

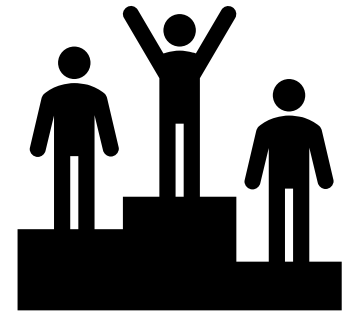


# AROUND THE OLYMPIC AND PARALYMPIC GAMES

THE OLYMPIC AND PARALYMPIC WEEK (OPW)

APRIL 2023

*Discover the Olympic and Paralympic movement, change perspectives on disabilities, and also meet high-level athletes*



# **ONE WEEK OR MORE TO :**

- **build awareness of the Olympic and Paralympic values among your pupils;**
- **use sport as an educational tool;**
- **discover the Olympic and Paralympic disciplines with your pupils;**
- **change the way young people view disabilities and encourage them to take part in sport**



# **THE 2023 OPW PROGRAM**

# Have a healthy day !

## Monday, 3 April 2023

<b>Routine</b>	<ul style="list-style-type: none"><li>• <b>Quiet time</b></li><li>• <b>The Olympic games in antiquity</b> : look at the sports scene depicted on the ancient Greek vase</li></ul>
<b>Symbols</b>	<b>The Olympic and Paralympic flags</b>
<b>Videos</b>	<ul style="list-style-type: none"><li>• <b>All About the Olympics for Kids - The History and Symbols of The Olympics: FreeSchool</b> (5'44) <a href="https://ladigitale.dev/digiview/#/v/640b766e59ae2">https://ladigitale.dev/digiview/#/v/640b766e59ae2</a></li><li>• <b>How Did the Paralympics Start/Quick History Lesson/Twinkl</b> (1'39) <a href="https://ladigitale.dev/digiview/#/v/640b7a5562aa0">https://ladigitale.dev/digiview/#/v/640b7a5562aa0</a></li><li>• <b>Paralympics - Spirit in Motion flag</b> (1'08) <a href="https://ladigitale.dev/digiview/#/v/63f25a247c741">https://ladigitale.dev/digiview/#/v/63f25a247c741</a></li><li>• <b>Open your eyes WARM UP for Kids! MusiGo: fresh healthy fitness for kids</b> (4'40) <a href="https://www.youtube.com/watch?v=gdXUdF0-l5g">https://www.youtube.com/watch?v=gdXUdF0-l5g</a></li></ul>
<b>Mathematics</b>	<ul style="list-style-type: none"><li>• <b>Olympic rings : addition</b></li></ul>
<b>30 minutes of daily exercise at school</b>	<ul style="list-style-type: none"><li>• <b>Pupils sheet to use at playtime : discover activity families</b></li><li>• <b>Or in the classroom : see video link above</b></li></ul>

## Quiet time

This quiet time will help set an atmosphere of relaxation and concentration before beginning the unit.

Ask pupils to put their hands on their belly and imagine it is a balloon.

Blow up the balloon by taking a deep breath, then breathe out to let the air out of the balloon. Feel the hands move outwards as the balloon expands. Repeat 10 times. Repeat a second time if necessary, but with a short pause between breathing in and breathing out.

### Issued from :

<https://cnosf.franceolympique.com/cnosf/actus/8420-learn-with-the-olympic-games-in-english--.html>



#### TEACHER WORKSHEET

CYCLE 1 • PRESCHOOL, PRE-KINDERGARTEN, KINDERGARTEN •  
EXPLORE THE WORLD (OF LIVING THINGS)

#### KNOW YOUR BODY

FROM HOW IT IS ARRANGED TO HOW IT MOVES



**For pupils**

## Describe the athletes.

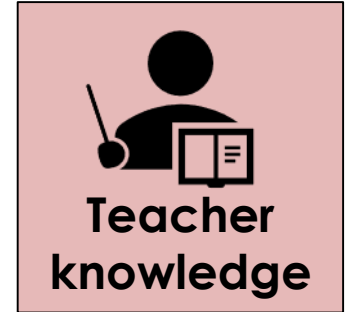
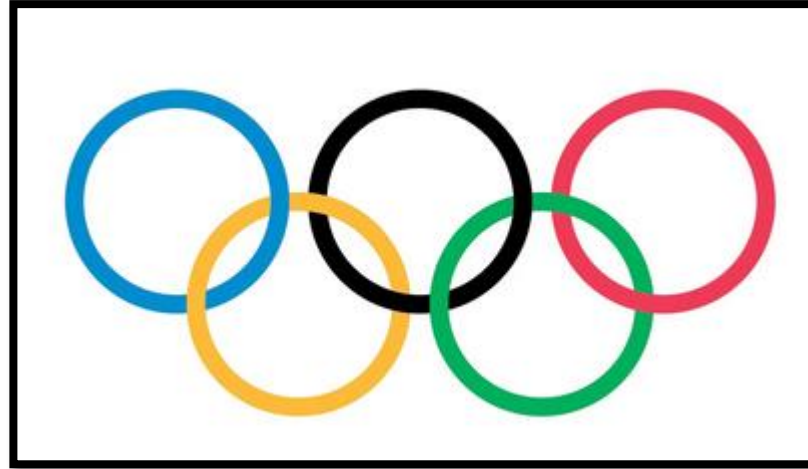
How many people are there ?

