

THE OLYMPIC VALUES AND FAIR PLAY

The founder of the modern Olympic Games, Pierre de Coubertin (1863-1937), firmly believed that sport can help people to push beyond their limits, but also to transcend their differences, and draw closer together and better understand each other. This was why he was an advocate for humanistic values, which have become indissociable from Olympism: respect for your opponent, friendship between peoples and fair play, a code of conduct as useful in sport as it is in everyday life.

An athlete who plays fair is a “good sport”, who remains polite and respectful of his opponents.

But it is not always easy to behave like this, for adults and children alike. Thankfully, you can learn to play fair!

That is the purpose of this kit, through a mixture of discussion topics, games and role play.

A CORE SUBJECT FOR TEACHERS AND THEIR PUPILS

Through the Olympic values:

- Numerous topics linked to the school teaching programmes can be covered: physical education, health and well-being, civics, history, cultural diversity, etc.
- Various competences can be developed among the pupils: in-depth thinking, self-awareness and awareness of your own values, dealing with emotions, tolerance and living together as a group, respect for other people and the rules, experience of discussion and democracy, written and oral expression, communication, etc.

USERS' GUIDE

Designed by The Olympic Museum for teachers, this kit is made up of five sections:

- “Did you know?”, which provides pupils with the core information they need to learn about the Olympic values.
- Activities to develop thinking skills, observation, knowledge and creativity for 6-10-year-olds. As these are ready-to-use, the pupils can do them in class, on their own or in small groups.
- Activities based on the same principle, but for 11-15 year olds.
- “The Olympic object”, which presents an Olympic patrimonial object
- Physical games to put the Olympic values into practice (In collaboration with mobilesport.ch and Cool & Clean).
- “Resources” with additional documentation for teachers (books, articles, teaching aids, - in French).

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It can be downloaded from www.olympic.org/pedagogie

DID YOU KNOW?

What exactly is fair play?

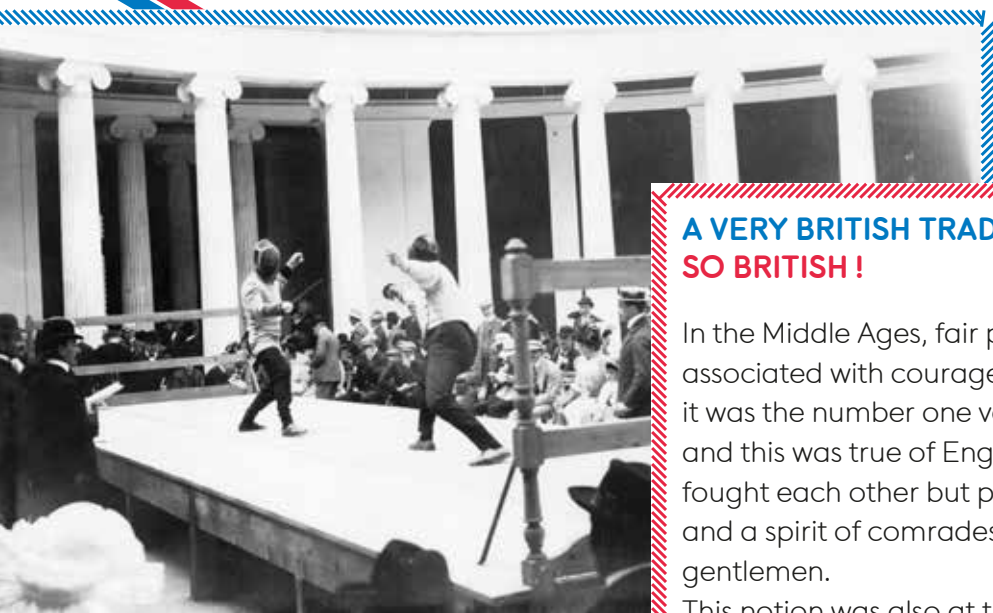
To find out, let's look at the phrase more closely. "Play" is easy enough, and "fair" is an adjective which means "without cheating or trying to achieve unjust advantage".

So athletes who play fair remain modest, even when they win. They respect the rules of the game and their opponents, and know how to accept defeat. In short, the total opposite of a bad loser!



Two players congratulate each other after their tennis match.

Fencing competition at the first edition of the modern Olympic Games in Athens, in 1896.



