



Arthur Ashe Learning Center
ACTIVITY BOOK
[AGES 7-10]

SPORT & 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 other 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!

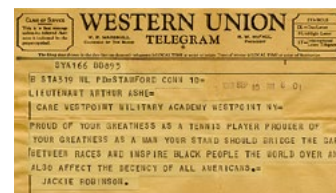
Arthur believed that these values apply to other parts of life.

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?

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.



ASK YOUR PARENTS

>> Who are their sports heroes and why?

>> Who are yours?

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."

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

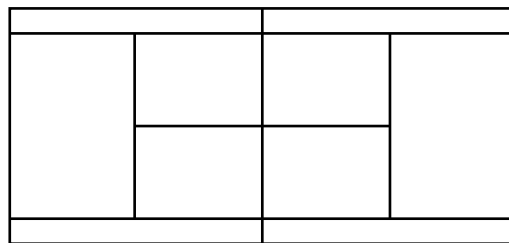
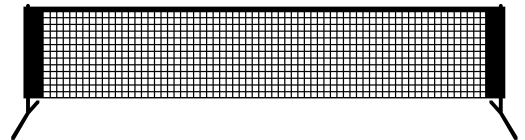
serve

backhand

baseline

doubles

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 US Davis Cup team

TAKE ACTION

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

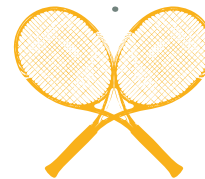
NOT CHEAT
You follow all the rules about blocking players

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 doubles 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

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? How did it make you feel afterward?
- 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 do you feel when you are doing 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 interesting, 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!

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 whole body healthy. One way is exercising! Another way is to eat well—that means lots 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 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!

Below are photos of food and activities that are either good or bad for you. Color in all of the things that are good for your health and heart, and avoid the ones that are bad and leave them blank!



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

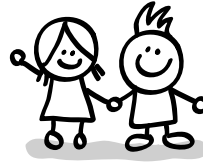
HEART CHECK UP

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

You will need:

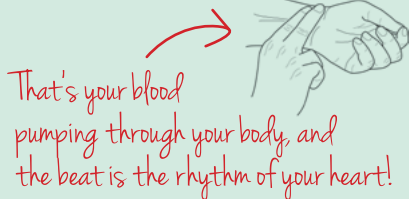


a stopwatch or clock

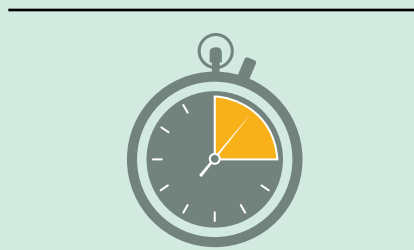


a buddy to help out
(a parent or older sibling works!)

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.

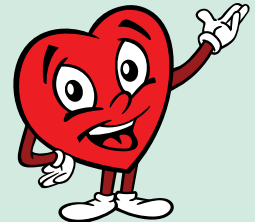


Step 2: Have your buddy time 15 seconds. Count the beats you feel. How many beats do you feel in 15 seconds? Fill in the blank below:

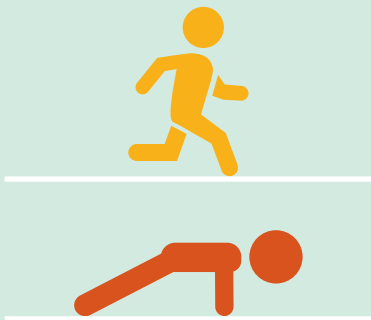


Step 3: Multiply that number by 4. This is your Resting Heart Rate in Beats Per Minute (BPM).

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 push-ups.



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 = _____

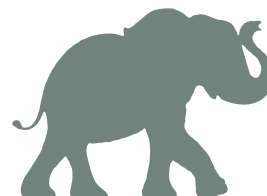


Compare: How much faster does your heart beat when you are active vs when you are at rest? How fast is your buddy's heartbeat?

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



Athlete: 40-60 bpm



Elephant: 28 bpm



Hummingbird: 250 bpm

**TAKE
ACTION**

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.

