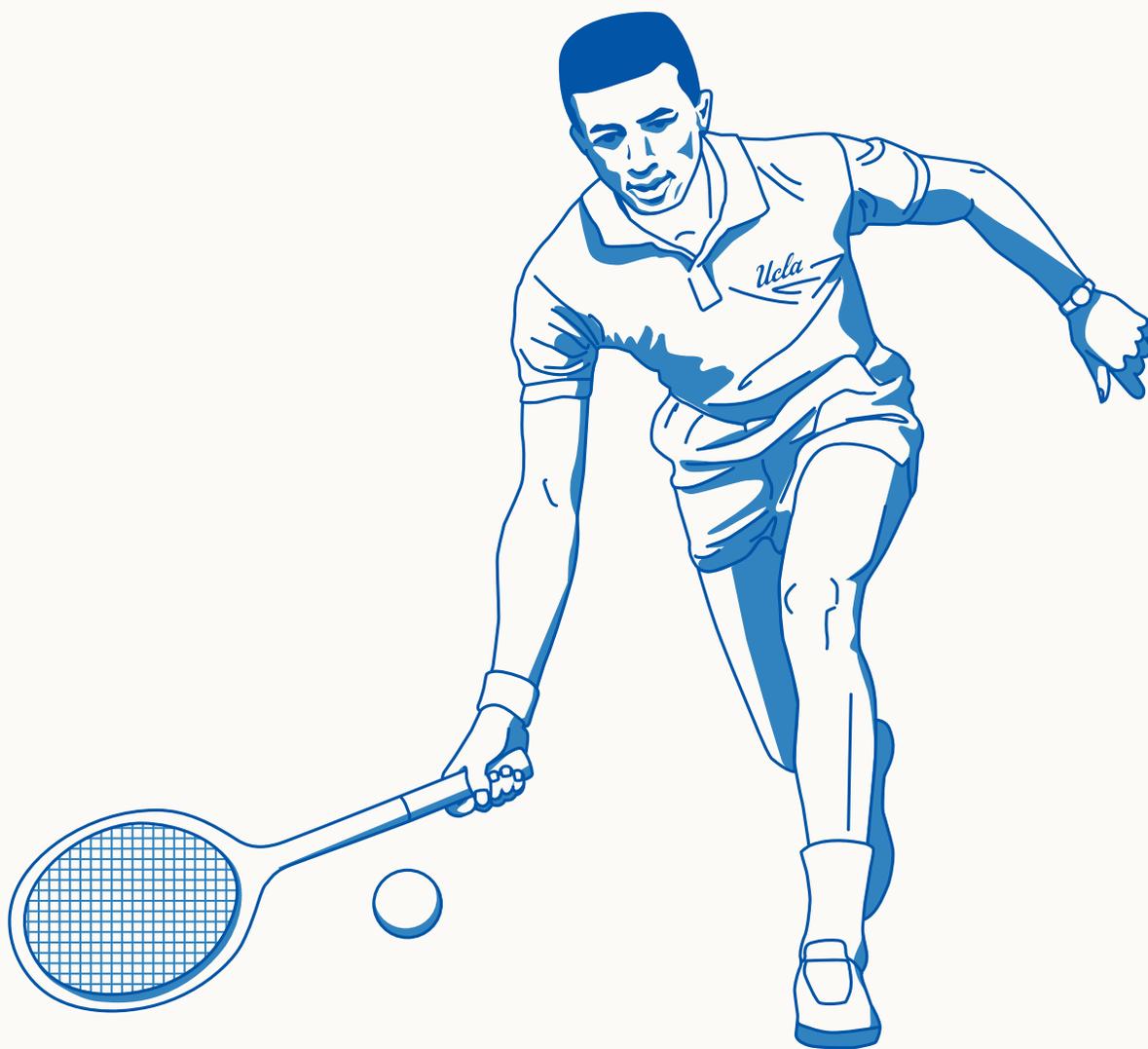


THE ARTHUR ASHE ACTIVITY BOOK





FACTS ABOUT ARTHUR ASHE AT SCHOOL



- ● ● Arthur was born in 1943 in Richmond, Virginia. Arthur began playing tennis with Ron Charity at a young age.
- ● ● As a child Arthur also loved to read and was a straight A student.
- ● ● In 1953, Arthur was introduced to Dr. Johnson, who became his lifelong coach and mentor.
- ● ● Arthur continued to play tennis around the nation throughout his childhood and teenage years.

