Champion

Olympic Games

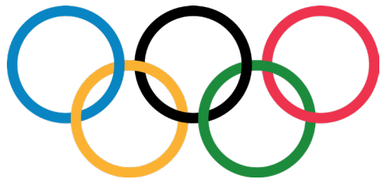
The Olympic Games is a sporting competition held every four years. Teams from countries all over the world compete against each other in different sports. Medals are awarded for athletes who come in first, second and third places in each event.

Paralympic Games

The Paralympic Games is a sporting competition for athletes who have a physical, mental or sensory disability. The first Games for disabled athletes took place in 1948 to help athletes who had been injured at war. The term 'Paralympic Games' was first used in 1988. The Paralympic Games now follow the Olympic Games every four years, in the same venues. Athletes with similar disabilities compete against each other.

Olympic rings

The five interlocking rings are a symbol of the Olympic Games. The rings represent the five continents: Europe, Asia, Africa, the Americas and Australia.



Olympic opening and closing ceremonies

The Olympic Games begins with an opening ceremony. It features the athletes from each country parading with their country's flag. The opening ceremony also celebrates the host city and the culture of that country. The Olympic flag is raised and the Olympic flame is lit with an Olympic torch. The flame burns until the end of the Games. The closing ceremony marks the end of the Games. The athletes parade again and the Olympic flag is ceremonially passed onto the next host country.

Ancient Olympics

The first Olympic Games were held in Greece almost 3000 years ago in 776 BC. Only men could take part. Events included 200m and 400m races, wrestling, chariot racing, boxing and the pentathlon. The Games were held in a place called Olympia to honour the Greek god, Zeus, who lived on Mount Olympus. These Games took place every four years until AD 393.

Ruins of Olympia in Greece

Modern Olympics

After a break of 1500 years, the first modern Olympic Games were held in Athens, Greece in 1896. Since then, they have been held every four years, apart from during the two World Wars. Today, there are 206 countries who compete in over 30 different sports. Billions of people around the world watch the Olympic Games on television or online. New sports are introduced at each Olympic Games, with baseball, karate, skateboarding, climbing and surfing appearing at the 2020 Games for the first time.

World records

A world record is the best performance ever recorded in a specific skill or sport. World records are often set at the Olympic and Paralympic Games, when athletes are in peak physical condition. World records continue to be broken. This may be due to improvements in technology and equipment; athletes being able to train full time; improvements in medicine and physiotherapy or improved access to sports. Another important factor is state of mind, with top athletes demonstrating a high level of determination and motivation.

Usain Bolt broke the world record for the 100m sprint at the Olympic Games in 2008.

Sophie Kamlish broke the world record for 100m at the Paralympic Games in 2016.

Maciej Lepiato broke the world record for high jump at the Paralympic Games in 2016.

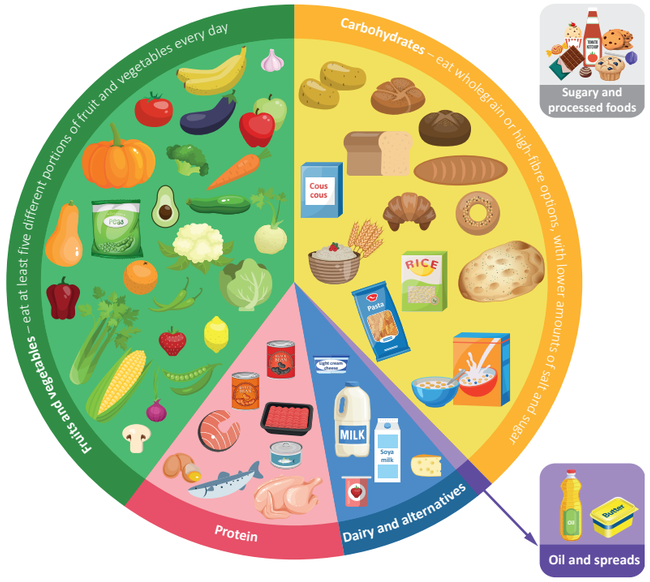
Katie Ledecky broke the world record for 800m freestyle swimming at the Olympic Games in 2016.

