



Curriculum Ring 1: Olympism





Values Education Curriculum

DARE TO
BELiEVE



Olympism

Healthy Mind
+ Body

Joy +
Courage

Respect
Equality

Excellence

Ring 1

OLYMPIC & PARALYMPIC GAMES

Ancient + Modern Games

Olympic & Paralympic Values

Values in Sport + Life

Sustainable Development Goals & Sport



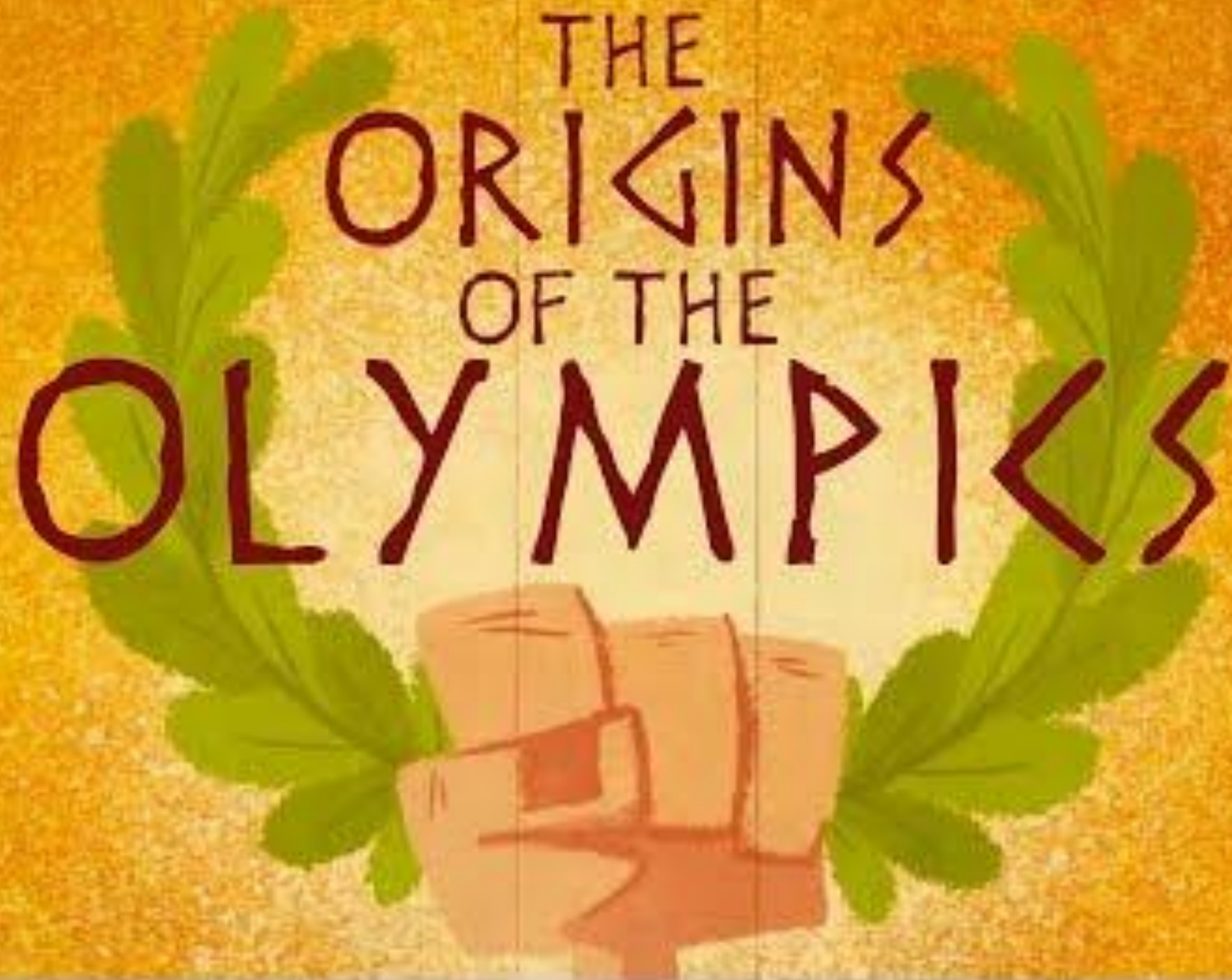


