

Class 9 - Physical Education and Well Being

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Olympic Values

CBSE NOTES

Olympic Values - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Define Olympism.

Olympism is a philosophy emphasizing the balance of body, mind, and willpower, promoting a peaceful society.

2. Identify core Olympic values.

Core values include excellence, friendship, and respect, each playing a crucial role in sportsmanship.

3. Explain the value of excellence.

Excellence urges individuals to do their best, setting goals and achieving personal success through hard work.

4. Describe the value of friendship.

Friendship fosters mutual respect and understanding among athletes from diverse backgrounds in the Olympics.

5. Discuss respect as an Olympic value.

Respect involves honoring competitors, officials, and rules, which is essential for fair play in sports.



6. Relate history of Jesse Owens.

Jesse Owens' success at the 1936 Olympics highlighted overcoming racial discrimination and promoting unity.

7. Understand the role of the Olympic flag.

The Olympic flag symbolizes unity of the five continents, fostering worldwide peace through sports.

8. Illustrate Olympism beyond sports.

Olympism integrates sports with culture and education, advocating for a balanced and harmonious life.

9. Recognize the importance of sportsmanship.

Sportsmanship encourages ethical behavior, fair play, and integrity among athletes during competitions.

10. Cite an example of mutual respect.

The friendship between Jesse Owens and Luz Long exemplified mutual respect across national barriers.

11. Identify educational aspects of Olympism.

Olympism includes promoting social education to create informed global citizens through sport.



12. Mention the significance of the Olympic motto.

The motto 'Citius, Altius, Fortius' means 'Faster, Higher, Stronger,' embodying the spirit of striving for greatness.

13. Define fair play.

Fair play, a core principle, involves following rules and maintaining respect for opponents and officials.

14. Highlight teamwork in sports.

Teamwork teaches cooperation and collective effort, essential for success in various sporting events.

15. Explain the concept of global harmony.

The Olympics promote a vision of global harmony, emphasizing peace and friendship among all nations.

16. Discuss the impact of culture in the Olympics.

Cultural exchange during the Olympics enriches participants' experiences and encourages diversity.

17. Recognize the values of integrity.

Integrity involves honesty and fairness, essential traits for athletes and officials during competitions.



18. Note the significance of athletic role models.

Athletes serve as role models, inspiring youth to pursue sports and live by Olympic values.

19. Reflect on the importance of discipline.

Discipline is vital in achieving athletic excellence, requiring consistent effort and commitment towards goals.

20. Explore the legacy of the Olympics.

The Olympic legacy influences future generations, promoting physical fitness and cultural understanding worldwide.

21. Summarize the Olympic spirit.

The Olympic spirit encompasses the pursuit of excellence, inclusivity, and celebration of athletic achievement.



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