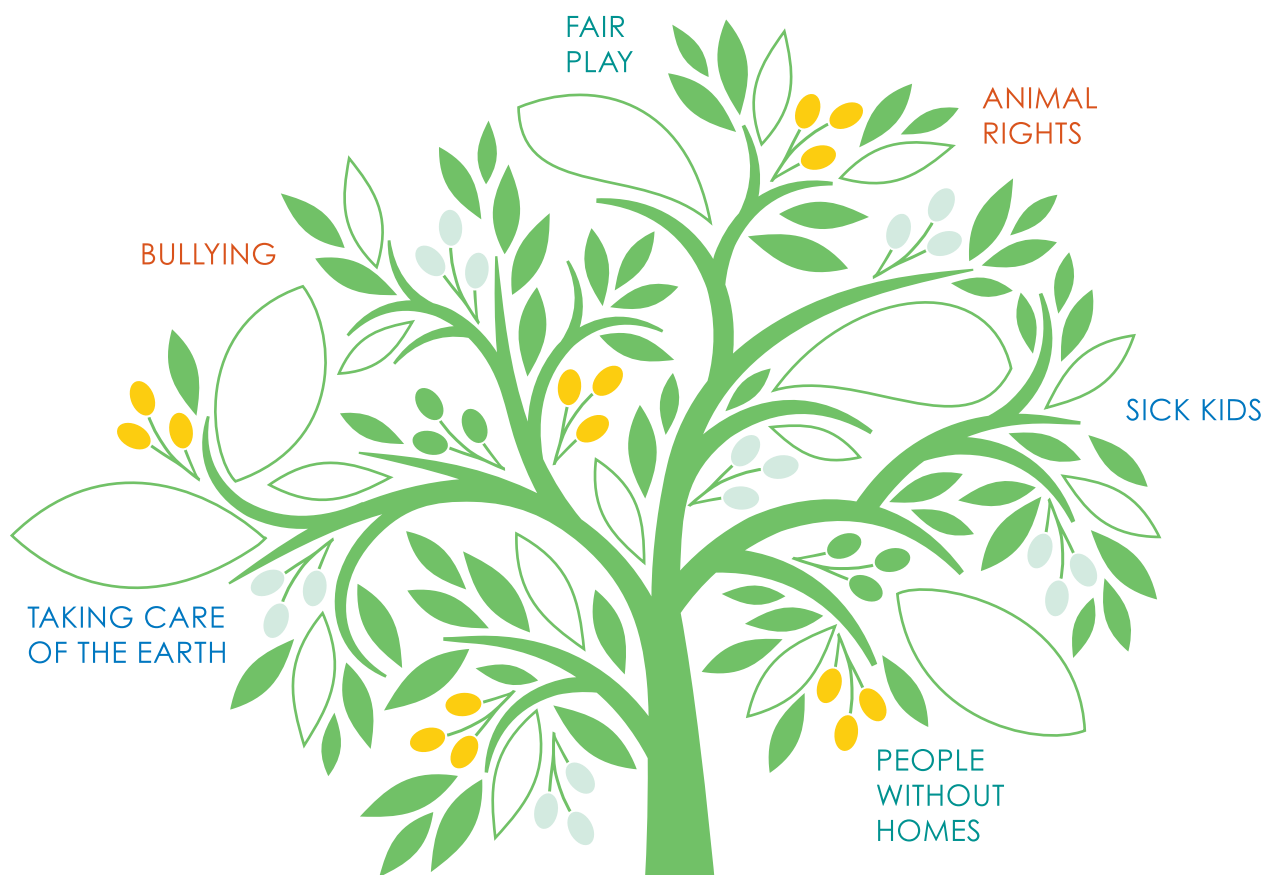
What is one right that we have in the United States? Why is that right important?

DO

2) MAKE THE TREE OF SERVICE BLOOM!

At the AALC exhibit, you can learn about how Arthur Ashe served other people. You are a part of the tree of service, too! But first, you need to decide what you're passionate about.

On the Tree of Service below, fill in the blanks next to the roots. Next, look at the leaves. Circle the issues you care about. On the blank leaves, write in any other issues you care about. Ask a friend, sibling, parent, grandparent, or teacher to help you fill in the tree. Ask him or her to fill in leaves as well!



One thing I am really good at:

It is unfair that:

One problem I have:

One thing I am grateful (happy!) for:

YOU CAN LEARN MORE ABOUT WHAT IT MEANS TO BE A CITIZEN HERE:

www.congressforkids.net | www.icivics.org

1) TURNING PASSION INTO PROMISE

There are so many ways that kids can turn their passions into service to others. Below are some fun ideas to get you started.



I am passionate about: _____
(Fill in one idea from the Tree of Service, or choose another one!)

I can teach someone else to: _____
Maybe you're helping a friend take care of a lost animal.
If you care a lot about another cause, what can you help someone to do?

I can help raise money by selling: _____
I can write a letter to _____ to ask them to _____

I can volunteer my time with: _____

YOU CAN ALSO FIND LOTS OF GREAT IDEAS ON-LINE!

CHECK OUT THESE WEBSITES FOR STORIES OF HOW OTHER KIDS ARE MAKING A DIFFERENCE:

Nestle Very Best in Youth Contest (AALC) • www.arthurashe.org/nestle-very-best-in-youth.html

Generation On • www.generationon.org

Jane Goodall's Roots and Shoots • <http://rootsandshoots.org>

Youth Activism Project • <http://youthactivismproject.org/youth-strategies/youth-strategies-first-steps>

Ripple Kids • www.ripplekids.com

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