



# FUN & OLYMPICS

# OLYMPISM

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## Introduction

This is a fun-filled booklet, designed for the use of teachers and learners in grades five, six and seven, to introduce Olympic history and sport education at school level. The Olympic Games has a great amount of facts and figures. This booklet does not attempt to give full coverage on the Olympics. Due to the wide range of topics it suits the new national curriculum for the twenty-first century and will promote the idea of lifelong learning.

The booklet aims to make our children aware that South Africa is an international role player in sport and through effective learning and creative thinking the learners will have the ability to cope with the world outside. Olympic and sport knowledge will be integrated and connected to real life situations.

This booklet will equip the learners to think critically and creatively, to see opportunities, to take on challenges, to solve problems, to work in a group as well as individually and become active learners and sportspersons.

The Olympic Movement also makes provision for Youth Games, Special Olympics and Winter Olympics. For the purpose of this booklet, only the Summer Olympics and Olympism will be dealt with.

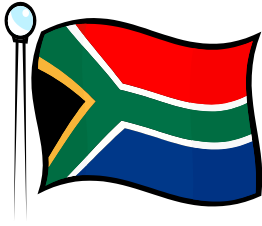
This booklet will complement the eight learning areas:

- Communication, Literacy and Language
- Numeracy and Mathematics
- Human and Social Sciences
- Natural Sciences
- Arts and Culture
- Economic and Management Sciences
- Life Orientation
- Technology

By achieving the outcomes and exposing the learners to this learning experience by bringing facts from nearly 3 000 years ago to real life situations, this booklet will assist in gaining Olympic knowledge and developing as a whole person.

Enjoy the booklet!

## GET TO KNOW THE OLYMPICS



Do you recognise this flag? It's an easy one!  
The South African flag.



What do you think of when you see the five rings?  
Of course - the Olympic Games



SASCOC, the South African Sports Confederation and Olympic Committee is responsible for the participants of the South African team.

*These five rings are the most well-known **symbol** of the Olympic Games.*



The colours are blue, black, red (top) yellow and green (bottom)  
These colours are found in most participating countries' flags.

The interlinking rings symbolise Olympic ideals such as friendship, fairness and harmony among all.

The rings represent the five continents: Americas, Europe, Africa, Asia and Australasia (Oceania)



South Africa is on the continent of.....

The 2020 Games will be in the city ..... with the country called ..... on the continent of .....

Which language would be heard most at the 2020 Games? .....



The Olympic flag has the five rings on.

During the opening ceremony the flag is carried horizontally by 8 people dressed in white.

These eight "flag bearers" represent the 5 main regions in the world:



A....., E....., A.....,

the A..... and A.....

as well as 3 people representing the three pillars of the Olympic Movement: sport, culture and environment



Can you draw a flag for a special event at your school.  
Maybe we can use this flag at our next tournament or fun sport day.



### DISCUSS



- 1 Why do nations have flags?
- 2 Why do you think the Olympic Movement has a flag?



### LET'S THINK

If the Olympic Games came to South Africa, who would you select to be the 8 flag bearers? Why them?

## THE FLAME AND THE TORCH RELAY



The flame could be seen as the most spectacular symbol which highlights the Olympic spirit of peace and friendship.



Before each Olympic Games the flame is lit by the rays of the sun at a ceremony held at Olympia, Greece. Runners then carry the flame in a torch to the stadium where the Games will be held and the Olympic flame is spectacularly lit. This flame burns until the end of the closing ceremony.

*Not only runners participate in this relay. The flame has been on horseback, a ferry and snowmobile, in a helicopter and airplane and even had an underwater swim!*

The torch relay is there to spread the Olympic spirit all around the world. In 2004 the relay passed through Cape Town before the Athens Games.



- ❖ If SA would ever again be part of the torch relay, think of interesting ways in which you would transport the flame from Johannesburg to Cape Town?
- ❖ Use a map to trace out the route you would use.
- ❖ How many kilometres would the torch relay cover travelling from Johannesburg to Cape Town?