What are they doing ?

How are they dressed ?



**For pupils**



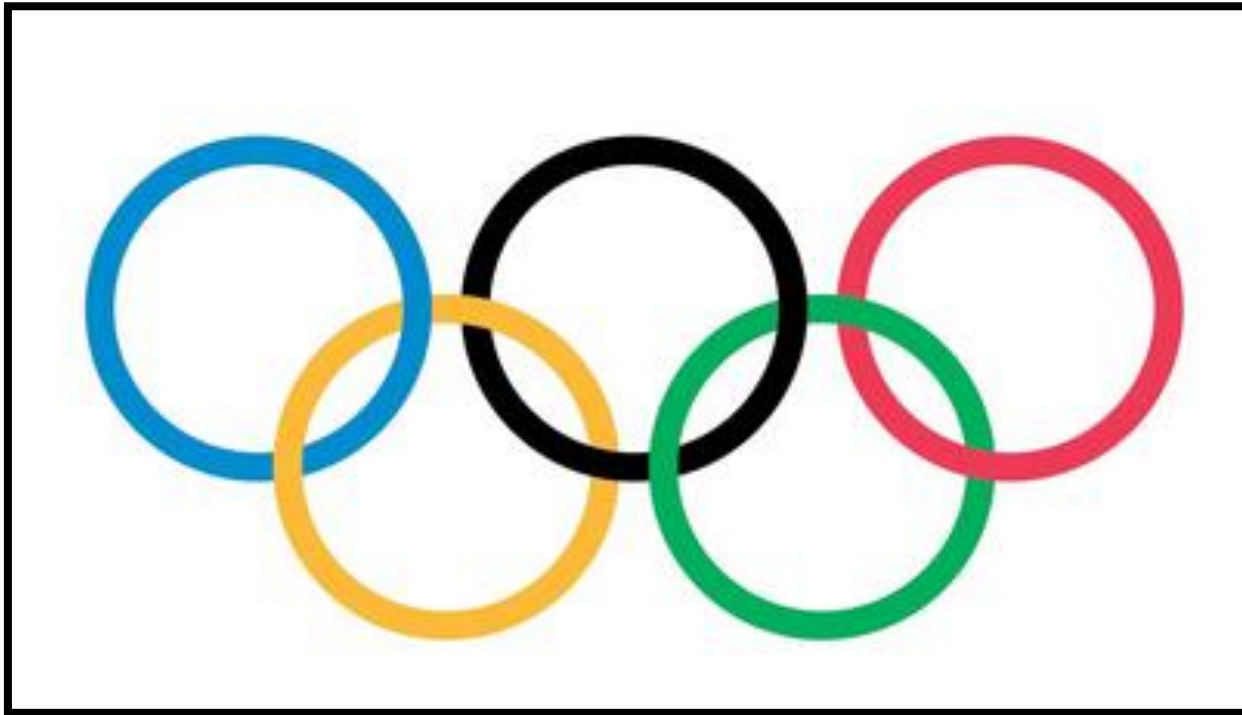
*“The Olympic symbol consists of five interlaced rings of equal dimensions, used alone, in one or in five different colours, which are, from left to right, blue, yellow, black, green and red. The Olympic symbol (the Olympic rings) expresses the activity of the Olympic Movement and represents the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games. But watch out, it is wrong to say that each of the colours corresponds to a certain continent! In fact, when Pierre de Coubertin created the Rings in 1913, the five colours combined with the white background represented the colours of the flags of all nations at that time, without exception.”*

**Did you know?**

**Issued from :**

<https://olympics.com/ioc/faq/olympic-symbol-and-identity/what-is-the-meaning-of-the-olympic-rings>

# Describe the Olympic rings



What does the Olympics logo look like ?

What does the Olympics logo represent ?

What is the meaning of the Olympic rings ?



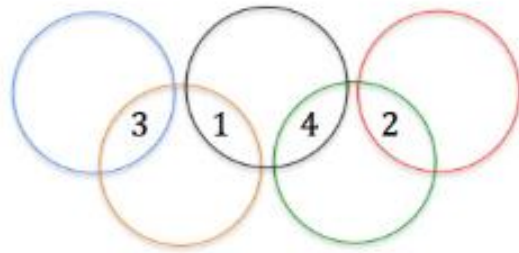
**For pupils**

Video : All About the Olympics for Kids - The History and Symbols of The Olympics:  
FreeSchool (5'44)

