

Class 9 - Physical Education and Well Being

Khel Praveen

Olympic Values

CBSE NOTES

Olympic Values - Mastery Worksheet

Strengthen your foundation with key concepts and basic applications.



Personal AI Tutor for CBSE Classes 6-12 & NCERT Help

edzy is a personal AI tutor for CBSE and State Board students, with curriculum-aligned guidance, practice, revision, and study plans that adapt to each learner.

Solve the following questions. Write your answers in the space provided.

1. Analyze how the story of Jesse Owens and Luz Long exemplifies the Olympic values of respect and friendship. Discuss how these values can be applied in your daily life.

Hint: Consider the significance of friendship in overcoming prejudice.

2. Critique the philosophy of Olympism. How does it integrate the concepts of sport, culture, and education to promote a peaceful society?

Hint: Think about historical and contemporary examples of unity through Olympic initiatives.



Download Edzy App

Solve the following questions. Write your answers in the space provided.

3. In what ways do the Olympic Games promote values that transcend sports? Provide examples from both historical and contemporary contexts.

Hint: Reflect on how each Olympics handled political and social issues.

4. How can athletes balance the competitive spirit of the Olympics with the ethical considerations of sportsmanship? Discuss with reference to a specific athlete's experience.

Hint: Research famous instances where athletes prioritized ethics over victory.



Download Edzy App

Solve the following questions. Write your answers in the space provided.

5. Examine the impact of globalization on the Olympic values of excellence and respect in the context of contemporary sports.

Hint: Look for trends in international sports collaborations and competitions.

6. Discuss the role of education in promoting the Olympic values. How can educational programs incorporate these values effectively?

Hint: Consider case studies from schools participating in Olympic education programs.



Download Edzy App

Solve the following questions. Write your answers in the space provided.

7. Evaluate the effects of cultural differences on athletes' interpretations of Olympic values. Provide a comparative analysis of two cultures.

Hint: Research cultural attitudes toward competitiveness and teamwork.

8. Design a community project that promotes Olympic values and discuss its potential impact on youth.

Hint: Consider involving local schools, athletes, and mentoring programs.



Solve the following questions. Write your answers in the space provided.

9. How do the Olympic Games reflect the changing societal values over time? Select specific Olympics to illustrate your points.

Hint: Delve into notable Olympic milestones and movements.

10. Reflect on the importance of the Olympic Truce. How does it symbolize the Olympic values and what relevance does it have in today's world?

Hint: Research the effects of the Truce in recent Olympic events.



Check your answers with the solutions below.

1. Analyze how the story of Jesse Owens and Luz Long exemplifies the Olympic values of respect and friendship. Discuss how these values can be applied in your daily life.

Solution: This answer should encompass how Owens' achievements in a discriminative environment promoted respect for athletes, regardless of nationality or color. Discuss how his friendship with Long, despite the political tension of the time, exemplified the spirit of Olympic ideals. Extend the idea by providing personal examples of applying these values in real-world scenarios.

2. Critique the philosophy of Olympism. How does it integrate the concepts of sport, culture, and education to promote a peaceful society?

Solution: An effective critique will outline how Olympism's holistic approach fosters unity through sport while also promoting cultural understanding and educational opportunities. Discuss examples of programs that demonstrate this integration.

3. In what ways do the Olympic Games promote values that transcend sports? Provide examples from both historical and contemporary contexts.

Solution: Detailed examples should include how events like the Olympic Truce and initiatives encouraging diversity and inclusion illustrate values such as peace and solidarity. Compare impacts seen in the 1936 Olympics vs. recent games.

4. How can athletes balance the competitive spirit of the Olympics with the ethical considerations of sportsmanship? Discuss with reference to a specific athlete's experience.

Solution: Discuss the tension between winning and ethical conduct. Provide insights from athlete experiences, such as the importance of fairness and integrity. Use a specific instance of an athlete who demonstrated sportsmanship despite the urge to win.



Download Edzy App

Check your answers with the solutions below.

5. Examine the impact of globalization on the Olympic values of excellence and respect in the context of contemporary sports.

Solution: Analyze how increased global participation highlights both the challenges and advantages of fostering excellence and respect among diverse cultures. Discuss different national approaches to training and competition.

6. Discuss the role of education in promoting the Olympic values. How can educational programs incorporate these values effectively?

Solution: Outline how educational systems can integrate Olympic values into curricula through activities, discussions, and events. Provide examples of specific programs or initiatives that have succeeded.

7. Evaluate the effects of cultural differences on athletes' interpretations of Olympic values. Provide a comparative analysis of two cultures.

Solution: Identify how cultural backgrounds can influence perceptions of fairness, teamwork, and competition. Compare two cultures' approaches to these values, using athletes as examples.

8. Design a community project that promotes Olympic values and discuss its potential impact on youth.

Solution: Describe a viable project that engages youth in activities emphasizing respect, friendship, and excellence through sports. Discuss expected outcomes and measurement of success.

9. How do the Olympic Games reflect the changing societal values over time? Select specific Olympics to illustrate your points.

Solution: To answer this, evaluate Olympics from different decades, examining how political and social movements influenced Olympic values. Discuss how specific events or controversies changed perceptions.



Check your answers with the solutions below.

10. Reflect on the importance of the Olympic Truce. How does it symbolize the Olympic values and what relevance does it have in today's world?

Solution: This response should explore historical instances of the Olympic Truce and its aims to promote peace. Discuss its ongoing relevance and application in resolving modern conflicts.



Study smart, not hard - with Edzy!

For Students

- Practice past papers to get exam-ready
- Study with a timer to stay focused
- Revise regularly to build long-term memory

For Teachers

- Use Edzy to share quizzes instantly with students
- Save time with ready-made teaching aids
- Simplify test prep with structured resources

Before You Sleep:

Quickly review important notes - it helps memory consolidation.

Download Edzy App

Discover why we're called India's largest learning platform.



Personal AI Tutor for CBSE Classes 6-12 & NCERT Help

edzy is a personal AI tutor for CBSE and State Board students, with curriculum-aligned guidance, practice, revision, and study plans that adapt to each learner.