

Jamaica National Day (August 6, 2026)

TEACHING GUIDE

What? Jamaica's National Day, which celebrates the independence of this Caribbean nation, gained in 1962.

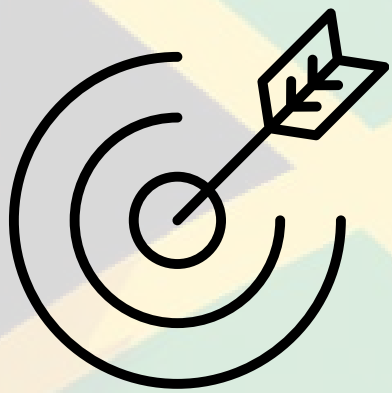
Who? The Jamaican people, approximately 2.8 million inhabitants living on the third largest island in the Caribbean.

Where? In Jamaica, an island south of Cuba, whose capital is Kingston.

When? August 6, 2026, the 64th anniversary of Jamaica's independence.

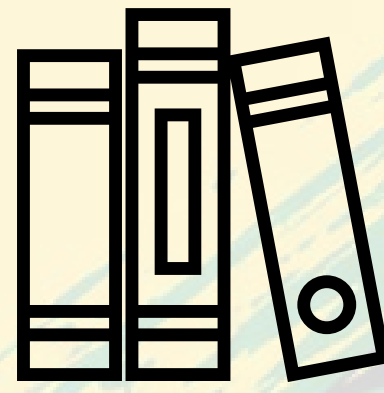
Why is it important? Because this holiday is an opportunity to discover a country famous for its reggae music, legendary sprinters, and unique culture.

For this activity, your goal will be to learn more about Jamaica.



OBJECTIVES

- Discover the main characteristics of Jamaica
- Locate Jamaica and its neighbors within the Caribbean
- Discover reggae and its musical characteristics
- Explore an iconic natural site in the country
- Express your opinion in structured writing



SUBJECTS

- **Social Studies / Geography**
 - The Caribbean
 - Characteristics of a country
 - Geographical landmarks on a map
- **Arts / Music**
 - Discovering a musical style
 - Active listening to a song
- **English**
 - Reading and comprehension
 - Short answers
 - Writing a reasoned opinion



COMPETENCIES

- Researching and interpreting information
- Location of places on a map
- Analyzing visual and audio documents
- Organizing one's ideas
- Producing a short, reasoned response



DURATION

- Approximately 60 minutes



GETTING STARTED

- Ask the students if they can locate Jamaica on a map or globe.
- Ask them what they already know about the country (music, sports, food).
- Show them the Jamaican flag and ask: what do its colors mean?
- Discuss: how can such a small country be so well-known around the world?

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QUESTIONS AND ANSWERS

STEP 1 — Locating Jamaica. Explore Jamaica using a video and Google Earth, then identification of five neighboring countries on a map.

Q1 — Mexico.

Q2 — Belize.

Q3 — Cuba.

Q4 — Haiti.

Q5 — Dominican Republic.

STEP 2 — To the Rhythm of Reggae! Watching of the music video for Bob Marley's "One Love" and answers to four questions about reggae.

Q6 — The bass guitar.

Q7 — Slow and relaxed.

Q8 — Paul McCartney.

Q9 — Variable answer.

STEP 3 — Amazing Falls! Watching of a video about Dunn's River Falls and writing of a review for future visitors.

Q10 — Variable answer (1 to 5 stars).

Q11 — Variable answer.