<https://ladigitale.dev/digiview/#/v/640b766e59ae2>

# MATHEMATICS

## OLYMPIC RINGS

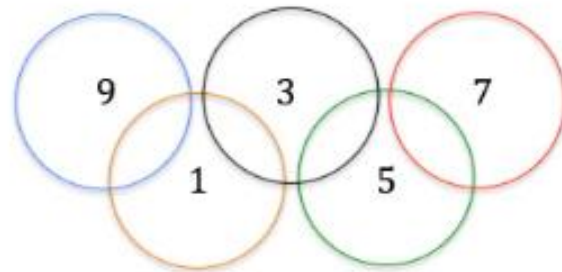


A

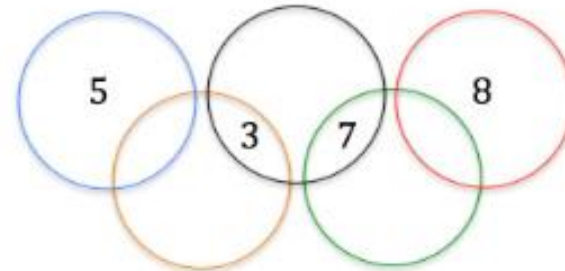
The Olympic emblem consists of five overlapping rings containing nine regions.

Place the numbers 1, 2, 3, ... 9 in the nine regions so that the total in each ring is the same.

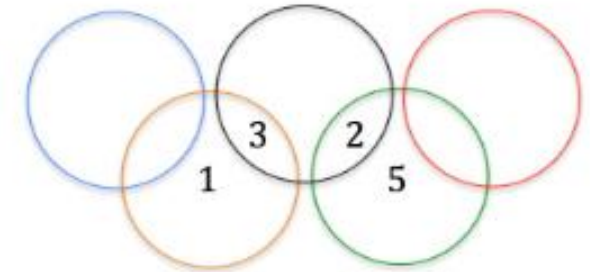
Can you complete the solutions given in the 4 diagrams?



B



C



D



For pupils

AFRICAN INSTITUTE FOR MATHEMATICAL SCIENCES / SCHOOLS ENRICHMENT CENTRE TEACHER NETWORK

Issued from :

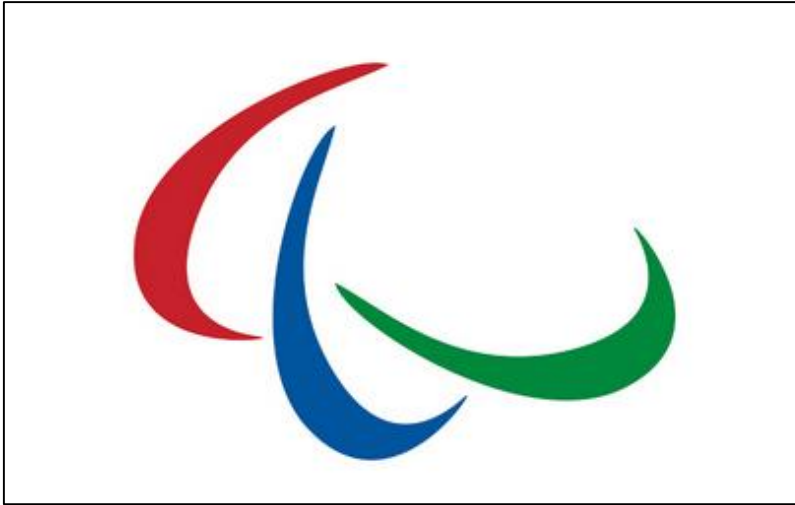
<https://aiminghigh.aimssec.ac.za/wp-content/uploads/2012/01/Teacher-Notes-OLYMPIC-RINGS.pdf>

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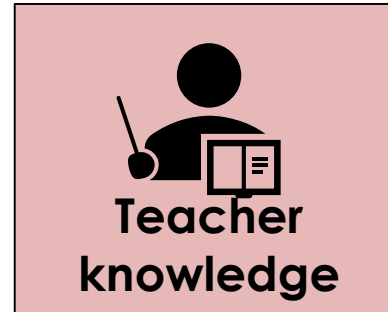
AIMSSEC

# PARALYMPIC SYMBOLS



The **Paralympic symbols** are the **icons**, **flags**, and symbols used by the **International Paralympic Committee** to promote the Paralympic Games.

**Video : Paralympics - Spirit in Motion flag (1'08)**  
<https://ladigitale.dev/digiview/#/v/63f25a247c741>



Did you know?

The Paralympic symbols are three “**agitos**” (Latin for “I move”) colored red, blue and green, being the colors most widely included in national flags. The three Agitos encircling a central point symbolize motion, emphasise the role of the Paralympic Movement in bringing athletes together from all corners of the world to compete.

