

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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