

INTERNATIONAL OLYMPIC DAY – JUNE 23rd

Target audience (age): Ensino Fundamental 2, 6th and 7th grades

Aim: get more information about International Olympic Day and how important sports are in terms of health and as a means of promoting a healthy competition and peace among the countries

Duration: 50 min

Organization: individual work, group work

Material: worksheet

Preparation: make copies of the worksheet

Information for the teacher:

When: June 23rd

Celebration: *This date is celebrated all over the world in order to get people to become more active and to realize that the Olympic Games can be a way of encouraging respect and peace among different countries and cultures.*

Lots of activities such as games, competitions and physical exercises are organized in order to encourage people to play sports and fight a sedentary way of life.

Procedures:

- Warm up students by asking them about the sports they like to do and watch. As the Olympic Games are in Brazil in 2016, it's a good idea to talk to them about the games and the sports which are part of the competition.
- Talk to them about athletes who are or were famous and why.
- Have them talk about popular sports in Brazil.
- Hand out the worksheets.
- Ask students to do the first exercise and work with the vocabulary related to the text.
- Explain the activities.
- Allow some time for them to answer the questions.
- Check answers.

INTERNATIONAL OLYMPIC DAY – JUNE 23rd

1. Pre-reading: working with vocabulary. Match the meanings of the words from the text.

- | | |
|------------------|--|
| (a) value | (b) a group of people that have a special function |
| (b) committee | (a) something important |
| (c) to learn | (c) to become informed |
| (d) to celebrate | (e) to have a regular motion |
| (e) to move | (d) to commemorate with ceremonies and festivities |

2. Read the text.

Olympic Day is a day for the world to get active, learn about Olympic values and discover new sports. There are National Olympic Committees in several countries. These committees organize sports, cultural and educational activities to celebrate the date.

The activities have three main objectives: move, learn and discover.

Move

Encourage everyone to get active and start physical activities.

Learn

Sports can contribute with education, health and peace. The Olympic Day is a good opportunity to learn about it.

Discover

The Olympic Day can help people discover new sports and get ready to try them.



(Adapted from <http://www.olympic.org/content/olympism-in-action/olympic-day/origins/>. Accessed on May 10th, 2016)

3. What are the main objectives of the International Olympic Day?

They are: get active, learn about Olympic values and discover new sports.

4. What kinds of activities do you think are organized on International Olympic Day? Check.

- | | |
|------------------------------|---|
| (✓) a run | (✓) interviews with athletes |
| () tests | (✓) speeches about nutrition and health |
| (✓) workshops about sports | (✓) games and competitions |

5. Give examples of other activities for these objectives.

(Answers will vary but may include the following.)

(a) MOVE – *soccer games, gymnastics, physical exercises*

(b) LEARN – *demonstrations of different sports and their rules*

(c) DISCOVER – *demonstrations of different sports and their rules*

6. The Olympic Games 2016 are in Brazil. There are 42 different sports in this competition. Do you know the ones below? Write the words under the correct pictures.

FENCING – ROWING – WEIGHTLIFTING – WRESTLING – DIVING



WEIGHTLIFTING



FENCING



ROWING



DIVING



WRESTLING

7. About you.

(a) What sports do you like to watch? *(Answers will vary.)*

(b) What sports do you like to play? *(Answers will vary.)*

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