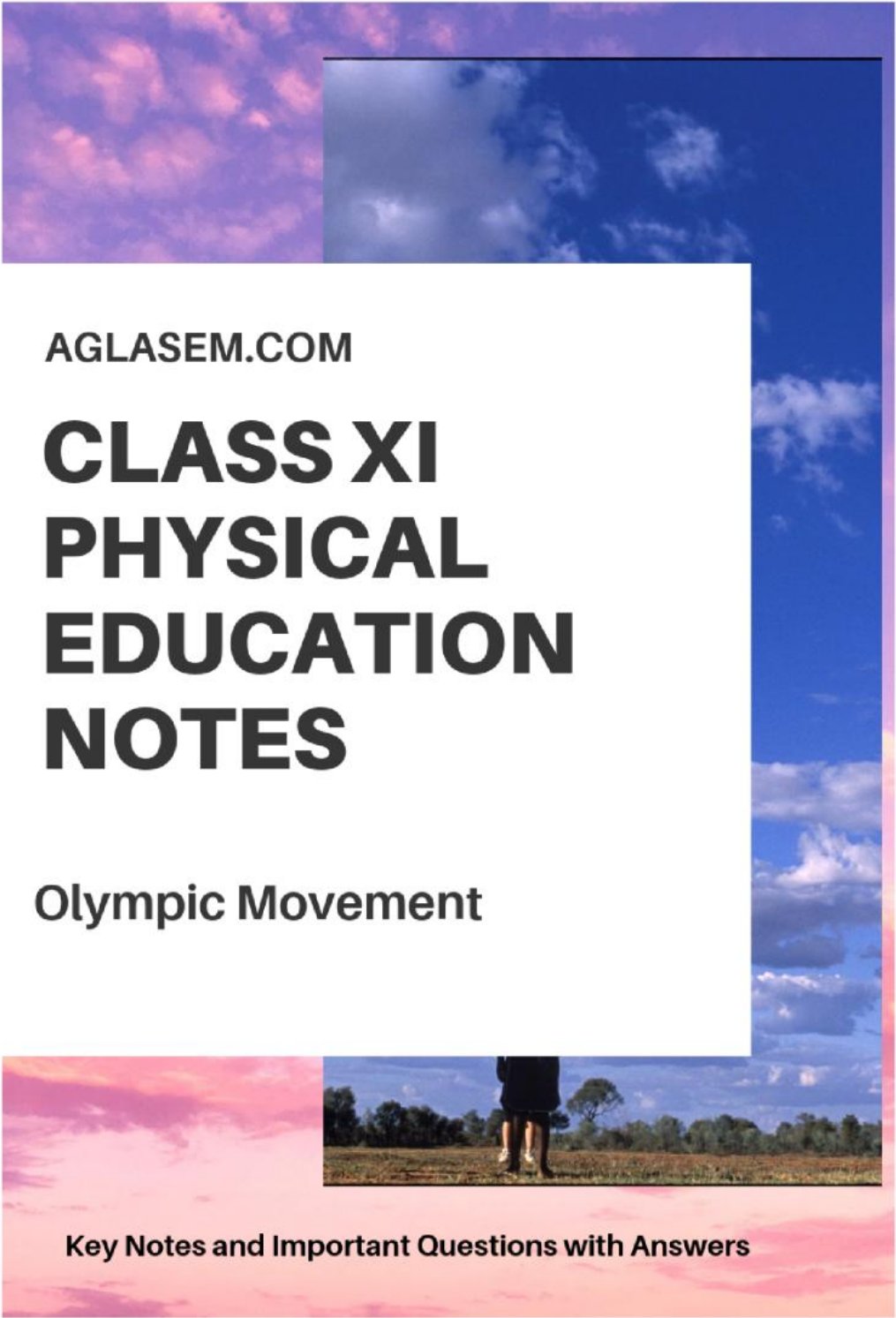




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CLASS XI PHYSICAL EDUCATION NOTES

Olympic Movement



Key Notes and Important Questions with Answers

Unit - 2

Olympic Movement

-  2.1 Ancient and Modern Olympics (Summer and Winter)
-  2.2 Olympic symbols, ideals, objectives and values
-  2.3 International Olympic Committee
-  2.4 Indian Olympic Association
-  2.5 Dronacharya Award, Arjuna Award and Rajiv Gandhi Khel Ratna award
-  2.6 Organisational setup of CBSE sports and Chacha Nehru sports award

- **Ancient Olympic Games:**

There are many stories regarding the origin of ancient games, but the written record is found from 776 B.C.. The games were held in the Honour of God Zeus, and The Olympics is derived from the Lord Olympia - a valley where first seen games were held.