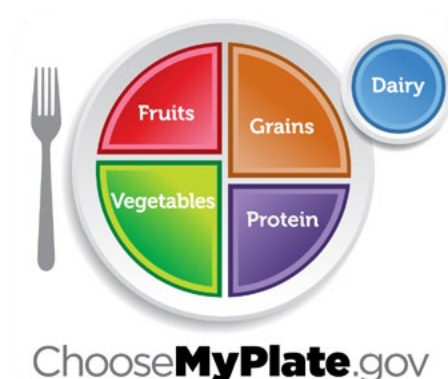
GO

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

WHOA

- cookies
- french fries
- sugary cereal (Lucky Charms, CocoPuffs)
- candy or chips
- soda
- half a double-cheese and pepperoni pizza
- cheeseburger
- chicken nuggets

- 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?



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

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. 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? Your older sister? Your teacher? Your best friend?



Play sports in/after school
for _____ minutes



Jump rope
for _____ minutes



Go swimming
for _____ minutes



Ride your bike
for _____ minutes



Dance around in your room
for _____ minutes



Go for a run
for _____ minutes



Play on the playground
for _____ minutes



Do jumping jacks during
TV commercial breaks
for _____ minutes

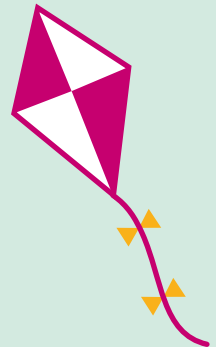


Walk up the stairs at school
for _____ minutes

A DAY OF FUN & ACTIVITY

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

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
LEMONADE • WATERMELON**

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

Remind your parents 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?

Arthur Ashe was a great student in school—he was the top scholar in his high school AND the first person in his father's family to go to college! He also knew that learning happened both inside and outside of the classroom. Arthur learned about tennis and many life lessons from his mentors! That's what a mentor does—they teach you and also guide you in life. You can be a mentor too!

What are some things you LOVE to do and can teach others to do, too?

Now think about your friends, siblings, parents, grandparents, and teachers. What are some valuable things they taught you? Write these on the left side of the book! Now think of some things you still want to learn. They can be anything—reading a challenging book, getting better at a sport, or learning something new! Who can help you accomplish your goals? Write these on the right side of the book!



DO

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?

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

WORDS

Achievement

Analysis

Citizenship

Education

Equality

Graduate

Health

Honorary

Leader

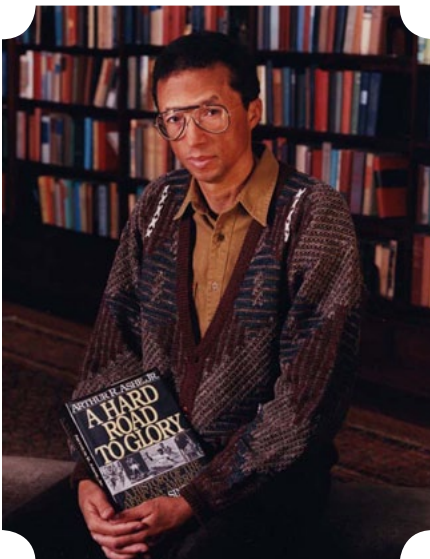
Professor

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

Arthur Ashe was known as an inspiration to others. He was also inspired and encouraged by others to reach and accomplish his dreams.

Who is your mentor? Make someone happy—let them know they are making a difference in your life!

Think of someone who has helped you learn something new—maybe a teacher, parent, neighbor, family friend, or sibling. Fill out the blanks in the letters below!

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

Cut/tear it out along the dotted lines and hand it to that person! Good job—you just made someone's day and realized how they have positively impacted your life!

Now it's your turn—think of something you are good at! Can you think of someone who needs help with that? Fill out the blanks in the letter below!

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

Cut/tear it out along the dotted lines and hand it to that person! Good job—you are making a difference in someone's life! It doesn't have to stop here. Arthur Ashe helped others his whole life! You can continue to thank others for helping you and teach others what you know every single day!

SERVICE & CITIZENSHIP

LEARN

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 do not have everything filled out, that's okay! Grab a parent, sibling, or friend and work together to accomplish the rest and make a difference!