A VERY BRITISH TRADITION! SO BRITISH!

In the Middle Ages, fair play was a very positive notion associated with courage and good manners. For knights, it was the number one value. Fast forward a few centuries, and this was true of English aristocrats, too! They no longer fought each other but practised sports instead, with courtesy and a spirit of comradeship. This was what made them real gentlemen.

This notion was also at the heart of the English school system. Sport was used to inculcate team spirit, respect and friendship. During his travels in England, Frenchman Pierre de Coubertin was most impressed by this, and its influence could be felt when he founded the modern Olympic Games in 1896.

DID YOU KNOW?

Core Olympic values!

Pierre de Coubertin was convinced that sport could be highly beneficial, not just for health (both physical and mental), but also for community life. To achieve this, Olympism had to cultivate several fundamental values:



The three medallists in the marathon at the Olympic Games Rio 2016 congratulate each other.



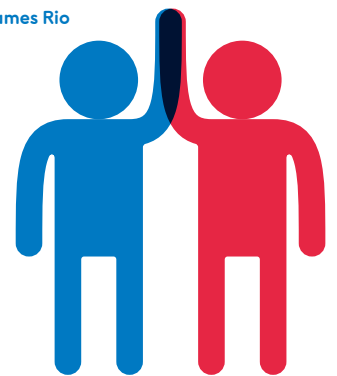
Excellence :

Athletes must seek to both give and do their best. The aim is not just to win, but above all to improve.



Respect for your opponent:

As all people are equal, everyone is entitled to respect.



Friendship

This is indispensable for promoting harmony and understanding between people.

Not forgetting fair play, which requires both respect (for the rules and other people) and solidarity.

All these principles are enshrined in the Olympic Charter, a document which sets out the rules and main principles of the Olympic Games. The Charter makes it clear that "every individual must have the possibility of practising sport, without discrimination of any kind, and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play."

DID YOU KNOW?

Highly symbolic!

To pass on these values, there is a symbol and rituals that we see before, during and after the Olympic Games.



The Olympic rings :

The five interlinked rings symbolise the union and friendship between the peoples of the five continents, where the athletes come from. These rings can be seen against the white background of the flag.



The Olympic torch relay:

This relay has existed since 1936. The flame is transported from Olympia (Greece), the historic birthplace of the Olympic Games, to the city hosting the Games. Transported in a torch, it is handed from one person to the next, over a route covering thousands of kilometres! Runners of all nationalities take part. A great symbol of peace and harmony between the peoples of the world.



The Olympic oath : At the Games opening ceremony, an athlete takes an oath on behalf of all the participants, undertaking to respect the rules. The words of the oath are: In the name of all competitors, I promise that we shall take part in these Olympic Games, respecting and abiding by the rules that govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honour of our teams.

DID YOU KNOW?

To be or not to be... fair-play

FAIR-PLAY

Olympic Games Los Angeles 1932

Fencing

The gold medal had just been awarded to Britain's **Judy Guinness**. But she pointed out to the judges that they had forgotten to count two points scored by her opponent. So she lost the gold medal, but instead gained the esteem of those watching and the whole sports world.



NOT FAIR-PLAY

Olympic Games Turin 2006

Super giant slalom (or super-G)



French skier **Pierre-Emmanuel Dalcin** was leading the race and seemed certain of a podium finish. But heavy snow forced the organisers to halt the competition. When the race was restarted, Dalcin skied off the course and was disqualified. At the finish line, in a fit of rage he swore and gave the jury the finger! That earned him a 3,200-euro fine.

DID YOU KNOW?

Fair play medal for the Käll brothers

At the Olympic Games, everyone is looking at the athletes, with millions of viewers seeing how they behave. So everyone remembered what the Käll brothers did!

In 1964, the two Swedish sailors were in the lead and on course for a gold medal. And then the weather conditions worsened. Behind them, the Australian competitors' boat started sinking. Although they had no obligation to do so, the two brothers decided to go back and help their opponents, who were in danger.



As a result, they did not win the race, but were admired for their gallantry, and won the first-ever Fair Play Trophy, which rewards athletes who show true Olympic spirit.



An athlete shakes her opponent's hand after a race.

We're all concerned

Fair play and respect go together. Especially in sport, where events put us in competition with one another. Without respect for the rules, the referee or your opponents, anything would be possible: cheating, brutality, insults, etc.