- **Modern Olympic Games**

Modern Olympic games started in 1896 with the efforts of Baron-Pierre de Coubertin of France, he is also known as the father of modern Olympics. The first Olympic games were held in Athens in 1896. Nine Countries Participated in it. Since then the Olympic games are played after every four Years. 2020 Olympic games will be held in Tokyo.

Winter Olympic Games

Winter Olympic Games (French: Jeux olympiques d'hiver) is a major international sporting event that occurs once every four years. Unlike the Summer Olympics, the Winter Olympics feature sports practised on snow and ice. The first Winter Olympics, the 1924 Winter Olympics, was held in Chamonix, France. The Games were held every four years from 1924 until 1936, after which they were interrupted by World War II. The Olympics resumed in 1948 and was again held every four years. Until 1992, the Winter and Summer Olympic Games were held in the same years, but in accordance with a 1986 decision by the International Olympic Committee (IOC) to place the Summer and Winter Games on separate four-year cycles in alternating even-numbered years.

The Winter Olympics has been hosted on three continents by eleven different countries. The Games have been held in the United States four times (1932; 1960, 1980, 2002); in France three times (1924, 1968, 1992); and in Austria (1964, 1976), Canada (1988, 2010), Japan (1972, 1998), Italy (1956, 2006). Norway (1952, 1994), and Switzerland (1928, 1948) twice. Also, the Games have been held in Germany (1936), Yugoslavia (1984), and Russia (2014) once. The IOC has selected Pyeongchang, South Korea, to host the 2018 Winter Olympics and Beijing, China, to host the 2022 Winter Olympics.

Summer Olympic Games

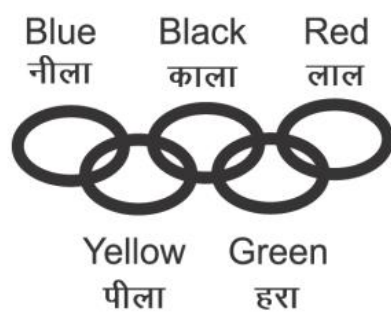
The Summer Olympic Games or the Games of the Olympiad first held in 1896, is an international multi-sport event that is hosted by a different city every four years. The most recent Olympics were held in Rio de Janeiro, Brazil. The International Olympic Committee organises the games and oversees the host city's preparations. In each Olympic event, gold medals are awarded for first place, silver medals are awarded for second place, and bronze medals are awarded for third; this tradition began in 1904. The Winter Olympic Games were created due to the success of the Summer Olympics.

Eighteen countries have hosted the Summer Olympics. The United States has hosted four Summer Olympics (1904, 1932, 1984, 1996), more than any other nation, and Great Britain has hosted three Summer Olympics (1908, 1948,

2012). and in London. Four cities have hosted two Summer Olympics: Athens (1896, 2004), Paris (1900, 1924), Los Angeles (1932, 1984), and Tokyo (1964, 2020). Tokyo is the first city outside of the Western world to host the Summer Olympics multiple times.

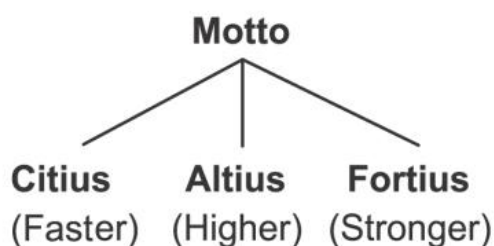
Olympic Symbols

The Olympic symbol was created and designed by Pierre de Coubertin himself. He created the Olympic flag which is of a milky white texture in the background with five interlinked rings of different colours. The rings symbolize the union of five continents and meeting of the athletes from all over the world at Olympics. The five colours are Blue, Black, Red, Yellow & Green.



Olympic Motto:

Olympic motto is made from three Latin Words.

