

INDIAN SCHOOL AL WADI AL KABIR

Class 11 – Physical Education

UNIT 2- Olympic Value Education

Date: _____

Worksheet 1

Section A: Multiple Choice Questions (1 Mark Each)

1. What does the Olympic value of *Excellence* refer to?
 - a) Winning at all costs
 - b) Doing your best in all activities
 - c) Being better than others
 - d) Training harder than your teammates
2. What do the five Olympic rings represent?
 - a) Five athletes
 - b) Five continents
 - c) Five games
 - d) Five Olympic medals
3. What is the motto of the Olympics?
 - a) Unity in Diversity
 - b) Faster, Higher, Stronger
 - c) Together We Win
 - d) Strength and Glory
4. Which of the following is not a value promoted through Olympism?
 - a) Joy of Effort
 - b) Balance of Body and Mind
 - c) Commercial Success
 - d) Fair Play
5. The Olympic oath is taken by:
 - a) The Prime Minister
 - b) The Head of IOC
 - c) An athlete from the host country
 - d) All athletes together

Section B: Very Short Answer Questions (2 Marks Each)

6. Define Olympism in one sentence.

7. Mention two key differences between Ancient and Modern Olympic Games.
 8. What are the three core values of Olympism?
 9. Name two elements of the Olympic Value Education program.
 10. What does the Olympic flag represent?
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Section C: Short Answer Questions (3 Marks Each)

11. Explain any three Olympic symbols.
 12. What is the importance of the Olympic Anthem and Oath?
 13. Describe any three goals of Olympic Value Education.
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Section D: Case Study (4 Marks Each)

14. Case Study:

Arjun is a young athlete participating in a school sports meet. He trained very hard and showed good performance but did not win a medal. However, he supported his teammates, congratulated winners, and remained enthusiastic throughout the event.

- Q1: Which Olympic values did Arjun demonstrate?
Q2: How does this reflect the concept of Olympism?
Q3: Why is winning not the only goal in sports?
Q4: How should schools promote these values?
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Section E: Long Answer Questions (5 Marks Each)

15. Compare and contrast the Ancient Olympic Games and Modern Olympic Games.
 16. Describe the structure of the Olympic Movement by explaining the roles of IOC, NOCs, IFs, and other members.
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Answer Key

Date: _____

Worksheet 1

Section A: MCQs

1. b) Doing your best in all activities
 2. b) Five continents
 3. b) Faster, Higher, Stronger
 4. c) Commercial Success
 5. c) An athlete from the host country
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Section B: Very Short Answers

6. Olympism is a philosophy that blends sport with culture and education to promote a balanced life with respect, friendship, and excellence.
 7.
 - Ancient Games were held only in Olympia; Modern Games are held in different cities.
 - Ancient Games were male-only; Modern Games include all genders.
 8. Excellence, Friendship, Respect
 9. Joy of Effort, Fair Play
 10. The Olympic flag has five interlaced rings representing unity among the five inhabited continents.
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Section C: Short Answers

11.
 - Olympic Rings: Symbolize five continents.
 - Olympic Torch: Represents continuity from ancient to modern games.

- Olympic Motto: *Citius, Altius, Fortius* – Faster, Higher, Stronger.

12.

The Olympic Anthem is played during ceremonies to honor the spirit of the Games. The Oath is taken by a host country athlete pledging to follow the rules and values of fair play.

13.

- Promote fairness and non-discrimination.
- Encourage effort and personal bests.
- Support respect for all participants.

Section D: Case Study

Q1: Joy of Effort, Respect for Others, Friendship

Q2: Olympism promotes participation, mutual respect, and doing one's best – all of which Arjun displayed.

Q3: Sports build character and values, not just medals. Winning is a goal, not the sole purpose.

Q4: Schools should recognize positive behavior, teamwork, and effort alongside performance.

Section E: Long Answers

15.

Feature	Ancient Olympics	Modern Olympics
Origin	Olympia, Greece	Athens, Greece (1896 onwards)
Participation	Only Greek male citizens	Open to global athletes of all genders
Events	Few athletic events	Multiple sports and disciplines
Frequency	Every 4 years	Every 4 years
Religious Aspect	Honored Greek gods	Secular in nature

16.

- IOC (International Olympic Committee): Supreme authority, governs the Olympic Games and promotes Olympism.

- **NOCs (National Olympic Committees):** Manage participation of a country's athletes and promote Olympic values nationally.
 - **IFs (International Federations):** Regulate individual sports internationally (e.g., FIFA for football).
 - **Other members:** Includes athletes' commissions, sponsors, and event organizers.
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