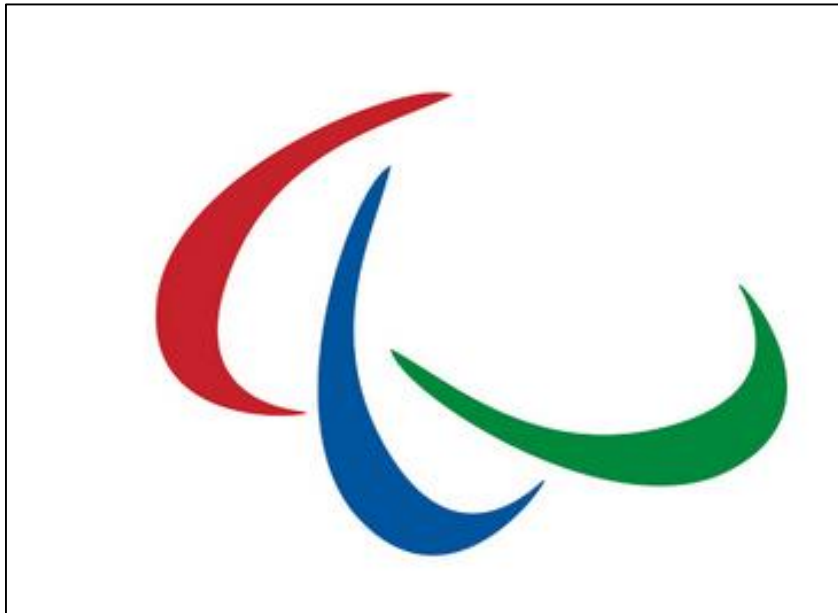
The symbol also reflects the Paralympic Motto, “**Spirit in Motion**,” representing the strong will of every Paralympian. The Paralympic Symbol emphasizes the fact that Paralympic athletes constantly inspire and excite the world with their performances : always moving forward and never giving up.

The current Paralympic symbol has been launched at the Closing Ceremony of the Athens 2004 Paralympic Games.

**Issued from :**

<https://www.paralympic.org/feature/what-are-elements-building-paralympic-symbol>

# THE PARALYMPIC SYMBOL



What are the elements building the Paralympic symbol ?

What does the Paralympic Symbol represent ?

What does the Agitos mean ?



**For pupils**

Video : Paralympics - Spirit in Motion flag (1'08)  
<https://ladigitale.dev/digiview/#/v/63f25a247c741>

# Have a healthy day !

## Tuesday, 4 April 2023

<b>Routine</b>	<ul style="list-style-type: none"><li>• <b>Quiet time</b></li><li>• <b>The Olympic games in antiquity</b> : look at the sports scene depicted on the ancient Greek vase</li></ul>
<b>Symbols</b>	<b>The Olympic and Paralympic mottos</b>
<b>Videos</b>	<ul style="list-style-type: none"><li>• <b>The world only moves forward when we move together ft. Usain Bolt, Naomi Osaka</b> (1'51) <a href="https://www.youtube.com/watch?v=sHXcWvZr-9c">https://www.youtube.com/watch?v=sHXcWvZr-9c</a></li><li>• <b>International Paralympic Logo &amp; Motto « Spirit in Motion »</b> (27'') <a href="https://www.youtube.com/watch?v=i-cbEgWvu-E">https://www.youtube.com/watch?v=i-cbEgWvu-E</a></li><li>• <b>Spirit in motion</b> (4'48) <a href="https://ladigitale.dev/digiview/#/v/63f25ed9c0206">https://ladigitale.dev/digiview/#/v/63f25ed9c0206</a></li><li>• <b>Stretching dance for kids/Let's move/In The Swing. Head, shoulders, knees, toes</b> (3'31) <a href="https://www.youtube.com/watch?v=m_mTDiy7I9Y">https://www.youtube.com/watch?v=m_mTDiy7I9Y</a></li></ul>
<b>30 minutes of daily exercise at school</b>	<ul style="list-style-type: none"><li>• <b>Pupils sheet to use at playtime : discover activity families</b></li><li>• <b>Or in the classroom : see video link above</b></li></ul>
<b>Paralympic school day</b>	<b>Photo game : spot the difference</b> <a href="https://www.paralympic.org/sites/default/files/document/120305114446203_Spot_the_Difference.pdf">https://www.paralympic.org/sites/default/files/document/120305114446203_Spot_the_Difference.pdf</a>

## Quiet time

This quiet time will help set an atmosphere of relaxation and concentration before beginning the unit.

Ask pupils to take four or five deep breaths. Take a big breath and then exhale as if you were blowing out a lot of candles on a birthday cake.

Issued from :

<https://cnosf.franceolympique.com/cnosf/actus/8420-learn-with-the-olympic-games-in-english--.html>

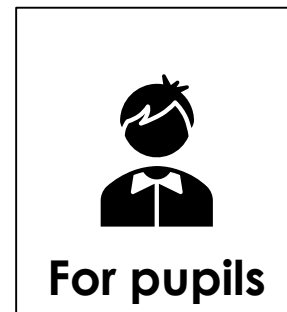


### TEACHER WORKSHEET

CYCLE 1 • PRESCHOOL, PRE-KINDERGARTEN, KINDERGARTEN •

ACT, EXPRESS, UNDERSTAND THROUGH PHYSICAL AND ARTISTIC ACTIVITY

### THE OLYMPIC ANTHEM



## Describe the athletes.

How many  
people are  
there ?

What are  
they doing ?

How are they  
dressed ?