● ● ● Sports Illustrated Magazine featured 17 year old Arthur in for the first time on December 12th, 1960. Arthur continued to be featured in Sports Illustrated until the end of his career and even after his death.

● ● ● In 1963, Arthur was accepted into The University of California, Los Angeles (UCLA) with a full scholarship. UCLA had one of the best tennis programs.

● ● ● Arthur was very involved at UCLA. He pledged to the Upsilon Chapter of the Kappa Alpha Psi fraternity.

UCLA



- ● ● As a sophomore at UCLA in 1963, Arthur was the first African-American to play on the U.S. Davis Cup Team.
- ● ● In 1965, Arthur won the individual NCAA championship and helped his UCLA team in winning the team NCAA title.
- ● ● Arthur graduated from UCLA in 1966 with a degree in Business Administration. He was the first person on his father's side of the family to graduate college.

- ● ● After Arthur graduated, he joined the U.S. Army from 1966-68 and was stationed at West Point, New York. He continued to play in various tournaments during his time in the army.
- ● ● Arthur Ashe was the first African-American man to win the U.S. Open (1968) and Wimbledon (1975). Arthur went on to win many additional tournaments throughout his career. In 1980, Arthur retired from tennis with a total of 818 wins and 51 titles!



- ● ● During Arthur's career and life he remained an activist committed to civil rights, health, education, and humanitarian issues. The American Heart Association and Arthur Ashe Foundation for the Defeat of AIDS are just a few of the organizations Arthur worked with. In 1996, UCLA opened the Arthur Ashe Student Health & Wellness Center in honor of him.
- ● ● Arthur worked with the American Heart Association and founded the Arthur Ashe Foundation for the Defeat of AIDS among many organizations he was involved with.

SPORTS & TENNIS

LEARN

DID YOU KNOW?

Arthur Ashe started playing tennis at the age of seven!

How old are you?

What kind of sports do you like to play?

Circle one or more!



When you play a sport, you have to learn many things like how to throw a ball and the rules of the game. The great champion Arthur Ashe believed that these skills were important too!

CONFIDENCE

Believe you can win!

PREPARATION

Practice a lot and learn about the game!

STRATEGY

Plan on how to win in different situations!

FAIR PLAY

Follow the rules and let all types of people play with you!

Arthur believed that these values apply to other parts of life. What is something you have to prepare for every day?

Who are the people in your life that you should treat fairly?

When was the last time you had to plan a strategy to win something?

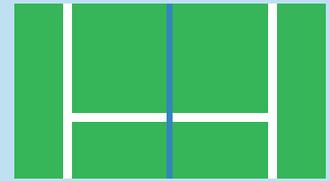
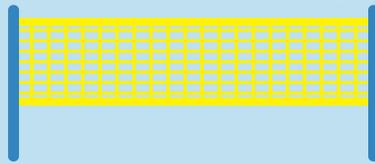
DO

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 below?

TERMS

Racket
Net
Serve
Backhand
Baseline
Umpire



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 the US Davis Cup team.*

“Success is a journey, not a destination. The doing is often more important than the outcome.”

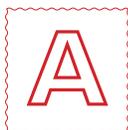
~Arthur Ashe

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:



CHEAT
You elbow and push the other players



NOT CHEAT
You follow all the rules about blocking players



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

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

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



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



NOT INCLUDE HER
You don't know her; she might be weird.



INCLUDE HER
Sure, why not?



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



After you don't include the new student, so she goes to play with another group of kids. They end up having a lot more fun, so one of your friends leaves to join them.

How many friends do you have now? _____

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? _____



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



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



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

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

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

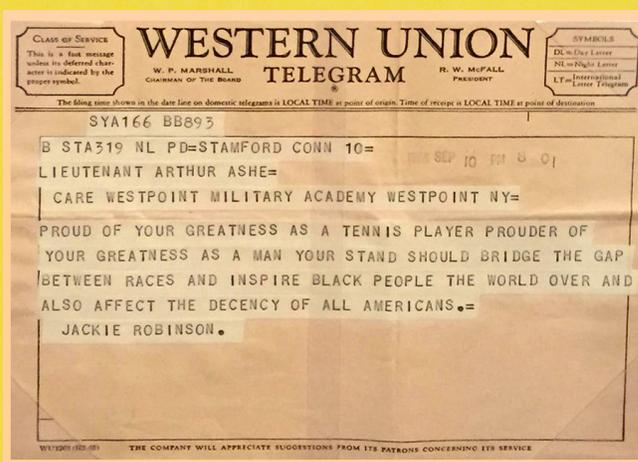
How many friends do you have now?

