

Class 9 - Physical Education and Well Being

Khel Praveen

The Modern Olympic Games

CBSE NOTES

The Modern Olympic Games - Revision Guide

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



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1. Origin of the Modern Olympics.

The Modern Olympics began in 1896, founded by Pierre de Coubertin to unite nations through sport.

2. Formation of the IOC.

The International Olympic Committee (IOC) was established in 1894 to organize the Games.

3. First Modern Olympics in Athens.

In April 1896, the first Games featured 43 events with 13 countries participating.

4. Role of Pierre de Coubertin.

Coubertin envisioned the Olympics as a symbol of peace and friendship among nations.

5. Significance of the Olympic motto.

Original motto: 'Citius, Altius, Fortius' means 'Faster, Higher, Stronger'; updated to include 'Together'.

6. Olympic Creed.

The Olympic Creed emphasizes participation over victory; it underscores effort and fair play.



7. Introduction of women's events.

Women first competed in the 1900 Paris Games, marking a shift towards inclusion in the Olympics.

8. India's Olympic journey.

India debuted in the Olympics in 1900; the men's hockey team won gold in 1928, starting a legacy.

9. The Olympic symbol.

Five interlinked rings represent the unity of nations; colors were chosen for their prevalence in flags.

10. Importance of the Olympic flag.

The flag symbolizes peace and unity, featuring the Olympic rings on a white background, first used in 1920.

11. Olympic Anthem significance.

Composed in 1896, the anthem symbolizes friendship and unity. It is played at each opening and closing ceremony.



12. Winter Olympics introduction.

The first Winter Olympics took place in 1924, expanding the Olympic movement to winter sports.

13. Establishment of the Paralympics.

Founded in 1960, the Paralympic Games create opportunities for athletes with disabilities to compete.

14. Youth Olympic Games.

Initiated in 2010, these Games promote the Olympic values among young athletes globally.

15. The Olympic Oath.

Introduced in 1920, the Oath affirms the commitment to fair play and solidarity among athletes.

16. Role of the host city.

Every four years, a new host city is selected, showcasing its culture and values through the Games.

17. Evils of doping in sports.

The IOC promotes fair competition, emphasizing the need for ethical behavior in sports.



18. Olympics during World Wars.

The Games were paused during both World Wars but resumed, symbolizing resilience and unity.

19. Olympic Charter significance.

It outlines the rules governing the Olympic Movement, ensuring respect for the Games and its values.

20. Olympic Games influence.

The Games inspire global peace and cooperation, emphasizing sport as a platform for dialogue and unity.



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