For pupils

# WHAT IS THE OLYMPIC MOTTO ?

"The original Olympic motto is made up of three Latin words : **Citius - Altius - Fortius**. These words mean **Faster - Higher - Stronger**.

**On the 20th of July 2021**, the Session of the International Olympic Committee approved a change in the Olympic motto that recognises the unifying power of sport and the importance of solidarity. The change adds the word "together" after an en dash to "Faster, Higher, Stronger". The new Olympic motto now reads **in Latin "Citius, Altius, Fortius - Communiter"** and **"Faster, Higher, Stronger - Together" in English**.

The original motto was first expressed by the Dominican priest Henri Didon in the opening ceremony of a school sports event in 1881. **Pierre de Coubertin**, who was present that day, adopted them as the Olympic motto in **1894** with the launch of the Olympic Movement. It expresses the aspirations of the Olympic Movement not only in its athletic and technical sense but also from a moral and educational perspective.

The Olympic motto is an Olympic property."

**Issued from :**

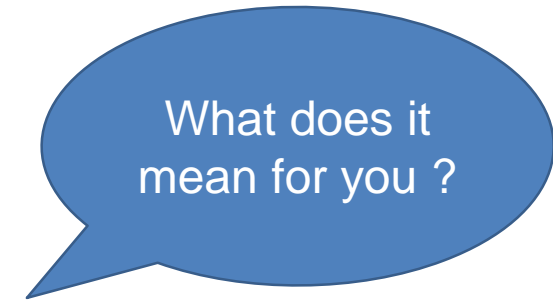
<https://olympics.com/ioc/faq/olympic-symbol-and-identity/what-is-the-olympic-motto>



**Teacher  
knowledge**

**Did you  
know?**

# THE OLYMPIC MOTTO SINCE 2021



Video : The world only moves forward when we move together ft. Usain Bolt, Naomi Osaka (1'51)

<https://www.youtube.com/watch?v=sHXcWvZr-9c>



# THE PARALYMPIC MOTTO

« **SPirit in Motion** »



Teacher  
knowledge

The Paralympic motto is "**Spirit in Motion**". The motto was introduced in 2004 at the Paralympic Games in Athens. The previous motto was "Mind, Body, Spirit", introduced in 1994.

Video : **Spirit in motion** (4'48)

<https://ladigitale.dev/digiview/#/v/63f25ed9c0206>

Did you  
know?

# THE PARALYMPIC MOTTO

**« SPIRIT IN MOTION »**

What does it  
mean for you ?

**Video : International Paralympic Logo & Motto « Spirit in Motion » (27'')**

<https://www.youtube.com/watch?v=i-cbEgWvu-E>

**Video : Spirit in motion (4'48)**

<https://ladigitale.dev/digiview/#/v/63f25ed9c0206>



**For pupils**

# Have a healthy day !

## Thursday, 6 April 2023

<b>Routine</b>	<ul style="list-style-type: none"><li>• <b>Quiet time</b></li><li>• <b>The Olympic games in antiquity</b> : look at the sports scene depicted on the ancient Greek vase</li></ul>
<b>Symbols</b>	<b>The new face of the Olympic and Paralympic Games of Paris2024</b>
<b>Values</b>	<b>Olympic values</b>
<b>Videos</b>	<ul style="list-style-type: none"><li>• <b>Living the Olympic values</b> (3'19) <a href="https://www.youtube.com/watch?v=Vy9a-z946Rg">https://www.youtube.com/watch?v=Vy9a-z946Rg</a></li><li>• <b>Here is the new face of the Olympic and Paralympic Games of #Paris2024</b> (1'13) <a href="https://ladigitale.dev/digiview/#/v/63f102feba74a">https://ladigitale.dev/digiview/#/v/63f102feba74a</a></li><li>• <b>Opposite game for first grade ! MusiGo Kids: Razzmatazz</b> (5'28) <a href="https://www.youtube.com/watch?v=5xpsylZWilQ">https://www.youtube.com/watch?v=5xpsylZWilQ</a></li></ul>
<b>30 minutes of daily exercise at school</b>	<ul style="list-style-type: none"><li>• <b>Pupils sheet to use at playtime : discover activity families</b></li><li>• <b>Or in the classroom : see video link above</b></li></ul>
<b>Paralympic school day</b>	<b>Paralympic sport word find</b> <a href="https://www.paralympic.org/sites/default/files/document/120305114544812_Wordfind.pdf">https://www.paralympic.org/sites/default/files/document/120305114544812_Wordfind.pdf</a>

## Quiet time

This quiet time will help set an atmosphere of relaxation and concentration before beginning the unit.

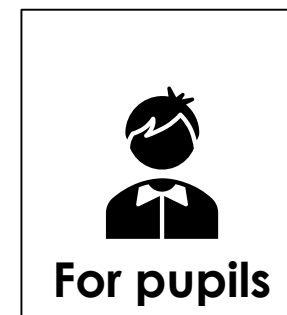
Ask pupils to put their hands on their lap, close their eyes, breathe in slowly, and audibly breathe out through their mouth. Then ask them to lean forward and slowly stand up.