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

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

Arthur loved to be a coach because he could teach these lessons to other people. He was also inspired by other people like Jackie Robinson, the first African American to play Major League baseball. They, and many others, continued to break barriers to let people of all races, genders, and abilities to play professional sports.

A telegram from Jackie Robinson to Arthur Ashe:
Proud of your greatness as a tennis player. Prouder of your greatness as a man. Your stand should bridge the gap between races and inspire black people the world over and also affect the decency of all Americans."



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.**

ZERO = LOVE

- The average kid needs **60 minutes** of exercise a day! But you can do it in short bursts. Make sure you get your heart racing and you use your muscles. Here is 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.

REAL TALK: FAIRNESS IN SPORTS & 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? How did it make you feel afterwards?
- Can you remember a time when you were especially prepared for something, like a school project or a big trip? What did you do to prepare? 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 do you feel when you are doing something you have confidence in?

Health & Wellness

Have you ever run around in gym class, and then felt your heartbeat 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!

As a professional athlete, Arthur Ashe exercised a lot and was in great physical health. Unfortunately, he was born with a heart problem, but there are things you can do that can keep your heart and body healthy. One way is exercising! Another way is to eat well! That means a lot of fruits and vegetables, a little bit of meat, and not too many sweets! 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 a doctor regularly, so that they can check for any problems. Finally, you can help your friends and family get healthier by sharing what you know!



DO

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 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).



STEP 4: Exercise! If you are outside, try running around for five minutes. If you are inside, try doing 30 jumping jacks or 15 push-ups.

STEP 5: Find your heartbeat 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).



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

How does your average resting rate compare to others?
>>>



Athlete
40-60 bpm



Elephant
28 bpm



Hummingbird
250 bpm



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



GIVE ME MY 60!

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

Put a next to the things you already do.
Put a ★ next to the things you would like to start doing.

Arthur Ashe always liked to encourage OTHERS to be active. Next to each star activity, write the name of someone you can start doing it with. Underneath the activity, fill in how long you would like to do the activity! Be creative! Adults need to exercise too! Can you include your mom/dad? Your older sister/brother? Your teacher? Your best friend?



Play sports during/after school



Jump rope



Go for a run



Ride your bike



Go swimming



Dance around your room



Play on the playground



Do jumping jacks during TV commercial breaks



Walk up the stairs at school



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 them for a special treat a few times a month.

GO

Apple slices, bananas
carrot sticks, celery sticks, sliced peppers
cup of low fat yogurt
trail mix, nut mix, unflavored popcorn
tuna fish sandwich
bean chili
100% whole fruit juice or milk
veggie pizza on whole wheat bread (1-2
slices)
whole wheat pasta with tomato sauce

WHOA

cookies
french fries
sugary cereal
candy
chips
soda
cheese and pepperoni pizza
cheeseburger
chicken nuggets
ice cream

1. Circle the foods you eat a lot. Do you eat more GO or WHOA foods?
2. Take a trip to your kitchen. See how many GO foods you can find!
3. What GO foods would you like to try? Put a box around 2 of them.
4. What WHOA foods can you eat less of? Put an X through 2 of them.
5. Who buys groceries in your house? Mom, Dad, Grandma, or Grandpa? An older brother or sister, a baby-sitter? 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!
6. 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 lunch! Can you do 2?

For more information about >>
healthy eating, visit
www.chooseMyPlate.gov





MyPlate
Kids'
Place

MyPlate snack tips for kids



10 tips for making great tasting snacks

If you're a budding chef, it's easy to create a great tasting snack! Below are some quick ideas that you can make on your own.

1 create a yogurt sundae!

Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.



6 pack an afterschool snack

For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.



2 make pita pockets

Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

7 try a piece of cheesy toast!

Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

3 jazz up your favorite cereal

Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.



