



# TEACHERS' GUIDE

BRING THE EXCITEMENT OF THE  
OLYMPIC MOVEMENT TO THE CLASSROOM

## DESTINATION PARIS

The excitement of the Paris 2024 Olympic Games will soon sweep through communities and classrooms. To help you make teachable moments, the Canadian Olympic School Program and the French National Olympic and Sport Committee have partnered to provide you with engaging classroom and learning activities.

Since 1987, the Canadian Olympic School Program has been providing school curriculum developed by teachers for teachers. We have inspired hundreds of thousands of Canadian school children with the incredible stories of our athletes, engaging interactive Olympic-themed projects, and physical literacy lessons focused on the Olympic sports.

## WHY OLYMPIC EDUCATION?

Some teachers wonder why sports organization such as the Canadian Olympic Committee or the French National Olympic and Sports Committee would invest in education programming. Simply put, the whole modern Olympic Movement sprang out of an educational philosophy and education still remains a key force in the modern Olympic Games.

The Olympic Movement is no different than any global movement in that it was founded on a set of ideals. In this case, the ideals were based on the educational philosophies of Baron Pierre de Coubertin. He believed that the education of youth should not be bound to books, but should include sport, culture, and art. His philosophy, later called Olympism, was the bedrock of the modern Olympic Movement. In 1894, he created the Olympic Movement to advance his philosophies, and in 1896 the first modern Olympic Games were held in Athens, Greece.

De Coubertin envisioned a marriage between sport and art. Youth of the world (at that time only male youth) would gather for competition in both sport and the arts. In the early years, medals were given for both. This made Olympism's aims of balancing intellectual, cultural, and physical development more evident to all. Although the practice of giving medals for painting and poetry didn't last long, the philosophy espoused by Olympism is still alive and well in the Olympic Movement. In fact, Olympism is featured in the Fundamental Principles of Olympic Charter:

Olympism is a philosophy of life; exalting and combining in balanced whole qualities of body, will and mind. Blending sport with culture and education, Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example, and respect for universal, fundamental ethical principles.

Olympic education is a key part of each Olympic Games and is given particular focus by the International Olympic Committee. The Olympic Games offers the opportunities for students to explore the values demonstrated by the athletes: fair play, the pursuit of excellence, leadership, respect, healthy active living, and perseverance. Children and youth can connect with these values through the athletes, and rich and transformative learning takes place.



# THE CANADIAN OLYMPIC SCHOOL PROGRAM APPROACH

The Canadian Olympic School Program seeks to bring the excitement of the Olympic Movement to the classroom. The resources are aimed at sparking discussions about values, telling stories that inspire, and encouraging students to work together to find creative solutions to applied problems.

**Written by teachers, for teachers, the resources are pedagogically sound, classroom friendly and adaptable. Our developers believe that:**

- 1** Learning is active and not passive. The learner must interact with the content to make it meaningful. This is one reason we write our curriculum at different reading levels.
- 2** Students learn in different ways. Some people learn best by reading; some people learn best by listening; some people learn best by moving around.
- 3** Learning is both an individual and cooperative activity. Young people need opportunities to work together as well as independently. They also need to practice cooperative behaviours in order to learn competitive behaviours.
- 4** Successful learning is built upon a carefully scaffolded series of steps that connect to students' prior understanding, actively process or practice new information, and finally transform their understandings into powerful demonstrations of learning.



## BRINGING THE PARIS 2024 OLYMPIC GAMES TO YOUR CLASSROOM

**We are proud to present four Olympic-themed learning resources for your classroom:**

### PARIS: THE OLYMPIC CITY

One of the most enjoyable parts of learning French is the part of the curriculum that focuses on the cultural capital of the French language: Paris. Known as the City of Lights, Paris will be hosting its third Olympic Games in 2024. This resource uses the excitement of the Olympic Games to explore the sights of Paris, the great venues, and Canada Olympic House and Club France. Learn about the history and culture of one of the world's greatest cities.

### REPRESENTATION MATTERS

A key Olympic value is that of fair play. The equal representation of women in the Olympic movement has been an uphill battle starting in Ancient Greece and carrying on into the Modern Olympics. All of that will change at the Paris 2024 Olympic Games where there will be the same number of men and women competing. This resource explores the impact that equal representation will have on female athletes and those they inspire to be active and play sports.

### SUSTAINABLE NUTRITION: HEALTHY EATING FOR A HEALTHY PLANET

The mere thought of French food can make the mouth start to water, but imagine the mammoth task of serving over 13 million meals to Olympic athletes, coaches, officials, media, spectators, and others. Learn how the hosts of the Paris 2024 Games are applying the principles of sustainable nutrition to deliver great food with a low environmental footprint.

### OLYMPIC ACTIVE!

Keeping students active is easy when it's Olympic-themed. This ten day guide includes fun games based on Olympic sports and warmups that are used by Olympic athletes. Be inspired by Olympians as they teach your students about the benefits of a healthy and active lifestyle. This resource provides 30 minutes of activity per day for two school weeks.