Issued from :

<https://cnosf.franceolympique.com/cnosf/actus/8420-learn-with-the-olympic-games-in-english--.html>



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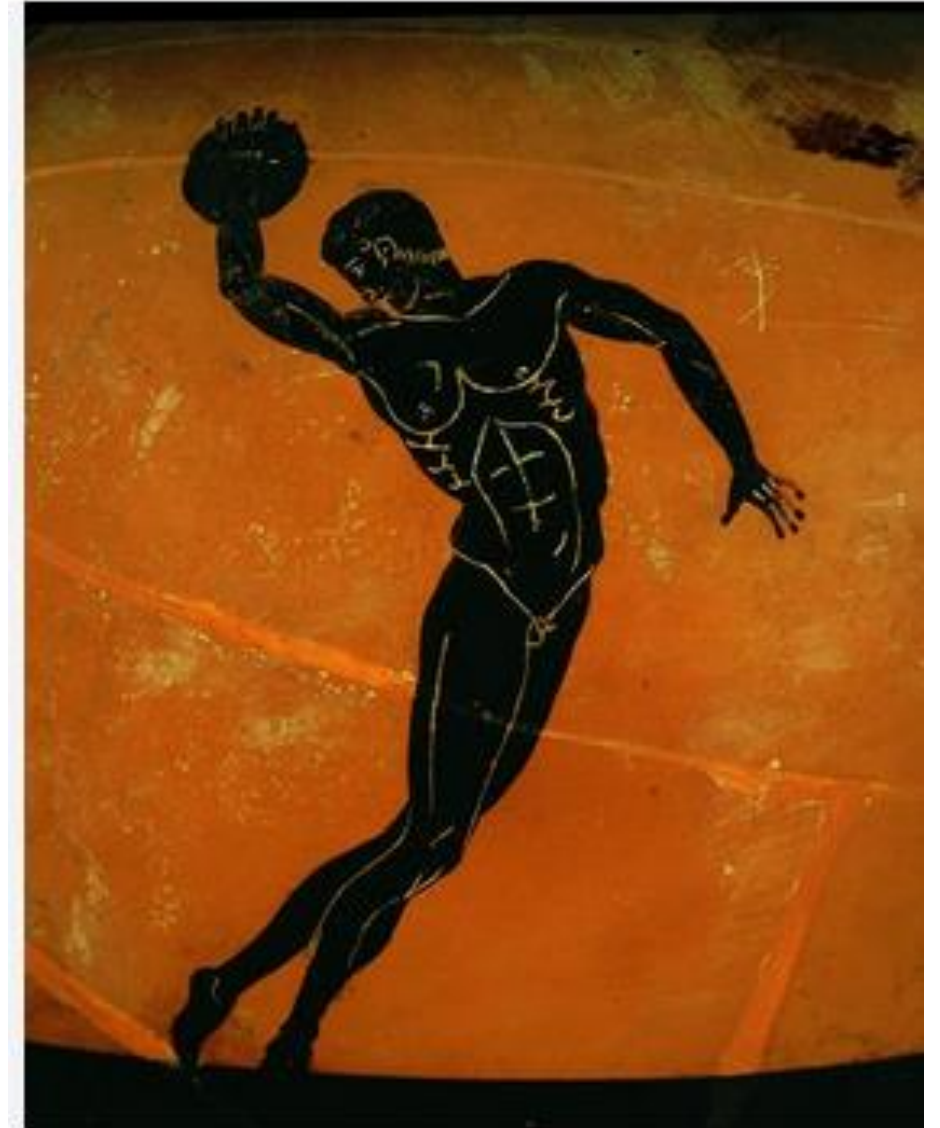


## Describe the athlete.

How many people are there ?

How is he dressed ?

What is he doing ?



**For pupils**

# OLYMPIC VALUES

*"The three values of Olympism are **excellence**, **friendship** and **respect**. They constitute the foundation on which the Olympic Movement builds its activities to promote sport, culture and education with a view to building a better world. The original values of Olympism as expressed in the Olympic Charter were to "encourage effort", "preserve human dignity" and "develop harmony". Over time, they have evolved and are now expressed in more contemporary terms as:*

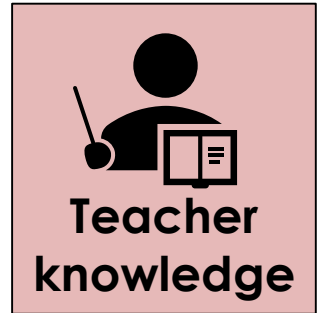
*Striving for **excellence** and encouraging people to be the best they can be.*

*Celebrating **friendship**, which is quite unique to the Olympic Games – an event that brings people together every few years.*

*Demonstrating **respect** in many different manners: respect towards yourself, the rules, your opponents, the environment, the public, etc."*

**Issued from :**

<https://olympics.com/ioc/olympic-values>



**Did you  
know?**

# OLYMPIC VALUES

**Excellence**

**Friendship**

**Respect**

What does it  
mean for you ?