But this applies to more than just the world of Olympism. Fair play extends far beyond sport. It is a code of conduct that we can all adopt, at work, at school, in our everyday life. It enables us to get on better with other people, and to combat intolerance, harassment, discrimination, etc.

Fair play has to be learnt!

Perhaps you would like to remain calm and polite, and be a good sport and a good friend in every situation – but you don't always manage it? Don't worry, that's quite normal. Like so many other things, fair play has to be learnt!

Here are five tips to help you develop a "fair play attitude":

1. Learn more about yourself, about what makes you angry or frustrated.
2. Give yourself time to think, anything up to 30 seconds, before you speak or act.
3. After a defeat or failure, take deep breaths to calm your emotions or your anger.
4. Press your "pause" button and take a step back: often we see things only from our point of view. Try to put yourself in the other person's shoes (team-mate, opponent, fellow pupil, parent, teacher, etc.), as that helps you to see things differently or get things into perspective.
5. It is impossible to like everybody. But you can still be polite to them: it costs you nothing, and is always appreciated.



YOUR TURN NOW!

For 6-10-year olds



1. HIDDEN WORDS

A. Look at the letters in the grid and find four key values of Olympism. Circle them in **blue**.
Watch out for the odd one out! Draw a line through it in **red**.

1. Friendship
2. Excellence
3. Cheating
4. Respect
5. Fair play

B. With five letters from these four values, you can find a fifth. Here's a clue: use the letters highlighted in yellow. But be careful, as they're not in the right order!

The fifth value is _____

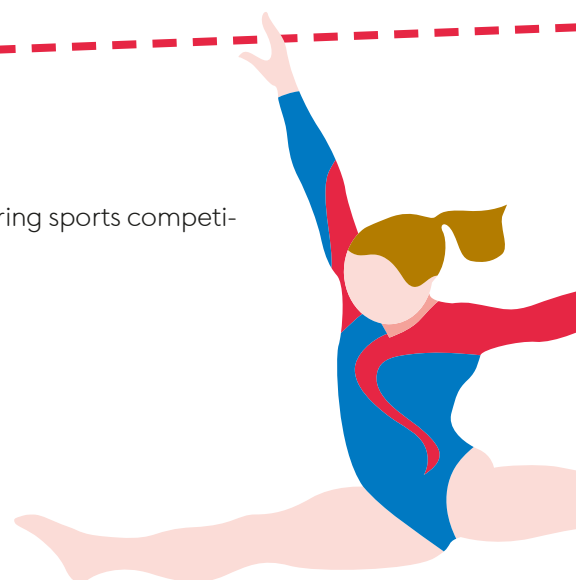
f	o	i	x	f	r	i	c	h	e	c
p	r	c	o	r	n	v	i	n	r	o
i	r	i	h	i	i	l	e	w	e	f
e	x	c	e	l	l	e	n	c	e	r
v	o	i	x	n	a	i	o	h	p	n
p	t	h	o	d	d	t	i	n	e	o
k	e	b	c	r	e	s	p	e	c	t
r	z	i	o	h	g	u	h	n	t	x
i	g	m	d	i	r	u	o	i	g	q
y	f	a	i	r	p	l	a	y	p	l

2. FIND THE RIGHT ANSWERS

A. Which principles should you always follow on the field of play and during sports competitions? Tick the right answers.

- | | |
|--|---|
| <input checked="" type="checkbox"/> Respect other people | <input type="checkbox"/> Show your anger |
| <input type="checkbox"/> Think you are the best | <input type="checkbox"/> Take drugs |
| <input type="checkbox"/> Know how to cheat | <input type="checkbox"/> Keep calm |
| <input type="checkbox"/> Train hard | <input type="checkbox"/> Show team spirit |
| <input type="checkbox"/> Break the rules | <input type="checkbox"/> Be jealous of your opponents |
| <input type="checkbox"/> Win at all costs | <input type="checkbox"/> Be a bad loser |

B. These principles are also very useful in everyday life.
Underline in **red** those you think are the most important.



YOUR TURN NOW!

For 6-10-year olds



3. GET DRAWING!

- A. Draw an athlete or a personality you admire a lot.
- B. Then, in the medal, write the value that you think he or she best represents.



YOUR TURN NOW!

For 6-10-year olds

4. FIND THE ODD ONE OUT...



In which of these photos is the athlete not playing fair?