### DISCUSS AND DO

Plan a torch relay in your community for a special event that promises peace and friendship in or between communities and schools. For safety sake the torch need not be lit!!



### LET'S THINK

- ▶ Do you have special events in your community that use flames or fire?
- ▶ Why do you think fire and light are important in ceremonies?



## SYMBOLS OF PEACE



We have discussed some symbols of peace

- ▶ The five Olympic rings linking the continents
- ▶ During the Games all participating nations' flags fly in the stadium
- ▶ The Olympic torch relay and Olympic flame represent the spirit of friendship
- ▶ All athletes stay in the Olympic Village where they become a "family"
- ▶ All athletes enter the stadium together at the closing ceremony showing the unity of sport

### THE OLYMPIC TRUCE

In ancient times a truce was declared before every Olympic Games. The truce allowed the athletes and spectators to travel in safety. Today the International Olympic Committee asks people who are fighting to stop fighting while athletes from the entire family of nations meet under the flame of the Olympic torch.



### DISCUSS

In your culture, do you have a different bird that represents peace?

What other symbols of peace exist in your cultural tradition?

In your school or community, what kind of behaviour causes conflict? What actions do you think can be taken to reduce this conflict?

What peace symbols do you see in the Olympic Truce logo?

Yes!

- ▶ Flame (friendship)
- ▶ Dove (peace)
- ▶ Olive branch (excellence)
- ▶ 5 interlinking rings (friendship)

## MEDALS AND SOUTH AFRICAN HEROES



The first Olympic Games South Africa competed in were the 1904 St Louis Games, USA.

These were two of our first competitors, Len Tau and Jan Mashiani in the Marathon.



Reggie Walker (left) (1908, 100m) was the first South African athlete to win a gold medal at the Olympic Games. Caster Semenya (top right) (2016, 800m) and Wayde van Niekerk (bottom right) 400m, our two latest gold medallists.



Up to the Rio de Janeiro Games in 2016, South Africa had competed in 19 Olympic Games and has won a total of 86 medals, 26 gold, 31 silver and 29 bronze medals

Gold medal winners at the 1996 Atlanta Games received a victory bunch of flowers including an olive branch for peace, flowers for glory, victory, perseverance and for friendship.



How do you think this bunch of flowers looked like?

Use crayons or paint to draw them. You could even use wire and any other material to make this bunch of flowers.

At the 2016 Rio Games the winners did not receive flowers as it was noticed at previous Games that the athletes threw the flowers into the crowd.



At the 2012 London Games the winners received a bunch of flowers (bouquet) of roses and herbs symbolising energy and victory. The roses were yellow, green, pink and orange representing the 4 main countries in the United Kingdom.



Do you know these four countries in the United Kingdom?

W....., Northern I....., S.....,  
E.....

How many did you have correct?

At the medal ceremony the first three competitors stand on the rostrum to receive their medals.

The winner stands in the centre with the second place on the winner's right and the third place on the winner's left-hand side. The winner receives a gold medal, 2<sup>nd</sup> place a silver and 3<sup>rd</sup> a bronze medal. For the 2020 Tokyo Games the "Tokyo 2020 Medal Project" was launched to collect small electronic devices such as used mobile phones from all over Japan to produce the medals. Size: 60mm diameter, 3mm thick.



Make your own medal with any material. It must be the correct size and have a ribbon or chain to hang around your neck!



South Africa has many sporting heroes.



List all your sporting heroes.

Well done!

Did you think of Josia Thugwane, Ryk Neetling, Hezekiel Sepeng, Natalie du Toit, Wayde van Niekerk, Cameron van der Burgh, Caster Semenya, Chad le Clos, Luvo Manyonga, Sunette Viljoen? Do you know in which sport they participated?