**For pupils**

Video : Living the Olympic values (3'19)  
<https://www.youtube.com/watch?v=Vy9a-z946Rg>

# A SINGLE EMBLEM FOR PARIS 2024

## **“THE GOLD MEDAL – symbolising achievement**

*It is the example set by our Olympic and Paralympic athletes, the heroes of the Games. By excelling themselves and improving their personal bests, they demonstrate that everyone has a chance of winning. We all remember Renaud Lavillenie sealing the Olympic title on his last attempt at the London Games, or Marie Amélie Le Fur, who won three golds and set two new world records at the Paralympic Games in Rio.*

*But the medal for the Paris 2024 Games isn't reserved solely for champions. It is there to reward all those who give everything they have and enable others to do the same.”*

## **“THE FLAME – symbolising the energy we share**

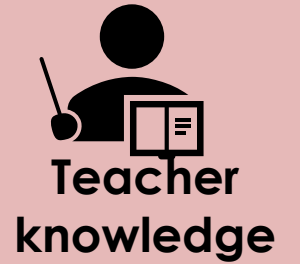
*The Olympic and Paralympic flame carries a powerful message. Different people see different meanings and feel different emotions about the flame. Who could forget Cathy Freeman, the Indigenous athlete chosen to run the anchor leg in the relay at Sydney in 2000, or the Paralympic Archer Antonio Rebollo, who lit the torch by firing an arrow in Barcelona in 1992.*

*The flame symbolises the unique energy that drives this mega event, encouraging us to be bold and forge a new way of organising the Games to rise to the challenges we face today.”*

**Issued from :**

<https://www.paris2024.org/en/a-single-emblem-for-paris-2024/>

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**Did you know?**

## **« MARIANNE – symbolising France**

*Marianne is the personification of the bold spirit of creativity that inspires our Games. Marianne, symbol of the French Republic, represents the same values we find in sport, the Olympics and the Paralympics – humanism, fraternity, generosity and sharing. Marianne is a familiar face in French culture that is omnipresent in day-to-day life, appearing on stamps and outside every town hall for example. She reflects our desire to organise the Games for the people, in close collaboration with the people.”*

# A SINGLE EMBLEM FOR PARIS 2024



What are your favourite Olympic or Paralympic moments ?



For pupils

Video : *Here is the new face of the Olympic and Paralympic Games of #Paris2024* (1'13)  
<https://ladigitale.dev/digiview/#/v/63f102feba74a>

# Have a healthy day !

**Friday, 7 April 2023**

<b>Routine</b>	<ul style="list-style-type: none"><li>• <b>Quiet time</b></li><li>• <b>The Olympic games in antiquity</b> : look at the sports scene depicted on the ancient Greek vase</li></ul>
<b>Symbol</b>	<b>The mascots for the Paris 2024 Olympic and Paralympic Games</b>
<b>Videos</b>	<ul style="list-style-type: none"><li>• <b>Meet « the Phryges », the Olympic et Paralympic mascots</b> (43 '' ) <a href="https://ladigitale.dev/digiview/#/v/63f0e128c10a2">https://ladigitale.dev/digiview/#/v/63f0e128c10a2</a></li><li>• <b>Jumping jacks workout for kids !</b> (4'14) <a href="https://www.youtube.com/watch?v=WRqh96JqbzE">https://www.youtube.com/watch?v=WRqh96JqbzE</a></li></ul>
<b>30 minutes of daily exercise at school</b>	<ul style="list-style-type: none"><li>• <b>Pupils sheet to use at playtime : discover activity families</b></li><li>• <b>Or in the classroom : see video link above</b></li></ul>
<b>Paralympic school day</b>	<b>Boccia game</b> <a href="https://www.paralympic.org/sites/default/files/document/120305112904554_Card_2_Boccia.pdf">https://www.paralympic.org/sites/default/files/document/120305112904554_Card_2_Boccia.pdf</a>
<b>Quiz - questions</b>	<b>Test your Olympic and Paralympic games knowledge</b>

## Quiet time

This quiet time will help set an atmosphere of relaxation and concentration before beginning the unit.

Invite pupils to sit with legs crossed and have them massage their ears. Show students how to do it, e.g. by applying pressure and rubbing the ears (front, back, top), pulling slightly on the outer part and/or the lobes, etc. Ask them to close their eyes before starting the two-minute exercise.

Issued from :

<https://cnosf.franceolympique.com/cnosf/actus/8420-learn-with-the-olympic-games-in-english--.html>



TEACHER WORKSHEET

CYCLE 1 • PRESCHOOL, PRE-KINDERGARTEN, KINDERGARTEN •

ACT, EXPRESS ONESELF, UNDERSTAND THROUGH ARTISTIC ACTIVITIES /  
PUT ALL ASPECTS OF LANGUAGE TO WORK

SUMMER OLYMPIC SPORTS



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For pupils

## Describe the athlete.

How many people  
are there ?

What is he  
doing ?

