

Class 9 - Physical Education and Well Being

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The Modern Olympic Games

# CBSE NOTES

## The Modern Olympic Games - Mastery Worksheet

*Strengthen your foundation with key concepts and basic applications.*



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

**1. Explain the significance of Pierre de Coubertin's vision in establishing the Modern Olympic Games and how it reflects in today's Olympic values.**

**Hint:** Focus on the connection between Coubertin's ideals and modern Olympic principles.

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

## 2. Discuss the evolution of women's participation in the Olympics from its inception until now, and analyze how this change reflects societal attitudes towards gender equality.

**Hint:** Consider specific milestones in women's Olympic history and connect them to broader societal changes.

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

**3. Compare the origin and purpose of the Modern Olympics with that of the ancient Games. What fundamental ideals do they share, and how do they diverge?**

**Hint:** Use a Venn diagram to illustrate similarities and differences.

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

## 4. Analyze how the Olympic motto 'Citius, Altius, Fortius—Communitus' reflects the changing spirit of the Olympic Games in contemporary society.

**Hint:** Explore how this motto could influence current and future Olympic events.

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## 5. Evaluate the establishment of the Paralympic Games and discuss its impact on global perceptions of athletes with disabilities.

**Hint:** Consider specific athletes or events that highlight this impact.

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

**6. Illustrate and explain the symbolism behind the Olympic rings and flag. How do these symbols communicate the values of the Olympics?**

**Hint:** Use a diagram to highlight the rings and flag symbolism.

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**7. Detail the role of the International Olympic Committee (IOC) in today's Olympic Games and compare it to its original function during the first Modern Olympics.**

**Hint:** Identify key functions of the IOC over time.

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

**8. Discuss the significance of the Olympic Oath in embodying the Olympic values. How has its language evolved to reflect contemporary ideals?**

**Hint:** Consider the changes in the wording and their implications.

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**9. Examine the impact of the Olympic Anthem and its historical context on the atmosphere of the Olympic Games. What does this reveal about the spirit of the event?**

**Hint:** Reflect on the moments when the anthem is played during the Games.

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

**10. Investigate how the introduction of new sports and categories, such as skateboarding and surfing, reflect the Olympic Movement's adaptability to contemporary culture.**

**Hint:** Look at the cultural significance of these sports and their inclusion.

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Check your answers with the solutions below.

### 1. Explain the significance of Pierre de Coubertin's vision in establishing the Modern Olympic Games and how it reflects in today's Olympic values.

**Solution:** Pierre de Coubertin envisioned the Olympics as a platform for unity and peace among nations, integrating ideals such as courage, discipline, and respect. These values persist today, emphasizing athletes' participation over mere competition. The Olympic Creed underlines this perspective, highlighting that the effort is more meaningful than victory.

### 2. Discuss the evolution of women's participation in the Olympics from its inception until now, and analyze how this change reflects societal attitudes towards gender equality.

**Solution:** Women first participated in the 1900 Paris Olympics. Over time, the inclusion of women in various events has grown, mirroring societal shifts towards equality. Current trends show increased opportunities and representation for women in all sports, highlighting the ongoing journey for equality.

### 3. Compare the origin and purpose of the Modern Olympics with that of the ancient Games. What fundamental ideals do they share, and how do they diverge?

**Solution:** Both the ancient and Modern Olympics celebrated athletic excellence and unity, but the ancient Games were more focused on individual city-state pride and religious significance, while the Modern Olympics emphasize international peace and cooperation. The origins in Greece underscore a shared heritage, yet the goals have evolved.



Check your answers with the solutions below.

### 4. Analyze how the Olympic motto 'Citius, Altius, Fortius—Communiter' reflects the changing spirit of the Olympic Games in contemporary society.

**Solution:** The motto emphasizes not just individual achievement but collective effort, indicating a shift towards teamwork and inclusivity. This change aligns with societal values that prioritize collaboration and community, ensuring that the Olympics resonate with modern audiences.

### 5. Evaluate the establishment of the Paralympic Games and discuss its impact on global perceptions of athletes with disabilities.

**Solution:** The Paralympic Games launched in 1960 promote competition among athletes with disabilities, significantly shifting public perceptions towards inclusivity and capability. They challenge stereotypes and advocate for equal opportunities in sports, paralleling the Olympic movement's core values.

### 6. Illustrate and explain the symbolism behind the Olympic rings and flag. How do these symbols communicate the values of the Olympics?

**Solution:** The five interlocked rings represent the unity of the five continents. Their colors were chosen to ensure each national flag includes at least one color, promoting inclusivity. The white flag symbolizes peace, encapsulating the spirit of friendship and cooperation among nations.

### 7. Detail the role of the International Olympic Committee (IOC) in today's Olympic Games and compare it to its original function during the first Modern Olympics.

**Solution:** Originally, the IOC was formed to organize the Games. Today, it also oversees ethical standards and logistical matters, reflecting the Games' expansion into a complex global event. The evolution showcases the IOC's increased responsibility in ensuring fairness and inclusion.



Check your answers with the solutions below.

### 8. Discuss the significance of the Olympic Oath in embodying the Olympic values. How has its language evolved to reflect contemporary ideals?

**Solution:** The Olympic Oath underscores a commitment to fair play and integrity. Its evolution includes modern concepts of equality and inclusion, demonstrating a response to today's societal expectations, ensuring that all participants adhere to these fundamental standards.

### 9. Examine the impact of the Olympic Anthem and its historical context on the atmosphere of the Olympic Games. What does this reveal about the spirit of the event?

**Solution:** The Olympic Anthem promotes ideals of peace and unity, integral to the Olympic spirit. Its adoption reflects a commitment to shared values, enhancing the ceremonial aspect of the Games and fostering an atmosphere of camaraderie.

### 10. Investigate how the introduction of new sports and categories, such as skateboarding and surfing, reflect the Olympic Movement's adaptability to contemporary culture.

**Solution:** By incorporating trending and youth-focused sports, the Olympics remain relevant to younger audiences. This adaptability ensures the Games resonate with contemporary culture while promoting the same core values of excellence and respect.



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