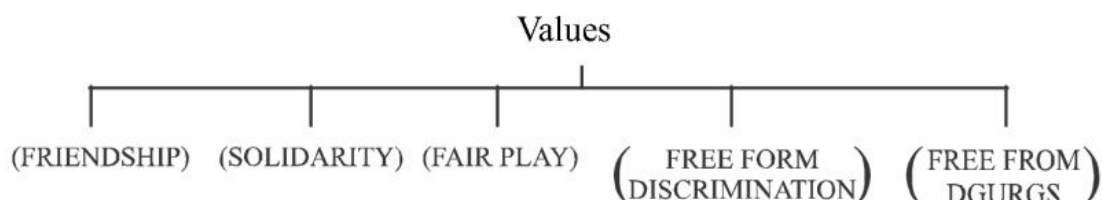


Objectives of Olympics

- To generate the sense of loyalty, brotherhood and team spirit among the participants.
- To bring the attention of the world community to understand the values of the programmes of physical education.
- To Promote amateurism among the sport men.
- To remove the barriers of caste, creed, religion and colour.

- e) To develop good habits among sports persons.
- f) To encourage moral values and unbiased behaviour through sports.

Values through Olympics



Olympic Ideal

Olympic Games are remembered for the Bishop Pennsylvania's famous sermon "The most important thing in Olympic is not to win but to take part. The important thing in life is not to triumph to struggle. The essential thing is not to have conquered but to have fought well."

International Olympic Committee (IOC)

For proper organization of Olympic games, the International Olympic Committee was constituted. One representative was included in this committee from each country. The head quarters of this committee is situated in Switzerland and five executive members of this committee This committee decides the venue and time for Olympic Games.

Indian Olympic Association (IOA)

Indian Olympic Association was formed in 1927, Mr. Dorabji Tata was its first president and Dr. D.B. noehren, secretary and Sh. G.D. Sondhi as Astt. secretary. IOA is functioning and is affiliated with International Olympic Committee.

Composition of Indian Olympic Association

Election of Indian Olympic Association are held in four year at the annual meeting of the General Assembly to elect the council members;-

President-01, Vice President, Secretary General, Treasurer and Executive Members

Sports Awards

To receive sports award is an honour for the sports person as well as honour for the

country, to produce such a good sportsman of international caliber, there are following award for prestigious coaches and outstanding sports persons given by the Govt, of India

Dronacharya Award

Dronacharya award is given to those coaches and trainers whose players are imparted coaching and training, so that they could get position at national and International Levels. So the Govt, of India started presenting Dronacharya award to the coaches in 1985 in memory to Guru Dronacharya of Mahabharata. It is presented to such famous coaches, whose teams or player's have shown good performance at International level consecutively for three yesteryears. This award carry statue of Dronacharya, scroll of honour, cash prize of 5 lakhs.

Arjuna Award

Arjuna award is the supreme honour, which is awarded to sports man by the Govt, of India. This award is given to such sport person during that year, who has been giving extraordinary performance during the past three year. This awarded was started in 1961. It is given in the memory of Arjuna of Mahabharata. These sports award carry

- a) Bronze Statue of Arjuna
- b) A Certificate
- c) Cash of Rs. 5 Lakhs

Rajeev Gandhi Khel Ratna Award

This award is presented for the most outstanding performance in the field of sport and games in a year which begins from 1st april to 31 st March. This award is presented to one sports person from individual sports, but it can be given to more than one person in case of team games, this award is given to the sportsmen and women of international fame and they get a medal and cash award of Rs. 7.5 lakhs.

CBSE Sports and its Organisational Setup

CBSE Organises its sports and games at cluster level Zonal level and National level in various categories and sports annually as per their calender. The sports and games are organised under the general directions of the CBSE and in conformity with its policies for

ensuring the smooth conduct of CBSE affiliated inter School games. The chairman of CBSE is the chairman of the sports and games committee.

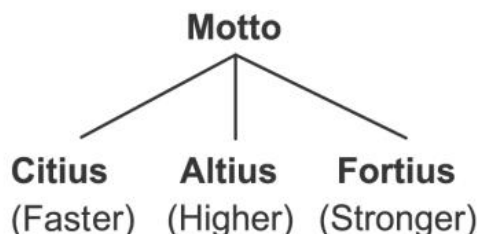
Chacha Nehru Sports Award

The aims and objectives of introduction of Chacha Nehru sports award is to identify, recognise, nurture and develop the extraordinary talent among the students studying in class VIII onwards in sports and games and students also know the importance of physical education and sports.

Very Short Answer Question (1 Mark 30 Words)

Q.1 What is the motto of the modern Olympic Games?

Ans. Olympic Motto: Olympic motto is made from three Latin words.



Q.2 Mention about Olympic flame.?

Ans. This flame ignited by the Olympic torch which is brought to the venue of modern Olympics by a relay of torch bearers. Torch is kept burning through out the game at the venue of the modern Olympics by a relay of torch bearers. Torch is kept burning through out the games at the venue of the Olympic games. Olympic flame was kept burning through out the Olympic games of Amstardam in Holland in the year 1928.