8 freeze your fruit

For a frozen treat on hot days, try freezing grapes or bananas! Don't forget to peel bananas and pull grapes from the stem before freezing.

4 make a fruit sandwich

Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create "apple sandwiches."

9 power up with 'roll-ups'

Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

5 dip your veggies

Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

10 build a fruit salad

Mix your favorite sliced fruits such as pineapple, grapes, and melon.



Go to www.ChooseMyPlate.gov for more information.

MP4K-1 (8-12 years old)
May 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

CRACK THE SECRET CODE

Use your detective skills and the code at the right to complete the sentences below. For each line of the quiz, pictures should spell out the answer, with spaces below for children to write in the correct word. See example below.

Eat a V A R I E T Y of foods



1. Eat more _____,



and whole grains

2. Eat foods lower in solid _____



3. Get your _____ rich _____



4. Be _____



Code

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



A DAY OF FUN!

Using everything you've learned from this book so far, plan a day full of activities and healthy food with your family and friends! Get some physical activity in and keep your energy level high with yummy food below!

1. What do you want to do? Circle any of the activities below, or add your own.



Other things to bring: frisbee, jump rope, football, etc.

2. Stay energized, hydrated, and refreshed. What food should you bring?

These foods are AWESOME for your health and they still taste GREAT!
Eat them every day of the week and bring them with you on your day of FUN!
Circle the ones you want to bring.

FRUIT SALAD

CARROT STICKS

CELERY STICKS

TRAIL MIX/NUT MIX

SANDWICHES

SALADS

WATER

WATERMELON

HOMEMADE LEMONADE

3. Pick one activity a day and ask your parents, friends, cousins, or grandparents if they are free that day too!

Remind everyone to bring sunscreen! Some sunlight is good for you. It gives you Vitamin D and makes you happy, but too much sunlight is also bad for your skin!

4. Ask your parents to take you! Get them involved, keep them active, and

HAVE FUN!

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, Los Angeles.) 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?

FRIEND

SIBLING

PARENT

GRANDPARENT

NEIGHBOR

TEACHER

COACH

**Now ask yourself the same questions!
Who are your mentors?**

DO

MY FAVORITE THINGS

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



WORDS

Achievement

Analysis

Debate

Degree

Grades

Graduate

History

Honorary

Professor

Reader

Research

Scholar

Standards

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



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 _____,	
	<i>Thank you so much for helping me learn _____.</i>	
	<i>I could not have done it without you!</i>	

- 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>I am really good at _____.</i>	
	<i>Would you like to learn to do that? I can teach you on _____ day.</i>	

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



Calling all local leaders and world citizens! Can you think of a problem you can solve?

Everyone can serve! Arthur Ashe fought racial discrimination (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 educated others about healthy habits because he had been sick himself. He also taught tennis because he was good at it and wanted to teach others! Service can come from finding things in your life that are great and you want to share with others. It can also come from things that aren't great and you want to change.

Below are ways for you to get involved and how you can help make the world a better place! Go ahead and check off the things you have already done. If you have not filled out everything, that's okay! Grab a parent, sibling, or a friend and work together to accomplish the rest and make a difference!

Plant a tree - help the environment

Donate food to shelters

Stand up for someone being bullied

Walk to fight for a cause

Donate old toys to hospitals

Teach someone something

Volunteer at an animal shelter

Visit a nursing home

Write letters to thank our troops

Clean up your neighborhood

Help your parents around the house

(your idea goes here)

DO

TURNING PASSION INTO PROMISE

There are so many ways that you can turn your passion into service to others. What are some things you are passionate about? Some of these things can be taking care of the Earth, playing fairly, getting involved in animal rights, helping sick kids, and helping people without homes. What are some ways you want to change the world? Examples include stopping bullying, ending world hunger, preventing disease, and ending racism and inequality.

Below is your tree of promise! Draw more leaves for your tree and fill them with things you are passionate about or changes you want to make. There is already one leaf on your tree to get you started! Be creative and put as many leaves as you want on the tree! The more the better!



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

www.congressforkids.net

www.icivics.org

THE ARTHUR ASHE LEGACY AT UCLA



ARTHUR ASHE™ LICENSED BY CMG WORLDWIDE, INC.

Vector graphics designed by

Vecteezy

www.vecteezy.com

 **freepik.com**

Created by Brgfx - Freepik.com