Class Quiz

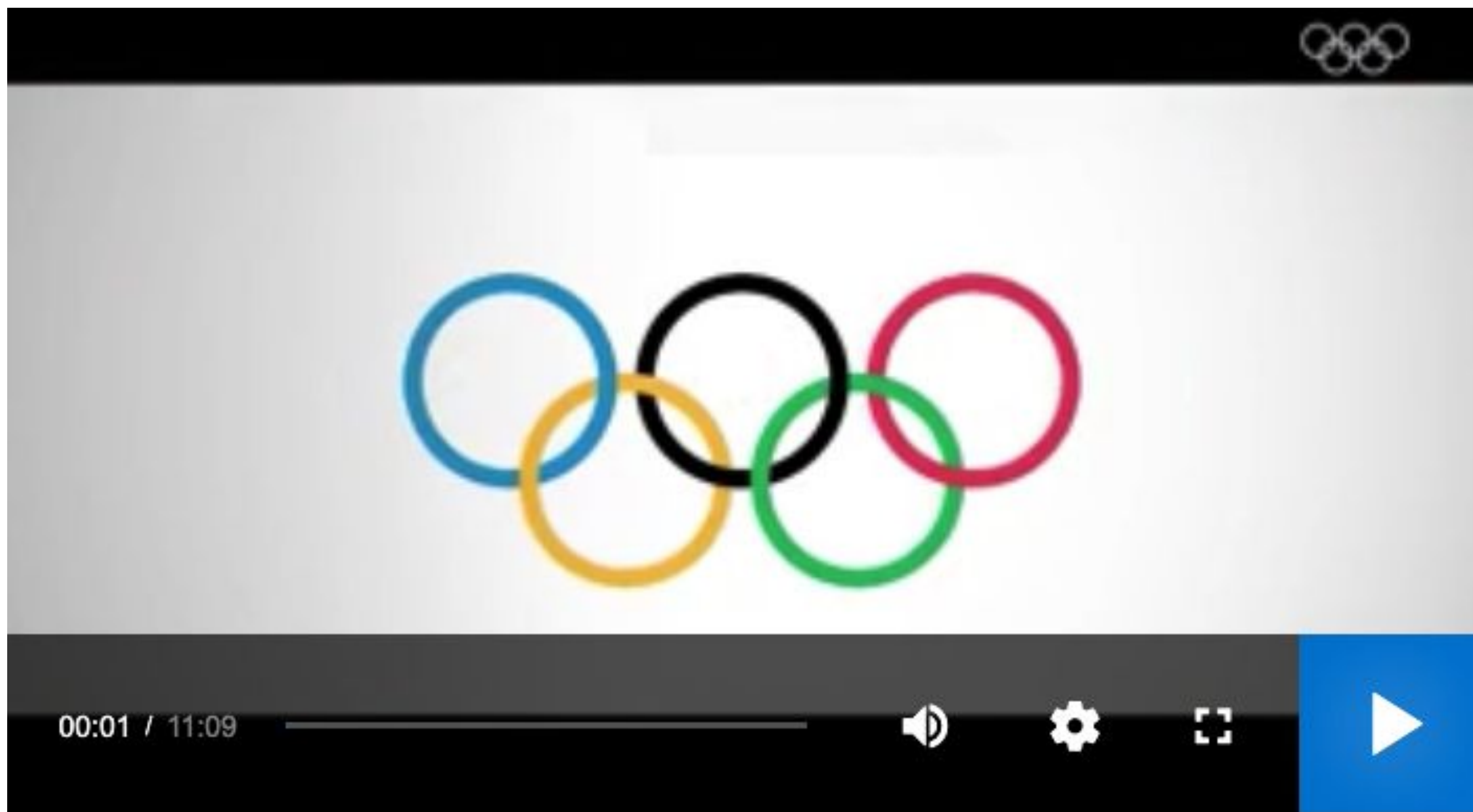
- Where did the Ancient Olympics start?
- When were the ancient games held?
- Were women allowed to compete in the ancient games?
- How long is an Olympiad?
- When did the Modern Olympic Games begin?
- Where were the first Modern Olympic Games held?
- How many people watched the London Olympic Games in 2012?

