

PHYSICAL EDUCATION



OLYMPIC VALUE EDUCATION

Modern Olympic Games

It was Baron Pierre de Coubertin who started Modern Olympic games by drawing the inspiration of Ancient Olympic games. He founded the International Olympic Committee in 1894 in Paris.

The first games were started in 1896 in Athens, the capital of Greece. In the first Olympic 280 participants from 13 nations participated in 43 events including track-and-field.

Paralympics

Paralympic Games is a major international sports event involving athletes with a range of disabilities including impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypotonia, vision impairment and intellectual impairment.

Paralympic Games are organised along with the Olympic Games. The International Paralympic Committee (IPC) is the governing body of the Paralympic.

Special Olympics

The Special Olympics International was started by Eunice Kennedy in 1968. It is the world's largest sports organisation for children and adults with intellectual disabilities and physical disabilities.

This organisation provides year-round training and activities to participants. They organise competitions every day, all around the world, including local, national, and regional competitions.

Here every single person is welcomed, regardless of ability or disability.

Special Olympic focuses on holistic development and training that goes beyond the classrooms into the playing fields. The Special Olympics creates role models who will inspire the other children to participate.

Olympic Symbols

Olympic Flag

Olympic Flag was designed in 1913. This was first flown in 1920 at Antwerp Olympic games. This flag consists of five ring circles interlinked with each other on a white background. The colours of rings are green represents Europe, black represents Africa, blue represents Australia

and Oceania, yellow represents Asia and red represent America.

Ideals of Olympic games

Olympic Movement happens to build a peaceful and better world by educating youth through sport practiced without any discrimination and mutual understanding with a spirit of friendship, solidarity and fair play.

Objectives of Olympic Games

- To draw the attention of the world that sports not only help in developing good health of young people but to create better citizens and promote the development of their character and personality
- To create a sense of loyalty, team spirit.
- To inculcate the concept that sports are a pastime and not an instrument for the material.
- To create a spirit of international Amity and Goodwill and to contribute to better understanding among people and nations.

Values of Olympism

There are three values of Olympism Excellence, Friendship and Respect. These values constitute the foundation on which the Olympic Movement builds its activities to promote sport, culture and education to build a better world.

International Olympic Committee (IOC)

International Olympic Committee (IOC) is the supreme authority of the Olympic movement formed in June 1894. The headquarters of IOC is at Lausanne, Switzerland. It is the authority which organises the modern Summer and Winter Olympic Games.

The IOC is the main governing body of the National Olympic Committees (NOC), the international sports federation, the athletes, the sponsors, the broadcast partners and united nation agencies.

The Role Of IOC

- To encourage and support the promotion of ethics in sports as well as education of youth through sports.
- To dedicate its effort to ensure that in sports the spirit of fair play prevails.
- To encourage and support the organisation, development and coordination of sports and

sports competitions.

- To ensure the regular celebration of Olympic games.
- To cooperate with the competent public or private organisation and authorities.
- To take action in order to strengthen the unity and to protect the independence of Olympic movement.
- To act against any form of discrimination affecting the Olympic movement.
- To encourage and support the promotion of women in sports at all levels.
- Competitions in Various Sports.

Indian Olympic Association (IOA)

IOA was formed in 1927 by Sir Dorabji Tata as its first president, D.G. Noehrem as its secretary and G.D. Sodhi as assistant secretary. It is affiliated with IOC. The head office of IOA is in New Delhi.

The Functions Of IOA

- To develop and promote Olympic movement and amateur sports.
- To promote and encourage physical moral and cultural values among youth for development of good health and good citizen.
- To enforce all rules and regulation of games and sports at National level competitions.
- To provide training and preparation of players for participation at international level competitions.
- To provide technical help for conducting National Level Competition.
- To observe and check the smooth working of national sports association.
- To provide official sponsorship to players for participation at International Level Competition.
- To supervise the sports development in the country.
- To arrange funds for Sports program for training of players, infrastructural development, and sponsorship of players, etc.
- To promote Olympic games at every level in India.