Q.3 Where will the Olympic game be held in the year 2020?

Ans. It (Olympic games) of 2020 will be held in Tokyo (Japan)

Q.4 What do you understand by Olympic awards?

Ans. The first, second and third position holders are awarded with gold, silver and bronze medals and a certificate respectively. The next five position holders are also awarded with certificates only.

Q.5 When did India first participate in Olympic games ?

Ans. India first time participated in 1928Amsterdam Olympic games.

Q.6 Write a short note on the Olympic flag.

Ans. Olympic flag was created in 1913 by Baron De Coubertin. It was first inaugurated in Paris in June 1914. Olympic flag is made of white silk and contains five interlocking rings/circles in five colours representing five continents of the world namely America, Europe, Australiya, Asia and Afirca, The five rings have different colours namely yellow, green red blue and black. The interlocking of ring circle symbolizes co-opration and friendship.

Q.7 Who was Baron de Coubertin ?

Ans. Baron de Coubertin is known as the father of modern Olympic games. The credit to start the modern Olympic games goes to Baron Perie de coubertin of France.

Short Question (3 Marks)

Q.1 Briefly explain about Chacha Nehru Sports Awards. How it is beneficial to the sports person.

Ans. The objective of introduction of this award is to identify, recognise, nurture and develop extraordinary talent among games. This will help in the development of sports activities, importance of physical education and sports. The financial support is in the form of scholarship, that will motivate the students to excel in their sport activities. The scholarship of Rs. 500/- per month is given to all identified sports talent in class IX-XII based on the performance at National level in various disciplines of CBSE inter school sports and games.

Q.2 Briefly explain the development of values through Olympic movement ?

Ans. The aim of Olympic games is to create peace and co-operation amongst the nations with the spirit of sports competition, Olympic games plays a significant role to develop the following values :-

- a) Friendship b) Solidarity
c) Fair Play d) Freedom from discrimination

a) **Friendship :-**

The value of friendship is steeped in the tradition of the ancient Olympic. The athletes express this value by forming life long bonds with their teammates as well as their opponents.

b) Solidarity :-

The Olympic movement is committed to developing programmes that, together creates a meaningful and comprehensive social response.

c) Fair Play:-

Olympic movement ensures fair play. Athletes participate in the Games in Loyal competition with respecting the regulation . Fair play means without using any doping aid to enhance the performance for winning medal and not using and wrong method for winning medal.

d) Free of Discrimination :-

Main aim of Olympic is that there should be no racial discrimination of the athletes all are equal. They have equal right to participate in every event to show their performance.

Q.3 What is Olympic Oath?

Ans. At the beginning of the game, the host country representative will take oath on behalf of all participating athletes. That is "we swear that will take part in the Olympic games in loyal competition respecting and abiding by the rule which govern them without the use of doping and drugs in the true spirit of sportsman ship for the glory of sports and the honour of our teams". The flag bearers of the competing nations also take up their positions at the time of oath taking ceremony.

Q.4 Briefly Discuss about Dronacharya Award ?

Ans. Dronacharya Award was started in 1985. This award is given to those coaches who impart coaching temporality or permanently to the teams or players. The following capabilities are necessary for the eligibility of this award:-The coach, who has been imparting training to a player or a team of an indigenous sport and that team has raised the standard of sport during the last three years is also eligible for this award. The coach is also eligible for this award whose player has achieved top position like won gold medal, silver medal or bronze medal at Olympic games or at world cup tournament. Te player who has won the gold medal at Asian Games or Common Wealth Games.

This award is presented by youth welfare and Human Resources Developed Minister, Govt, of India. In this award 5 lakh rupees cash, a symbol of Guru Dronacharya and a certificate are presented to the coach.

Long Question (5 Marks) (150 Words)

Q.1 Give a brief account of the ancient Olympic Games.

Ans. The Sports was by no means a Greek invention. Despite severe condition of life; athletes down the history, men found time to enjoy a variety of sports. According to available history, the first ancient Olympic games were started in Olympic valley in 776 B.C. at that time that the games were held in honour of God Zeus, later on. Hercules, started the games and sports in the honour of his father. Although there was a lot of stories about the origin of ancient Olympic games. According to some other learned person there was wrestling competition between God Zeus and God Koronus in which the organization of games and sports was started. Whatever the reason behind the beginning of the game Olympic game was in beautiful valley named Olympia, due to this feet these games were called Olympic Games. During the games period or month any war or dispute might be taking place, would be stopped at once and a truce would be declared.