[Take Our Olympic Trivia Quiz \(link\)](#)

- Approximately how many athletes are expected to compete at the Tokyo Olympics?
- How many Olympic medals has Ireland won?
- Where did the Winter Olympics start in 1924?
- What's does the motto Citius, Altius, Fortius mean?
- T/f Art was once a competition in the Olympics?
- When did the Paralympics begin?
- What do the Olympic rings represent?

An illustration of an olive branch and a laurel wreath. The olive branch is on the left, with a green olive fruit at the bottom. The laurel wreath is on the right, with a green laurel leaf at the bottom. The background is a textured yellow-orange.

THE ORIGINS OF THE OLYMPICS



[Click image to view video on Olympics.com](#)



The Olympic Creed

“The important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well.”

Pierre de Coubertin (Founder of the Modern Olympics)



Olympism & Aims of the Olympic Movement

Aims:

- To promote the development of those physical and moral qualities that are the basis of sport.
- To educate young people through sport in a spirit of better understanding between each other, and of friendship, thereby helping to build a better and more peaceful world.
- To spread the Olympic principles throughout the world, thereby creating international goodwill.
- To bring together athletes of the world in the great four-yearly sports festival, the Olympic Games.

Olympic Values

JOY OF EFFORT

Young people develop and practice physical, behavioural and intellectual skills by challenging themselves and each other in physical activities, movement, games and sport.

FAIR PLAY

Fair play was originally a concept developed in sport, but it has since also been applied in many different ways and contexts beyond the field of play. Learning fair play behaviour in sport can lead to the development and reinforcement of similar behaviour in one's everyday life.

RESPECT FOR OTHERS

When young people who live in a multicultural world learn to accept and respect diversity, and practice personal peaceful behaviour, they promote peace and international understanding.

PURSUIT OF EXCELLENCE

A focus on excellence can help young people to make positive, healthy choices, and strive to become the best that they can be in whatever they do.

BALANCE BETWEEN BODY, WILL AND MIND

Learning takes place in the whole body, not just in the mind. Physical literacy and learning through movement contribute to the development of both moral and intellectual learning.

Paralympic Values

COURAGE

It encompasses the unique spirit of the Paralympic athlete who seeks to accomplish what the general public deems unexpected, but what the athlete knows as a truth.

DETERMINATION

The manifestation of the idea that Paralympic athletes push their physical ability to the absolute limit

INSPIRATION

When intense and personal affection is begotten from the stories and accomplishments of Paralympic athletes, and the effect is applying this spirit to one's personal life.

EQUALITY

Paralympic Sport acts as an agent for change to break down social barriers of discrimination for persons with an impairment.



Class Question

What do the Olympic & Paralympic values mean to TY students in Ireland ?
What do you think Irish society values most?
What about your school?
What about your family?
Why is important to identify your values?



Class Activity (See next slide for list)

Transition Year Top Values: Everyone submit their top 2 values and what they mean to them (they can differ to the Olympic & Parlympic values). Count the results. Make a list and hang it up in your class room.



List of Values

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity

Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity

Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk-taking

Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:

Sport has always been a bridge between all nations, all cultures, all creeds. Diversity, fair play, and respect in the Olympics is essential — central to the success and popularity of the games.

SPORT HAS
THE POWER TO
CHANGE THE WORLD





And work hard, we can find a solution, I'm guessing





SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD



The 17 Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people enjoy peace and prosperity. [source www.undp.org](http://www.undp.org)

"Sport is also an important enabler of sustainable development. We recognize the growing contribution of sport to the realization of development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities as well as to health, education and social inclusion objectives."



TRANSFORMING OUR WORLD:



**THE 2030 AGENDA FOR
SUSTAINABLE DEVELOPMENT**

RTÉ 2
FAN SLAM





Class Activity: [Read about Sports Contribution to the SDG'S](#)



Reflection / Debrief

What did you think about this ring?

What did you like most about it?

What did you least like about it?

What's something you'd like to remember?