1.

2.

3.



5. MY FRIENDLY ADVICE

You have a good friend who is a really bad loser and hates to be beaten. This often causes unpleasant situations. What tips would you give them to have a more fair play attitude?

Tip 1:



Tip 2:



Tip 3:



YOUR TURN NOW !

For 6-10-year olds



6. PERSONALITY TEST

Do you play fair, in sport and in everyday life ? Find out by taking this fun test!

You are taking part in an endurance race, and you are in the lead! The finish line is approaching fast. But just behind you, one of your friends suddenly feels ill.

- A You alert your teacher and carry on running.
- B You stop and try to help.
- C You laugh at him and carry on.

A new pupil joins your class. You find her really annoying, and what is worse, your best friends spend all their time with her now, and seem to have forgotten about you.

- A To start with you sulk, but then you decide to go and play with her as well.
- B You welcome her, as there could come a time when it's you who are the new pupil somewhere.
- C You get angry and kick this new pupil out of your group of friends, as you were there first!

You love playing cards, and you're pretty good at it. But in one game you're dealt a bad hand and you make a couple of mistakes. So you end up losing...

- A You ask for the cards to be dealt again: it's not fair having such bad luck!
- B You accept defeat, as you had fun and you'll be certain to win the next game.
- C You throw your cards on the ground and accuse the others of cheating!

YOUR TURN NOW!

For 6-10-year olds

6. PERSONALITY TEST/ RESULTS



▶ Mostly A?

- You're sometimes not certain about adopting the right attitude, but you're on the right path.
Try a bit harder and you'll get there!

▶ Mostly B?

- Playing fair is second nature to you, **congratulations!**
Stay cool and be positive about things: that could be your motto.

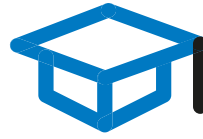
▶ Mostly C?

- So you think about yourself first and lose your temper easily – which is not very fair play. When you feel your anger rising, take a minute or two to relax and calm down. Your friends will thank you for it.

GET YOUR NEURONES!

For 11-15 year olds

1. WHO REPRESENTS WHAT?



Each of these photos corresponds to an Olympic value, but the captions have been mixed up. Put them back in the right place. **Be careful: there's an odd one out!**



CAPTION 1:

▶ Excellence

CAPTION 2:

▶ Respect and fair play

CAPTION 3:

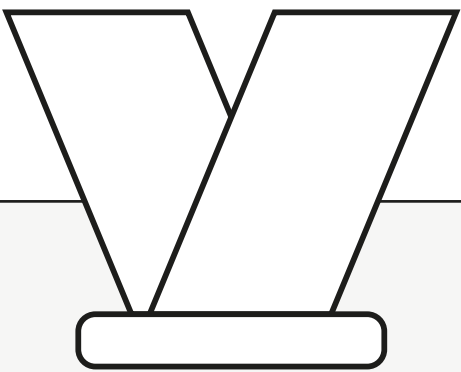
▶ Friendship

GET YOUR NEURONES!

For 11-15 year olds

2. MY HERO/HEROINE

Is there an athlete or a personality who you regard as a role model?
Complete their Olympic badge above, and don't forget to draw a portrait of them.



OLYMPIC BADGE

Full name
.....
.....

Nationality
.....

Date of birth
.....

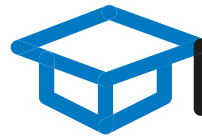
Sports performance(s) or profession
.....

What is special about their career
.....
.....

Value they represent best
.....
.....

GET YOUR NEURONES!

For 11-15 year olds



4. MISSING WORDS GAME

The Olympic Charter defines the key principles of Olympism. Here is an extract from it. Unfortunately, some bad loser has removed several of the words. Can you put them in the right place? The words are:

FAIR PLAY

FRIENDSHIP

UNDERSTANDING

OLYMPIC

DISCRIMINATION

POSSIBILITY

INDIVIDUAL

“Every must have the of practising sport, without of any kind and in the spirit, which requires mutual with a spirit of, solidarity and”

GET YOUR NEURONES!

For 11-15 year olds



5. ON YOUR MARKS, GET SET, GO!

You will need a team-mate to play this game.

1. First event

Here is a list of 30 terms. With a team-mate, circle the ones related to fair play.

