

OVEP Practical Guide for Teachers “Activity Sheet 04: Olympic Motto”

*The Activity Sheet is available from the Tokyo 2020 official website: <https://education.tokyo2020.org/jp/teach/texts/ovep/#activity-sheet>

Subjects: Upper Elementary School Students

Olympic Educational Themes: Excellence, balance, joy of effort.

Learning outcomes: 1) Recognizing the power of the motto to inspire and motivate participants as they pursue Olympism.
2) Understanding the meaning of the Olympic motto.

Equipment: OVEP text book, worksheets (group discussion)

School Classes: Comprehensive class, Ethics, General class activities etc.

Time	Activities	Key Suggestions	References
Introduction 7 min.	1) Explain the class outline. Question: How do you motivate yourselves in a race or a meet? Understanding the Olympic motto “Faster, Higher, Stronger”.	Help students to understand the educational themes (Excellence, balance, and joy of effort) through learning the Olympic motto. Allow students to share their thoughts with their neighbors. Compare their thoughts and the Olympic motto whilst referring to the text book.	“The Fundamentals of Olympic Values Education”, page 38.
Main 10 min. 15 min.	2) Think about the Olympic motto. The Olympic motto is “Faster, Higher, Stronger”. Do you think the motto is appropriate for sport? Discuss this with your friends. 3) Realizing the importance of the process, not just focusing on winning. “The most important thing in the Olympic Games is not to win but to take part, just as the most important things in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well” Pierre de Coubertin.	Compare students' thoughts and the Olympic motto. See if they matched and discuss the outcomes in groups. Discuss if there are any other important values to be considered when playing sport. Only one athlete (or a team) can reach the top of the podium. Discuss whether there is meaning in participating in the games for other competitors (or teams). Reflect on the class discussion after learning Coubertin's quote. Ask the students if they agree or have other thoughts.	Worksheets “The Fundamentals of Olympic Values Education”, page 39.
8 min.	Class discussion.	Discuss students' opinions in the class.	
Summary 5 min.	Review the class contents, the Olympic motto and students' opinion. Encourage the students to apply the motto to another field besides sport.	Suggest to the students that the motto can be applied outside of sport also.	

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Subjects: Lower Secondary School Students

Olympic Educational Themes: Excellence, balance, joy of effort.

Learning outcomes: 1) Recognizing the power of the motto to inspire and motivate participants as they pursue Olympism.
2) Understanding the meaning of the Olympic motto.

Equipment: OVEP text book, worksheets (group discussion)

School Classes: Comprehensive class, Ethics, General class activities etc.

Time	Activities	Key Suggestions	References
Introduction 7 min.	1) Explain the class outline. Question: How do you motivate yourselves in a race or a meet? Understanding the Olympic motto “Faster, Higher, Stronger”.	Help students to understand the educational themes (Excellence, balance, and joy of effort) through learning the olympic motto. Allow students to share their thoughts with their neighbors. Compare students' thoughts and the Olympic motto by referring to the text book.	“The Fundamentals of Olympic Values Education”, page 38.
Main 15 min.	2) Consider unfair play (cheating) in sport. What will happen when people practice the Olympic motto. Consider this topic from different perspectives, such as athletes, judges, and coaches. Determine the reasons for not playing fair. What kind of effect does this have on surrounding athletes and the competition?	Discuss in groups. Teach students that cheating can appear when pursuing excellence in sport. Suggest students consider cheating from various perspectives. Discuss the kinds of cheating and their issues, what kind of impact does cheating have on the surroundings.	Worksheets
13 min.	3) Think about Coubertin’s quote “The most important thing in the Olympic Games is not to win but to take part, just as the most important things in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well” .	Fill in the worksheets. Use group discussion to consider the deeper meanings within Coubertin’s quote.	“The Fundamentals of Olympic Values Education”, page 39.
10 min.	Discuss in class.	Present the thoughts of each group.	
Summary 5 min.	Review the class contents: the background of cheating and its impact.	Suggest the motto can be applied outside of sport.	

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Equipment: OVEP text book, worksheets (group discussion)

School Classes: Comprehensive class, Ethics, General class activities etc.

Time	Activities	Key Suggestions	References
Introduction 5 min.	1) Explain the class outline. Question: How do you motivate yourselves in a race or a meet? Understanding the Olympic motto “Faster, Higher, Stronger”.	Help students to understand the educational themes (Excellence, balance, joy of effort). Allow the students to share their thoughts with their neighbors. Compare their own thoughts and the Olympic motto whilst referring to the text book.	“The Fundamentals of Olympic Values Education”, page 38.
Main 8 min.	2) Consider unfair play (cheating) in sport. What will happen when people practice the Olympic motto. Consider this topic from different perspectives, such as athletes, judges, and coaches. Determine the reasons for not playing fair. What kind of effect does this have on surrounding athletes and the competition?	Discuss in groups. Teach students that cheating can appear when pursuing excellence in sport. Suggest students consider the background of cheating from many perspectives. Discuss the kinds of cheating, the reasons for cheating and its impact.	Worksheets
15 min.	3) Look at the case studies of cheating in sport by the Internet. Including the background and impact.	Fill in the worksheets. Search for case studies of cheating in sport on the Internet by each group. Discuss about cheating and consider its background and impact.	“The Fundamentals of Olympic Values Education”, page39.
8 min.	Think about the Coubertin’s quote “The most important thing in the Olympic Games is not to win but to take part, just as the most important things in life is not the triumph but the struggle. The essential thing is not the have conquered but to have fought well” .	Reflect on the findings from above and compare them with Coubertin’s quote. How can we mitigate cheating?	
10 min.	Share the thoughts of the class.	Share the thoughts of each group.	
Summary 4 min.	Review the class contents: the background of cheating and its impact.	Encourage students to practice the contents of the class in daily life.	