The games were conducted in following way:-

1. Opening Ceremony
2. Assembly
3. Oath
4. Events
5. Awards

The Ancient Olympic Games continued and was held for approximately thousand years. In 394 A.D. The king of Rome stopped the organization of games, stadiums were destroyed and revived after many decades, that called Modern Olympic Games.

Q.2 Give the important function of International Olympic Association.

Ans. The international Olympic Association consists of members from various countries.

President: The President of IOC is selected by its members for a term of eight years. The current IOC president is Thomas Bach.

Vice President: In the IOC four vice presidents are elected. They are elected for four years. **Executive Board:** The IOC executive board consist of President, Vice President and other members. **Main Function of International Olympic association committee :-**

- 1) It decides the venue and date of Olympic games.
- 2) It ensure the regular celebration of Olympic games.
- 3) For conducting the competition and general for the Olympics fundamental rules set by this committee.
- 4) It also acts against any form of discrimination affecting Olympic movements.
- 5) It leads the fight against doping in sports.

Q.3 Describe the formation and objectives of Indian Olympic association.

Ans. Indian Olympic Association was established in 1927 sir Dorabji Tata and Dr. Noehren became the founder President and General Secretary of the International Olympic committee, the election of the office bearers of the Indian Olympic Association is held after every four years The council consists of various members.

- a) President
- b) Vice President-9
- c) Joint secretaries-6
- d) Secretary General -1

Executive Members: one honorary Treasurer, seven representative of state Olympic association s and twelve representatives national sports federations.

Objective of Indian Olympic Association :-

The main objectives of Indian Olympic Association are:-

- 1) Enforcement of all rule and regulations of international Olympic committee and in Indian Olympic association.
- 2) Development and promotion of the Olympic movement.
- 3) To take disciplinary action against and federation for misbehavior or any other undesirable activity discredit to the nation
- 4) To co-operate with national sports federation, organize and control selection, training, coaching of the team that will represent India.
- 5) Admitting the members of state Olympic association/national sports federations which submit their annual reports and audited statements of accounts.

Q.4 Enlist the various sports awards and Explain any one award in detail ?

Ans. Recognition of any outstanding achievements is highly motivating and more so when it comes from the top functionary of prevailing system. The Govt, of India, sports has instituted following national awards for outstanding sports persons and coaches.

1. Arjuna Award
2. Rajiv Gandhi Khel Ratna Award
3. Dronacharya Award Arjuna Award :-

Arjuna award is the supreme honour, which is awarded to sports person by the govt, of India. This award is given to such sports person who has given extraordinary performance in their field for last three years. This award was started in 1961 in the name of Arjuna in Mahabharata. This award includes a statue of Arjuna, and five lakh rupees cash, the president of India presents this award on 29th August (The birthday of legendary, hockey wizard Late Dhyan Chand, olympian every year.)

Rules for Arjuna Award :-

1. It's main aim is to improve the standards of sports in the country.
2. The Govt, of India demands a list of sports persons from National Sports federations which is recognised.
3. The total number of Arjuna awards are restricted to 15, one award in each discipline, however it can be increased in extraordinary performance by a sports person.
4. Sports Federation sends a list of three players, in which one will be selected but in case of female two awards will be given one male and one female.

Q.5 Explain in brief the CBSE sports and its organizational set up.

- Ans.**
- a) CBSE organizes its sports and games at Cluster Level, Zonal Level and National Level in various categories and sports annually as per their calender.
 - b) The sports and games are organised under the general directions of the CBSE.
 - c) The chairman of the CBSE shall be the chairman of the sports and games committee.

Aims and objective of CBSE Sports

- a) To arrange and organise CBSE affiliated Inter School Sports.
- b) To encourage and promote friendly relations among the schools sports men.
- c) To promote the ethic values in the sportsman.
- d) To organise the refresher, orientation and various training programme for physical education.
- e) To organise some other activities, other than sports, which are beneficial for the students.

General Rules for the organisation of Tournaments and Competitions

- 1) The various competition shall be organised at Cluster, Zonal and National level by the Sports Organising Committee.
- 2) No team is allowed to take part in the tournament without any responsible person authorised by the principal.
- 3) All the competition at Cluster and Zonal level shall be organised on the knockout basis.
- 4) Due to some unavoidable reason if tournament is suspended, the rescheduling of the dates, venue of unfinished competition shall be decided by the Sports Organising Committee.