# THE ANCIENT OLYMPIC GAMES

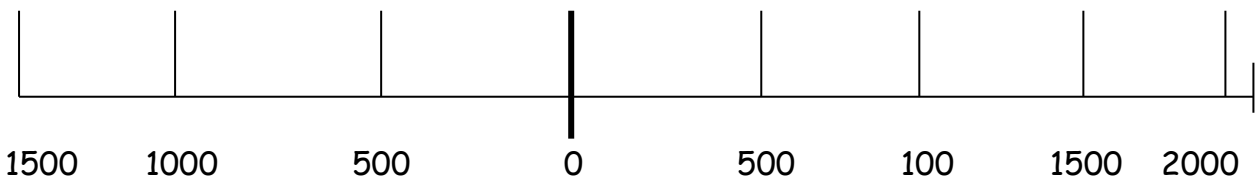


The Greeks created the Olympic Games nearly 2 800 years ago as part of a religious festival held in the city Olympia. The Games were held to honour Zeus, the ruler of gods.

The earliest recorded Games were held in 776 BCE. King Iphitos, who wished to put an end to war in his land, brought together 2 other kings. Together they gathered the best athletes for these Games.



What does BCE mean? .....



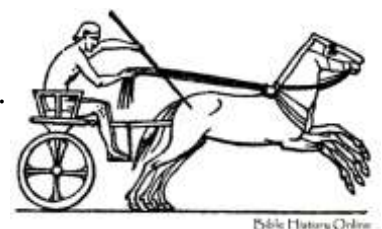
That's right! Before Current Era. CE stands for Current Era.  
This is a timeline, which indicated years.

As today, these Games took place every four years.

A four-year time span is known as an **OLYMPIAD**

The Games became so important to the Greeks that all fighting and war stopped before, during and immediately after the Games.

Women were not allowed to participate or watch the Games.



The winners also received a wreath of olive leaves at the medal ceremony.



Look at this picture of an Olympic winner receiving an olive wreath. Make yourself a winner! Find any branches and make yourself a wreath. Be sure not to damage a tree.

If there are no trees nearby, draw and cut out your wreath.



If possible, read up on the olive tree. Write a few sentences on what information you find.



Draw an olive tree.

As the ancient Games started off as a religious festival the religious side of the Games became less important as the years went by.

Athletes began to compete for the sake of financial and other rewards. Winning became everything.



The last Games of which we have recorded results, were held in 217 CE. Emperor Theodosius I formally banned the ancient Games in 393 CE as result of religion, cheating and corruption. The Ancient Olympic Games were held over a period of 1 168 years!

## MODERN OLYMPIC GAMES

Baron Pierre de Coubertin, a Frenchman, who was very impressed by the role the Olympic Games played in the ancient times, revived the Games.

The first of the Modern Olympic Games took place in Athens, Greece, in 1896 with 13 participating countries.

As in the ancient times, the Games still takes place every four years. No Games were held in 1916, 1940 and 1944 due to war (they were counted as Olympiads).

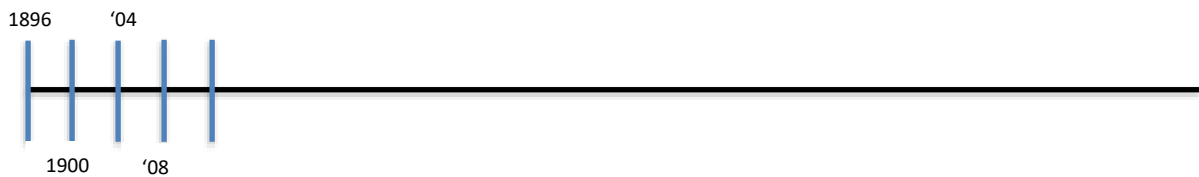


Use the time-line and mark it every 4 years. Let's work out which

Modern Olympiad will be celebrated in Tokyo, Japan in 2020.

Remember the first Modern Olympiad was celebrated in 1896.

**Complete the time-line**



Good thinking!