SOLIDARITY IMPULSIVENESS COURTESY BAD FAITH GENEROSITY JEALOUSY

DEDICATION SELF-CONTROL RECTITUDE DOPING LOYALTY CONSIDERATION

RACISM COOPERATION DECEPTION FRIENDSHIP PERSEVERANCE GALLANTRY

ALTRUISM SEXISM HUMILITY IRRITABILITY DISSIMULATION VANITY

INTOLERANCE GOOD MANNERS FRAUD SELF-INTEREST GRUDGE DIGNITY

2. Second event

Underline the two words in the list that you found the most difficult.
With your team-mate, use a dictionary to find their meaning.

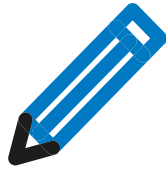
Word 1:

Word 2:

GET YOUR NEURONES!

For 11-15 year olds

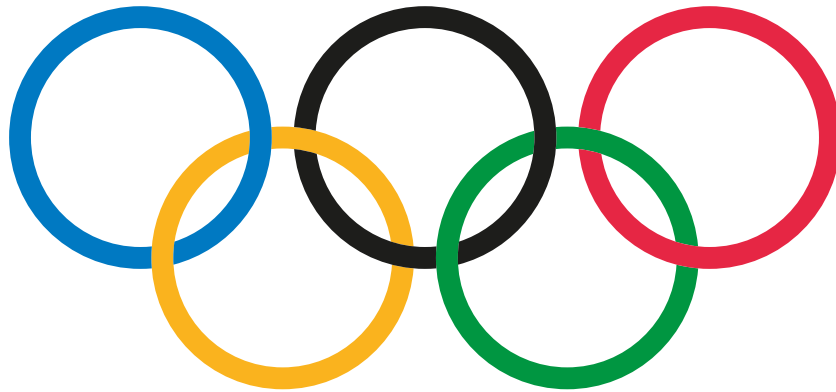
6. GET DRAWING!



Here is the Olympic flag, with its five rings which symbolise friendship between peoples. But what symbol could we use to represent fair play?

Create your own design in the box below. But remember: your symbol has to be understandable to everyone, in every country in the world.

OLYMPIC FLAG





THE OLYMPIC OBJECT

ARTEFACT No. 12303 IN THE OLYMPIC MUSEUM COLLECTIONS
Berlin 1936, shoe made by Adi Dassler worn by Jesse Owens (USA), four Olympic gold medals.

1936
Sports equipment; (running) shoe
Height x Width x Length: 8.5 x 9.5 x 27 cm.
Weight: 201g

Brown; metal; textile; leather
Created by: Adi Dassler / Adidas sport

Used by: Jesse Owens
Flat shoe with 6 spikes.

Keywords: Olympic champion; Olympic Games,
Berlin 1936; USA; Male;
Athletics/long jump; values of Olympism

This shoe is one of the treasures of The Olympic Museum in Lausanne. It was worn by runner Jesse Owens (read the text below). Look at it carefully and feel free to find out more details before you answer the following questions.

Description :

Give a brief description of this object (shape, colours, particular features).

Materials :

What is it made of?

Size :

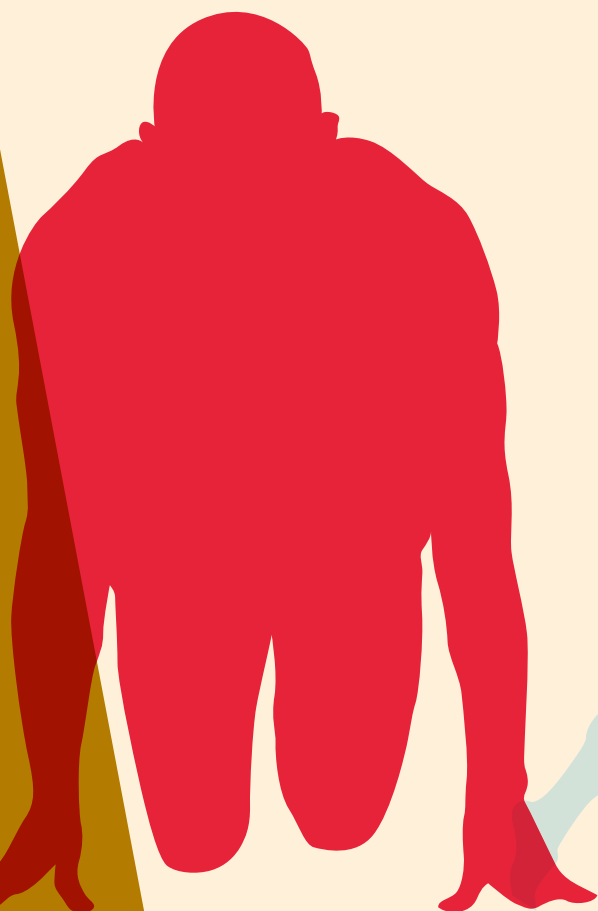
What are its dimensions?