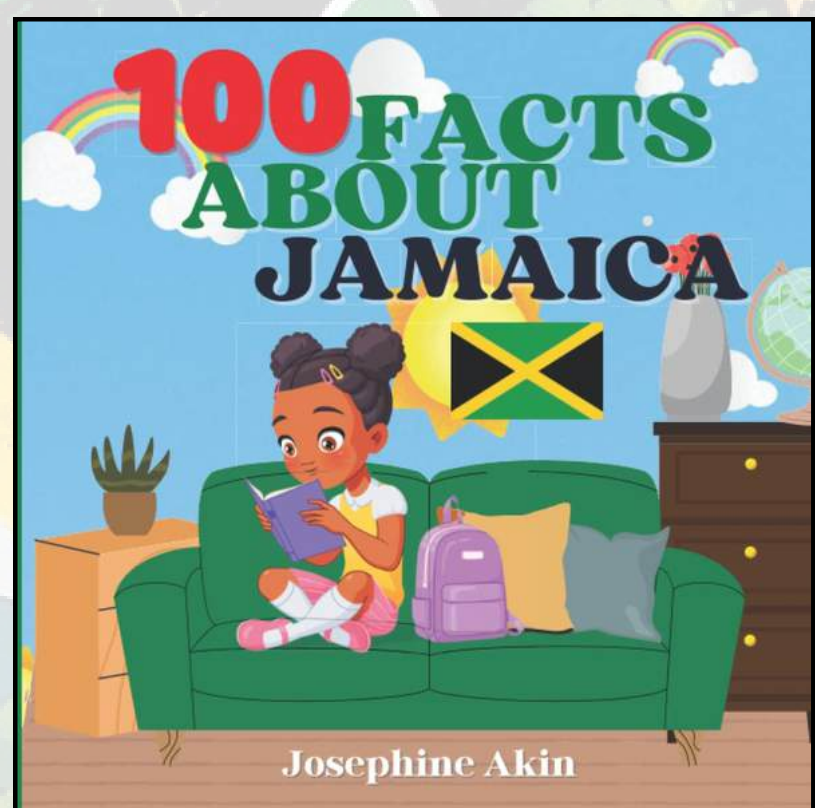
WRAPPING UP

- Conduct a group discussion about what the students have learned.
- Discuss what surprised them most (geography, music, waterfalls).
- Ask: Why is Jamaica so well-known worldwide despite its small size?
- Make a connection with other small countries that have a significant cultural influence.



FURTHER EXPLORATION

 Josephine Akin. *100 Facts About Jamaica*. Grant Publishing



Usain Bolt, the fastest human on Earth

Q1 — $37.58 - 30 = 7.58$ km/h

Q2 — $120 \div 37.58 \approx 3.2$ times

Q3 — $100 \div 41 \approx 2.44$ meters

Q4 — Variable answer.

Q5 — $100 \div 9.58 \approx 10.4$ meters per second



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Usain Bolt, the fastest human on Earth



He was born in a small village in Jamaica, in the parish of Trelawny.

As a child, he dreamed of becoming a cricketer, not a sprinter! It was a coach at his high school who noticed his impressive speed and convinced him to pursue athletics.

A few years later, Usain Bolt became the fastest man in history. Nicknamed "Lightning Bolt," he has won eight Olympic gold medals and still holds the world records for the 100 meters and 200 meters.

His records have stood since 2009—and no one on the planet has yet broken them.



Usain Bolt — Some Facts

100m Record: 9.58 Seconds (Berlin, 2009)

200m Record: 19.19 Seconds (Berlin, 2009)

Average Speed per 100m: 37.58 km/h

Maximum Speed Reached: 44.72 km/h (between the 60th and 80th meters)



Usain Bolt is the fastest human in history. But how fast is he, exactly?

To find out, you'll dive into the figures of his records and compare them to speeds you know: that of a bicycle, a car in a school zone or even a cheetah!

You'll have to do some calculations to better understand his exploits. And if you're ready to take on the challenge, time yourself at 100 meters to measure the difference!

ITEM		km/h 
	A child running fast	~20
	A cyclist	~20
	School zone (limit)	30
	Usain Bolt (average speed)	37,58
	Usain Bolt (top speed)	44,72
	Residential area (limit)	50
	Cheetah	~120

Q1 — Usain Bolt runs faster than the speed limit in a school zone (30 km/h). By how many km/h does he exceed it?

Q2 — If Bolt were racing a cheetah in a 100-meter race, how many times faster is the cheetah than him?

Q3 — Most sprinters take about 45 strides to cover 100 meters. Bolt only takes 41. What is the average length of Bolt's stride, in meters?

Q4 — Bolt ran the 100 meters in 9.58 seconds. Time yourself running 100 meters (or ask an adult to time you!). What is the difference between your time and Bolt's time?

Q5 — Bolt ran 100 meters in 9.58 seconds. How many meters does he cover in one second, on average?