



We celebrate Olympic Day in 2007

TEACHER INTRODUCTION

Olympic Day is celebrated around the world each year on 23 June. Olympic Day celebrates the founding of the Modern Olympic Movement on 23 June 1894 – 113 years ago. In New Zealand, Olympic Day is commonly celebrated by schools for a **week** prior to the Olympic Day Run, the exciting culmination of the week, promoting the Sport for All Olympic Ideal. In this unit we provide activities promoting the principles of Olympism which can be used as a lead-up to the run. We also provide social sciences activities for students to begin learning about China as a lead-up to the 29th Olympic Games, held in Beijing from 8-24 August, 2008.



New Zealand Olympic Committee

DRAFT CURRICULUM CONTEXT

Health and Physical Education/Social Sciences (Levels 2-4)

Strands: Personal Health, Relationships with Other People
Social Inquiry

- understanding that when we participate with others in a team, we have rights and that we also have roles and responsibilities to fulfill
- identifying the set of principles that allow us to live better lives
- becoming active and involved in planning and taking part in an Olympic Day run to celebrate Olympic Day 2007
- designing a set of posters, slide show or video that show the principles of Olympism in action in a sporting or cultural activity
- conducting internet research to find out basic physical and geographic information about China.

ACTIVITIES FOR CELEBRATING OLYMPIC DAY

ACTIVITY ONE – UNDERSTANDING IDEALS

- Introduce the idea that principles are a set of rules we can use as a guide we can use to live our everyday lives. Tell students that we also call these principles – ‘ideals’. Have the students list some ideals that they believe are important to stick to when:
 - are dealing with their friends, families and other people
 - they are playing sports and games with others
 - they are learning lessons in the classroom
 - they are keeping keeping active and looking after their bodies.
 - Tell students that the Ancient Greeks believed so strongly in the following ideals that they celebrated them every 4 years at the Ancient Olympic Games:
 - we should develop our minds and have healthy bodies
 - we should try our best in everything we do
 - we should treat each other fairly and be consider the rights of others
 - we should value music, art and literature
 - people can be brought together through sport and education.
- How do the above ideals compare with the student's lists?

ACTIVITY TWO – PRINCIPLES OF MODERN OLYMPISM

- Develop the idea that the Modern Olympics are based on a set of principles (ideals) which we call Olympism and students will be exploring each ideal and applying it to their everyday lives.

BALANCED DEVELOPMENT - of the mind, body and character

- Have students analyse the classroom timetable in subject areas.



Preparing to give maximum effort

- Divide the curriculum areas into suitable categories, **eg** sporting cultural, academic. Count up the amount of time spent on each area per week and display as a bar or pie graph. Do students think this is a good balance between subjects? Justify answers. Have each student apply this balance test to their everyday lives. What proportion of time do they spend on different activities? Why do they think it is good for people to take part in a wide variety of activities? How does this make them a better and more balanced person?
- Do they need to make any personal changes, **eg** read more, get more exercise, try new hobbies ... Have each student write a personal plan that will help them a more balanced person.

ALWAYS TRYING OUR HARDEST - the joy found in effort

- Students write statements about times when they really put in as much effort as they could in achieving a goal – in a sport or recreational activity or in a school subject area. As a class, discuss why it always feels better when more effort is put in?
- Discuss how it feels to do our personal best in a sport – even though we or our team doesn't win.

SETTING AN EXAMPLE - being a good role model

- Why do students think it is important to set a good example to other younger children in the school? Can they think of any ways that they can or currently do this, **eg** always picking up and binning litter? What local, national or international people do they admire? Why do they admire them? Do they set a good example to follow?
- Have students list ways and the areas where they can set a good example to others – especially younger students and family.



by promoting the Olympic Ideals



DEALING FAIRLY WITH OTHERS - the ethics of Olympism

- Revise ideas on teaching ethics through sport featured in the Term 3, 2006, Pgs 20-21 and Term 4, 2006, Pgs 20,21 in starters&strategies magazine (both can be downloaded from www.teachingonline.org/MagazineOnline.html > select the term required and scroll down to the pdf unit.
- Help students identify and understand the ethics of tolerance, generosity, unity, friendship, respect, and non-discrimination.
- Keep a media watch and find examples in sport where these ethics have been applied and identify situations where they could have been applied to improve a situation.



As well as promoting the Olympic ideal of Sport for All, organising an Olympic Day Run is a great opportunity to motivate students to take part in healthy activity. Your Olympic Day Run should be appropriate for the age and ability level of the students. It can be a run or walk in the school grounds, park or bush area. The run/walk is a team challenge where everyone's performance, attitude, and behaviour is imported and respected, **eg**

- involve students in setting up the course
- it could conclude obstacles or tasks to be completed at stations around the course
- each team member decides if they will walk, run or run/walk around the course (the level of each team members participation must be respected but they must try to do their best for the team)
- prior to the day, run/walk the course several times to decide on the pace that each team member will go to make it challenging – yet comfortable.

ACTIVITY THREE – SPREADING THE NEWS

- Groups or individual students select one sport or cultural activity they participate in or takes place at school or in their local community. Their challenge is to identify ways they could take part in this activity that will clearly demonstrate the principles of Olympism being applied, **eg** giving maximum effort, accepting the ruling of the referee, encouraging others, making new friends.
- Have groups produce and display at school a series of promotional posters that promote these principles and/or produce a slide show or short video showing showing these ideals in action.

- prior to the run, decide on the total team time they believe can be achieved
- during the Olympic Day Run, have students provide support and encouragement for each other – their challenge is to equal or better their predicted time.
- Register your Olympic Day Run with the NZ Olympic Committee and be in to win a great prize for your school
- If there is an Olympian in your area you will be contacted to arrange for his/her support on the day.
- Get media exposure for your school by contacting your local paper. They have been asked to look out for Olympic Day activities in the local area.
- Send in a picture of your Olympic Day Run and be in to win a great prize for your school.
- Download your Free Olympic Resource at: www.olympic.org > click on education > schools > Olympic Day Run picture.

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LEARNING ABOUT CHINA – with a little help from Google



The 29th Olympic Games, will be held in Beijing, capital city of China, from 8-24 August, 2008. This is an ideal time for your students to start to learn about the most populous country on earth.

- Find out and list the students' current knowledge on China. What would they like to find out? In groups have students type the following and any other questions into the search box of search engine Google to find answers:
 - population of China
 - main cities of China
 - languages of China
 - geography of China

- populations of main cities of China
- countries bordering China
- Great Wall of China
- pictures of Beijing
- Olympic Stadium Beijing
- Great Wall of China pictures
- Visit: www.chinapictures.org for further pictures of China
- Visit: http://en.wikipedia.org/wiki/Geography_of_China for further student investigations, **eg**
 - area of China
 - wildlife
 - climate
 - natural resources
- Visit <http://en.beijing2008.com/> and have students find out what other cities will be co-hosting different events.
- Groups present findings to class as 'Our China Project'.



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