32<sup>nd</sup> OLYMPIAD Tokyo (2020)

Have you seen Roman numbers? X represents 10 1 represents 1

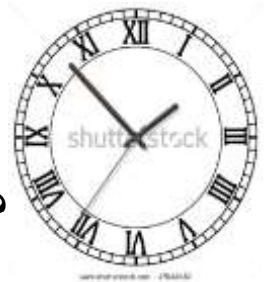
XXX = 30 Roman numbers are used at the Olympic Games, mostly on the posters.

Where else do we see roman numbers?



Can you write the 32<sup>nd</sup> OLYMPIAD in Roman numbers?

..... OLYMPIAD





In a group discuss how you think the 2036 Games would differ

from the Games being held now. It is about 20 years from now and you would probably be about 32 years old!

Remember to think of food, facilities and or even different events. Give feedback.

The first Games South Africa competed in were the 1904 St Louis Games. A World Fair was held there at the same time. South Africans who were dramatizing the Battles of the Anglo Boer War at the Fair, were asked to participate in the Games. They took part in the Tug o' War and Len Tau (9<sup>th</sup>), Jan Mashiani (12<sup>th</sup>) and BW Harris (did not complete the race) represented SA in the Marathon. These were the first athletes from Africa to compete in an Olympic Games.

From 1908 SA competed in all the Games until the country was banned after the 1960 Games due to the apartheid policy. SA re-joined the Olympic family at the 1992 Barcelona Games.



From 1992 to 2016 SA competed in 7 Games. From 1904 to 1960, 12 Games were held (3 were not held due to war)

In how many Olympic Games have South Africa competed?

.....

Well done! Until 2016 SA has competed in 19 Olympic Games.



SPORT

2008 (Beijing)

International participants: 204 countries; 10 942 competitors;

SA participants: 136; men 82; women 54

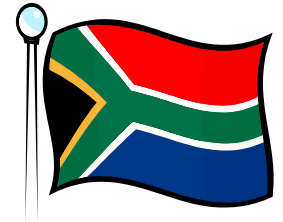
Sports: Archery, Athletics, Badminton, Beach Volleyball, Boxing, Canoeing, Cycling, Fencing, Gymnastics, Hockey, Judo, Rowing, Shooting, Swimming, Tennis, Triathlon, Weightlifting, Wrestling and Yachting

2012 (London)

International participants: 204 countries; 10 500 competitors;

SA participants: 132; men 72; women 60

Sports: Archery, Aquatics, Athletics, Badminton, Beach Volleyball, Boxing, Cycling, Canoeing, Equestrian, Football (women), Hockey, Judo, Rowing, Sailing, Shooting, Triathlon, Weightlifting



2016 (Rio de Janeiro)

International participants: 207 countries; 11 238 competitors;

SA participants: 138; men 93; women 45

Sports: Athletics, Badminton, Canoeing, Cycling, Diving, Equestrian, Football (M&W), Golf, Gymnastics, Hockey, Judo, Rowing, Rugby Sevens, Sailing and Swimming



How many more men than women were there in the South African team to the 2016 Rio Games? .....

What is the total SA women's participation in the last three Olympic Games .....

Name 2 sporting codes that participated in the 2008 Games, but not in the 2012 Games? .....



Which sporting code was added in 2016? ....., .....



UNFORTUNATELY, WE CAN'T  
ALL COMPETE IN  
THE OLYMPIC GAMES BUT  
WE CAN  
ALL LIVE BY THE  
OLYMPIC VALUES .....



**WE CAN  
MAKE THE  
WORLD A  
BETTER PLACE  
THROUGH SPORT**

# WHO ARE YOU?

## FIND YOUR IDENTITY THROUGH A LOGO AND MASCOT

### LOGOS

Logos are picture symbols that are used to bring over a message or idea. It represents special symbols and traditions of your culture

The 2020 logo of Tokyo looks like this:

It has three different sized rectangular shapes, which aim to symbolise "unity in diversity"



### MASCOTS

The Olympic mascot (usually an animal) serves a few purposes:

- It should symbolise the host countries' tradition and culture
- It should be a symbol understood and enjoyed by the youth
- The mascot adds personality to the Games

The 2020 mascot is Miraitowa

The name is derived from the Japanese words mirai (future) and towa (eternity). This name was chosen to promote a future filled with eternal hope in the hearts of people all over the world.