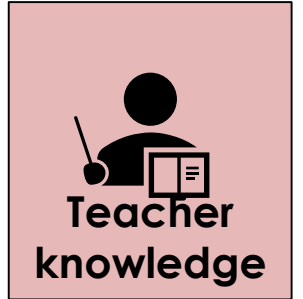
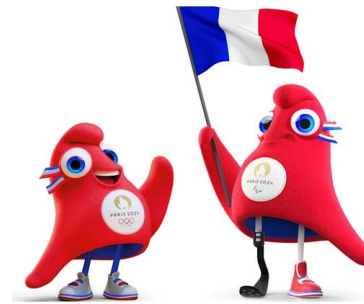
How is he  
dressed ?



**For pupils**

# DISCOVER THE OLYMPIC MASCOTS (1)

***“Olympic mascots are the ambassadors of the Olympic and Paralympic Games. They embody the spirit of the Olympics and play a vital role in welcoming athletes and visitors to the Games.”***



*“Olympic mascots have been a key part of the Games since 1968. They’re tasked with giving concrete form to the Olympic spirit, spreading the values highlighted at each edition of the Games; promoting the history and culture of the host city; and giving the event a festive atmosphere.”*

**Did you know?**

**Issued from :**

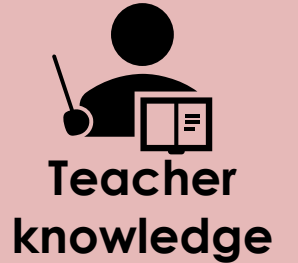
<https://olympics.com/en/olympic-games/olympic-mascots>

# DISCOVER THE OLYMPIC MASCOTS (2)

## « Who are the Phryges? »

*Phryges are small Phrygian caps, which represent a strong symbol of liberty, inclusivity and the ability of people to support great and meaningful causes. They are kitted out in a red, white and blue colourway, with the golden Paris 2024 logo emblazoned across their chests. They also have a mischievous and expressive eye made of a “cockade of France” a knot of ribbons that is the French national ornament.*

**Did you know?**



**Issued from :**

<https://olympics.com/en/news/new-paris-2024-olympic-paralympic-mascots-revealed>

# DISCOVER THE PARIS 2024 MASCOTS

Describe the mascots.

Who are the Phryges ?



The mascots for the **Paris 2024** Olympic and Paralympic Games



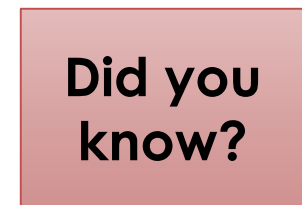
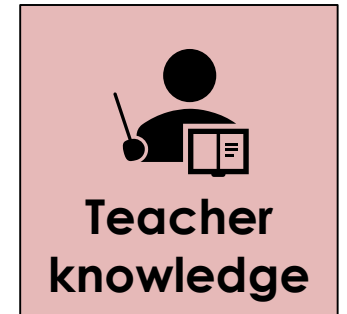
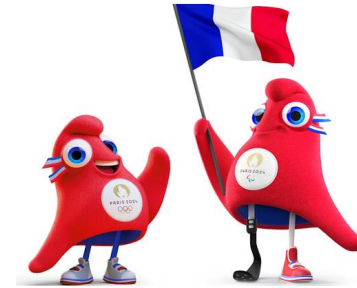
For pupils

Video : Meet « the Phryges », the Olympic et Paralympic mascots (43'')

<https://ladigitale.dev/digiview/#/v/63f0e128c10a2>

# THE MOTTO OF THE OLYMPIC PHRYGE AND PARALYMPIC PHRYGE

The motto of the Olympic Phryge and Paralympic Phryge is: “**Alone we go faster, but together we go further**,” representing the ways in which the mascots, and the people of the world, can make each other better by working side-by-side.



Issued from :

<https://olympics.com/en/news/new-paris-2024-olympic-paralympic-mascots-revealed>

# THE MOTTO OF THE OLYMPIC PHRYGE AND PARALYMPIC PHRYGE

**Alone we go faster, but  
together we go further**

What does it mean  
for you ?



**For pupils**

Muriel MUNIER - Circonscription CHEVREUSE - SOP 2023



# TEST YOUR OLYMPIC AND PARALYMPIC GAMES KNOWLEDGE

1. How many rings on the Olympic flag?
2. What is the name of the Olympic games for disabled athletes?
3. What is the motto of Paralympic games?
4. What are the colors of the Paralympic flag?
5. What type of headwear is the Paris 2024 mascot based on?



# LET'S KEEP A RECORD

## PARIS 2024 OLYMPIC ET PARALYMPIC GAMES HANDBOOK

**Write down what you have noticed  
and create your own useful handbook!**



**For pupils**

# WEBSITES RESOURCES FOR TEACHERS

From :

<https://olympics.com/>

<https://www.paralympic.org/>

<https://www.paralympic.org/the-ipc/paralympic-school-day>

<https://www.paris2024.org/en/>

Youtube



## JEUX OLYMPIQUES ANTIQUES

QUE NOUS DISENT LES CÉRAMIQUES GRECQUES

DOSSIER PÉDAGOGIQUE

LOUVRE