Image from: Wikimedia Commons/Public domain Image from: Shutterstock editorial/Shahjehan/Leonard Zhukovsky Image from: Getty Images/Matthew Stockman,Friedemann Vogel

Downloaded by Oyston at Christ The King R.C. Primary School on 06/12/23
Copyright © 2023 Cornerstones Education Limited

Food groups

Eating a healthy, balanced diet is particularly important for athletes. Sportspeople need plenty of protein to build and repair muscles, as well as carbohydrates for energy. Healthy sources of carbohydrates include wholegrain bread, wholegrain breakfast cereal, brown rice and wholewheat pasta. Protein is provided by beans, cheese, fish, lean meat and chicken. The recommended proportions of each food group are shown in the Eatwell Guide.



Strengthening exercises

Specific exercises target specific muscle groups. Leg muscles can be strengthened by exercises such as squats, lunges and calf raises. Arm muscles are built up with press ups, chin ups and bicep curls. Sit ups and planks both strengthen the abdominal muscles.

press up

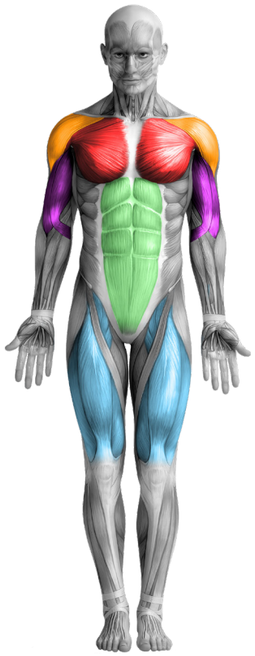
sit up

Muscle groups

All movement in the body is controlled by muscles. There are 11 major skeletal muscle groups. These are responsible for voluntary movement of different parts of the body.

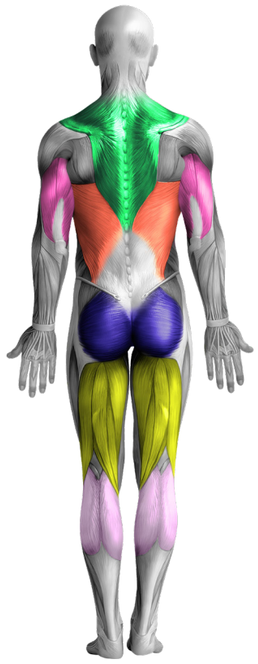
Front

- deltoids
- pectorals
- biceps
- abdominals
- quadriceps



Back

- trapezius
- triceps
- latissimus dorsi
- gluteals
- hamstrings
- gastrocnemius



Character traits

A character trait is a type of behaviour such as determination, perseverance or cooperation. There are certain character traits that are essential for top athletes. Athletes need to have a lot of self discipline to cope with the demanding training programme. They need to be motivated to keep going when things are hard. Certain traits can be developed over time, such as time management and confidence.

Glossary

carbohydrate	A substance that provides the body with energy.
mental	To do with the mind.
peak	The highest level of skill or fitness.
pentathlon	A sports event in which athletes compete in five different sports.
performance	How well a person does an activity.
physical	To do with the body.
physiotherapy	The treatment of muscle or joint problems by exercise, rubbing or moving the affected parts.
protein	A substance that the body needs to grow and be strong.
sensory	To do with the senses of touch, taste, smell, hearing and sight.
skeletal muscles	Muscles that are attached to bones and make them move.

Image from: Shutterstock editorial/Shahjehan
Image from: Wikimedia Commons/Public domain

Downloaded by Oyston at Christ The King R.C. Primary School on 06/12/23
Copyright © 2023 Cornerstones Education Limited