Waldi was the first official mascot in the history of the Olympic Games. He was a dachshund, famous for its endurance and agility used at the 1972 Munich Games



Design a logo for a sport day at your school or in the community

### LET'S THINK

You have to identify a mascot for your sporting programme. Draw / make the mascot and explain your choice.



# WE ARE ALL ONE

## RESPECT FOR OTHERS AND SEEKING PEACE



### RESPECT

You live in a multicultural community, country and world. It is important to accept and respect different people.

You are responsible to promote peaceful behaviour.

All people and all cultures have value.



Can you name three groups of people who have human rights and community responsibilities?

W \_\_\_\_ ; People with ..... and c \_\_\_\_\_ .

### DISCUSS



Do you think the best way to solve conflict is through violence?

Give reasons for your answers.



### PEACE

Peace means living together and solving problems in a way that respects the rights of every person.

**If you want to live in peace with others there are a few things you need to do.**  
**Example: You need to be respectful. You need to be punctual.**



**Give 3 more examples**

..... ; ..... ; .....

**Well done!**

**Did you also think of:** being careful how you react, being reliable, working hard, being helpful, considerate, listening, handle conflict correctly and having a positive attitude

- Living in peace with yourself means to accept yourself and your conditions as they are, but always striving for improvement
- To change your attitude, you can change your whole life

## DISCUSS



Find joy / peace in yourself and help others to do the same

Create a space for yourself where you can find peace

- Strive for a peaceful and respectful environment
- The root of peace lies in the mind.
- Make friends with yourself!

## LET'S THINK

You are appointed as the "peace maker" of your group.



Write down 5 points you would give the group to remember.

Give the reasons why you decided on these points and ask the group if they agree or would like to add other points.

To keep peace you need to remember:

- What's important to you may not be important to someone else
- Always respect others
- Put effort into making peace
- Be responsible for your actions and what you say
- Listen carefully to what others say



Golden rules of peace-making:

- 1 Don't blame, name or shame the other person
- 2 Work out what the problem is
- 3 Listen to the other person with an open mind
- 4 Don't attack the person, attack the problem
- 5 Don't tell the person what is wrong with them, tell the person how you feel
- 6 Try to understand how the person feels
- 7 Respect the other person's feelings



See if you can find five words that reflect something about PEACE.

It is words that will help you to be at peace with yourself and others.

Good luck!

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

# PEACE BEGINS WITH ME



The left-hand side speaks words of wisdom about living a peaceful life.



Discuss the ideas on the right-hand side.

Let there be peace on earth, and let it begin with me

(Sy Miller & Jill Jackson)

Men travel faster, now, but I do not think they go to better things (Willa Cather)

There is more to life than increasing its speed (Mahatma Gandhi)

See how nature - trees, flowers, grass - grows in silence. See the stars, moon and sun move in silence ..... we need silence to touch souls (Mother Teresa)

Holding onto anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets hurt (Budda)

Speaking without thinking is like shooting without taking aim (Spanish proverb)

You can't shake hands with a clenched fist (Indira Gandhi)

**Discuss:** Identify one action you could take that would help create peace between you and someone in your family, or between you and a friend

**Discuss:** The Olympic motto is "Faster, Higher, Stronger". Some people think that trying to go "faster, higher, stronger" is not always a way to create a "better and peaceful world". Do Cather and Gandhi agree with them? Do you agree? Why or why not?

**Discuss:** Many great teachers say that a few minutes of quiet time every day helps us stay calm. Can you find a quiet place to enjoy silence? When would you do it?