☐ Plant a tree — help the environment

☐ Volunteer at an animal shelter

☐ Donate food to shelters

☐ Visit a nursing home

☐ Stand up for someone being bullied

☐ Write letters to thank our troops

☐ Walk to fight disease

☐ Clean up your neighborhood

☐ Donate old toys to hospitals

☐ Help your parents around the house

☐ Teach someone something

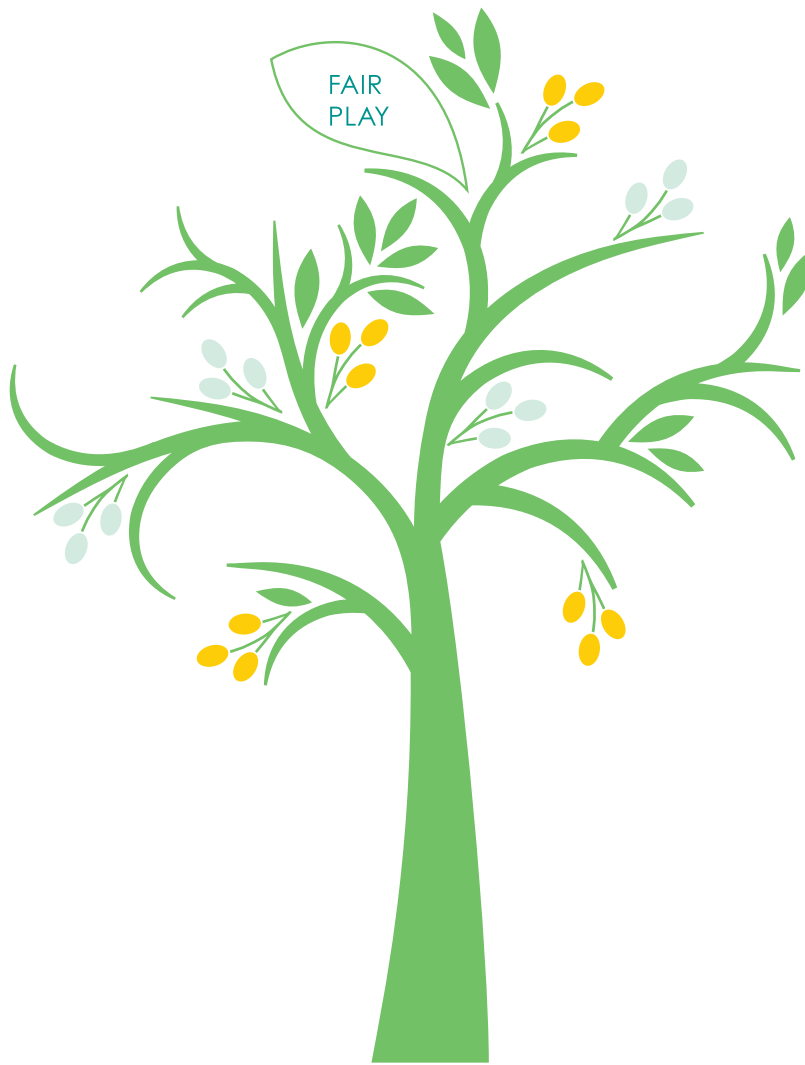
☐ _____
(Your idea goes here!)

DO

TURNING PASSION INTO PROMISE

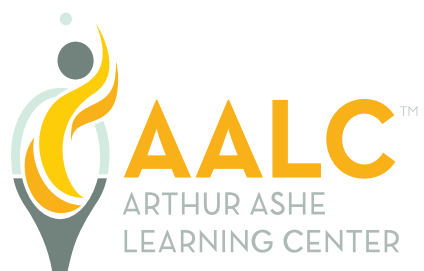
There are so many ways that you can turn your passion into service to others. What are some things you are passionate about? Some of these things can be taking care of the earth, fair play, animal rights, helping sick kids, helping people without homes, and taking care of the environment. What are some things you want to change in the world? Examples of these 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



To learn more, visit
WWW.ARTHURASHE.ORG

