

Bringing the olympic values home

Group activity worksheet



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Written by teachers for teachers

Bringing home the olympic values



You will need:

- To show various clips of Olympics – see some suggestions below.

The purpose of this activity is to give students the opportunity to think about what **values** are and which ones they think are important.

However cynical or unsporting a person is, it's hard not to be caught up in the excitement of the Olympic Games 2012. There's no doubt that many youngsters are passionate and inspired.

First show and discuss various short videos connected to the Olympics. Some ideas on You Tube are:

- The Official London 2012 Olympics Film.'Sport At Heart'
- Best Job I P&G London 2012 Olympic Games Film
- Olympic Qualifications London 2012 -- Carlotta FERLITO (ITA)
- Two years to go to the London 2012 Paralympic Games

You and the students will probably come up with loads more.

Discuss the videos. Focus on:

- The extraordinary work put in by the athletes
- The importance of health
- The inspiration they give to all who see them
- The role of the supporters
- Pushing the body to its limits
- Strength of character
- Working as a team

And so on. Enjoy the videos and focus on what it is we like about them.

Next, explain to the students that the Olympic and Paralympic Games are about much more than sporting excellence. Underpinning the Games is the philosophy of Pierre de Coubertin, the founder of the Modern Olympic Movement. Between the Olympics and the Paralympics, de Coubertin came up with 7 values that are integral to the games.

Put the students in pairs or threes and ask them, if they were the founders of the modern Olympics, what 7 values would they want to underpin the games and why? This could be written as a rough list; a formal list in an exercise book or as a poster with pics, maps, diagrams and so on.

Then discuss as a class.

When you are ready, show/tell them what de Coubertin's values are:

- respect – fair play; knowing one's own limits; and taking care of one's health and the environment
- excellence – how to give the best of oneself, on the field of play or in life; taking part; and progressing according to one's own objectives
- friendship – how, through sport, to understand each other despite any differences.

The Paralympic Values are based on the history of the Paralympic Games and the tradition of fair play and honourable sports competition.

They are:

- courage
- inspiration
- determination
- equality

Compare the students' values with these values.

Discuss, then have a vote to decide the class's top 3 values.