**Discuss:** How does anger harm a person? Talk about a situation when you were angry. In what way did it harm you?

**Discuss:** Bad words between people leave everlasting wounds. How can you keep yourself from doing this?

**Discuss:** Explain this saying. Do you agree. At the end of a game that you lost, it is sometimes hard to shake hands. Why is it important to shake hands anyway?

# MY RIGHTS = MY RESPONSIBILITY



All people have rights, but not taking responsibility for you rights could also lead to conflict



## MY RIGHTS AND RESPONSIBILITY CHARTER

I have the right to .....

.....

I have the responsibility to .....

.....

I have the right to .....

.....

I have the responsibility to .....

.....

I have the right to .....

.....

I have the responsibility to .....

.....

I have the right to .....

.....

I have the responsibility to .....

.....



## PLAYING FAIR

Fair play is a sport concept but it is one of the values which should carry you through all walks of life. In sport it means playing by the rules, but in life it is more ..... being fair in behaviour, respect, attitude and participation.

Almost every culture has a saying to communicate the same message about fair play behaviour.

### INDIAN QUOTATION

"Stand by me so that I do not judge another man before I have walked for two weeks in his moccasins (shoes)"

### CHRISTIAN QUOTATION

"Do unto others as you would have them do unto you"

### ISLAMIC QUOTATION

"Not one of you is a believer if you don't wish for your brother the same things that you wish for yourself"

### AFRICAN QUOTATION

"A person is a person because of another person"

### CHINESE QUOTATION

"What you do not want done to yourself, do not do unto others"

### BUDDHIST QUOTATION

"According to the seed that is sown, so is the fruit you reap. The doer of good will gather good results. The doer of evil reaps evil results. If you plant a good seed, well then you will enjoy the good fruits"

### DISCUSS



What is the same message that come from all the quotes?



Do these quotations have something to do with fair play? Why or why not?

During the opening ceremony of the Olympic Games, several oaths are taken to prevent problems of cheating during the Games.

The athlete's oath is:

*"In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams"*

## DISCUSS



Do you think this is a good promise to make? Why or why not?

If a participant cheated at the Ancient Olympic Games, he had to pay for a statue that had his name and his family names on it. Everybody walked past these statues on their way to the stadium. How embarrassing!!



► What kind of actions breaks the rules at the Olympic Games?

► What happens to people who break the rules?

► Do you have a ceremony in your culture where people make promises or oaths? Tell us about it.



Have you ever made a promise to someone? .....

Did you keep the promise? .....

How did you feel about keeping or breaking your promise? .....



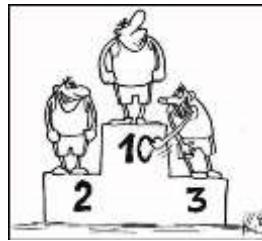
If you cheated at school or at a sport event, would you like it if they put your name on a statue for everyone to see? Why or why not? How would your parents feel?



What punishment would you recommend to prevent cheating and violence in a sport tournament?

.....  
.....

# PROJECT FAIR



Altus Sport is a "Fair Play Organisation". Let's have a special Fair Play Day. Each one in the group must participate and each section must be covered.



## LANGUAGE

► Tell a story about a time you wanted to say "That's not fair". Maybe it was while playing sport, at school, at home or with a friend.

Where were you, with whom, what time, day, weather, any detail you can think of.

How did you feel .....

► Write a story for the school newspaper about a fair play incident that took place on the sports field.

► Draw up a Fair Play Code for Altus Sport / your school.

► Write a poem on Fair Play



## ART

► Design a poster promoting fair play

► Create a fair play trophy

► Draw a picture about fair play



## DRAMA

► Role play any incident that represents fair play

► Present a TV or radio interview of a fair play issue in your school, sport or community



## MUSIC

► Compose and perform a "rap" song about fair play



## PHYSICAL ACTIVITY

► Prepare a dance / routines representing fair play as the topic



# JOY, EFFORT AND STRONG VALUES

It is good to challenge yourself at school (intellectually) and on the sport field (physically).