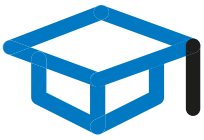
Period :

When does it date from?

Display location :

Why do you think it is at The Olympic Museum?





WHO WAS JESSE OWENS ?

The grandson of slaves, Jesse Owens was born in the USA in 1913. In his teens, he showed talent as a sprinter, and his school gym teacher decided to coach him. The young Jesse became the first famous African-American athlete in a country which still practised segregation (separation of black and white people).



In 1936, he took part in the Olympic Games in Berlin, the capital of Nazi Germany. By winning four gold medals, he showed the world that, unlike what Hitler wanted people to believe, blacks were not inferior to whites.

It was thanks to the advice of his German rival, Luz Long, that Jesse Owens won the long jump. And who was the first person to go and congratulate him? Luz Long! A demonstration of **fair play** and friendship between peoples that went down in history. The two men remained friends after the Games.

PUTTING THE VALUES INTO PRACTICE

Sport is the perfect way to foster team spirit and learn how to be fair to your opponents and true to yourself. Mobilesport.ch and the Cool & Clean programme are offering teachers a range of activity ideas for pupils to do in PE class or in the playground.

To access the contents, you just have to take a picture of the QR code or go to the page:
<https://www.mobilesport.ch/aktuell/fairplay-en/>



In collaboration with:

mobilesport.ch

COOL & CLEAN

swiss olympic

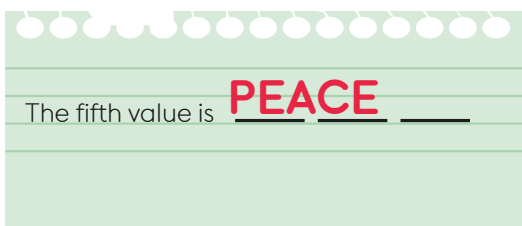
RESOURCES

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- Collectif, « Petite graine de citoyen - les bienfaits du sport », Paris, Auzou, 2018.
- Doubrère, M. « C'est grave si je triche ? Et toutes les questions que tu te poses quand on te parle des règles et des lois », Paris, Fleurus, 2018.
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- Leydier, M., « Fair-play », (Foot 2 Rue, n° 31), Vanves, Hachette Jeunesse, 2010.
- Mathieu, B. et Rambion, M., « Le sport à petits pas », Arles, Actes sud Junior, 2009.

EXERCISE CORRECTIONS

For 6-10-year olds

1. HIDDEN WORDS



f	o	i	x	f	r	i	g	h	e	c
p	r	c	h	e	a	t	i	n	g	o
i	r	i	h	i	i	l	e	w	e	f
e	x	c	e	l	l	e	n	c	e	r
v	o	i	x	n	a	i	o	h	p	n
p	t	h	o	d	d	t	i	n	e	o
k	e	b	c	r	e	s	p	e	c	t
r	z	i	o	h	g	u	h	n	t	x
i	g	m	d	i	r	u	o	i	g	q
y	f	a	i	r	p	l	a	y	p	l

EXERCISE CORRECTIONS

For 6-10-year olds



2. FIND THE RIGHT ANSWERS

A.



Respect other people



Keep calm



Train hard



Show team spirit

4. FIND THE ODD ONE OUT...

In which of these photos is the athlete not playing fair?

1.



2.



3.



For 11-15 year olds



1. WHO REPRESENTS WHAT?



1



3



X



2

CAPTION 1:

Excellence

CAPTION 2:

Respect and fair play

CAPTION 3:

Friendship

4. MISSING WORDS GAME

Every **individual** must have the **possibility** of practising sport, without **discrimination** of any kind and in the **Olympic** spirit, which requires mutual **understanding** with a spirit of **friendship**, solidarity and **fair play**.