How can you challenge yourself at school? .....

.....

.....

Yes! Getting better marks in your tests / always doing your homework neat and correctly / working on your weak subjects / asking if you do not understand / never putting off tasks.

How do you feel when you do very well in a test? .....

Does it inspire you to do even better next time? .....

## DISCUSS



Do strong values play a role in putting in effort and experiencing the joy of a positive outcome?



## BODY, WILL AND MIND

Pierre de Coubertin, founder of the Modern Olympic Games said that participation in sport helps young people to find a balance between body, will and mind.



How do you develop the abilities of your body? Why should you develop them?

How do you develop the abilities of your mind? Why should you develop them?

Developing your will means that you strive to do your best in spite of difficulties.



How do Olympic athletes show they have a strong will? How do you show that you have a strong will?

Let's look at the Olympic Motto. A motto is a few words to express a principle or rule of conduct. CITIUS, ALTIUS, FORTIUS      FASTER, HIGHER, STRONGER

FASTER (in sharpness of the mind)      HIGHER (to moral growth)

STRONGER (to face the challenges of life)



# MY FITNESS PLAN



Altus Sport had a programme called "Designed to Move".



What do you think that means? Do you think you are fit? How do you know it?

## COMPONENTS OF PHYSICAL FITNESS

**Heart & Lung endurance.** The heart and lungs are muscles. They pump more oxygen to the brain and other parts of the body if they are in good shape. They work better when they get exercise.

**Muscle power.** Is how fast you can move your body or object (kicking a ball / jumping)

**Muscle endurance.** How long can you repeatedly move your body or object

**Flexibility.** Is how well you can stretch, bend or twist the different muscles and joints in your body

**Body composition.** Is what your body is made of. Too much or too little fat can make it difficult to do physical activity and can be bad for your health.

**Fun.** Laughter is good medicine. It makes you feel happy and keeps you healthy!



- ▶ Tick in the box to complete the sentence.
- ▶ Then add one of your favourite activities and tick the box.
- ▶ Check out the fun column - tick those you think will be fun.

THIS ACTIVITY WILL IMPROVE MY:	A	B	C	D	E	FUN
If I run a bit further every day, I will improve my	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I do burpees every day, I will improve my	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I skip rope every day, I will improve my	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I stretch every day, I will improve my	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I ..... every day, I will improve my	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**A** Heart & lung      **B** Muscle power      **C** Muscle endurance      **D** Flexibility  
**E** Body composition      **F** Fun

# WHAT'S IMPORTANT TO ME

I am a boy

I am a girl

## HOW MUCH DO YOU VALUE ....



		Very little	Little	Much	Very much
1	Winning				
2	Having fun playing a game				
3	Friendship				
4	Exercise				
5	Fair Play				
6	Respect				
7	Peace				
8	Putting in effort in your sport				
9	Your responsibility				
10	Being part of a boys & girls team				

## DISCUSS



► Are these values you want to demonstrate? Why or why not?

► Which value would you like to improve and what action can you take?



Add up the results - boys and girls separate

Draw a graph of the results.

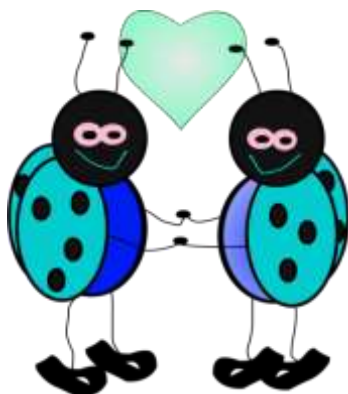
Get a group average in each category



# ENJOY THE OLYMPIC GAMES



# LIVE THE OLYMPIC VALUES!



Take hands!

Respect and love each other!

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Olympism info gathered from the Official website of the Olympic Movement:  
Olympic Values Educational Programme



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