

**FASTER, HIGHER, STRONGER**  
LEVEL 4 - Year 5/6



**WHAT DOES IT  
MEAN TO BE AN  
OLYMPIAN?**



**NATIONAL  
SPORTS  
MUSEUM**

## LEVEL 4 - YEAR 5/6

# KEY CONCEPT

**Athletes who aspire to compete in the Olympic Games must uphold Olympic values.**

## FOCUSING QUESTIONS

1. Why do athletes compete in the Olympic Games?
2. What is a day in the life of an Olympic athlete?
3. What inspires Olympic athletes to do their best?
4. Have Olympians become “faster, higher, stronger” over time?

## NATIONAL SPORTS MUSEUM EXHIBITION FOCUS

Olympic Games – Faster, Higher, Stronger

## CURRICULUM FOCUS

**Learning Areas:** Health and Physical Education; English; Mathematics

**Capabilities:** Personal and Social Capability; Critical and Creative Thinking

## OVERVIEW

These activities are designed to engage students in their study of the Olympic Games, to maximise their involvement during the visit to the National Sports Museum and to guide them in making an informed response to the question: **What does it mean to be an Olympian?**

The activities involve students in: writing a letter to the Australian Olympic Committee to be selected for the Australian Olympic team, comparing Olympic records, creating a training regime for an Olympian, and writing an inspirational speech for an Olympian. The activities culminate in a class debate about the Olympics.

## PRE-VISIT ACTIVITIES

### **Introduce the key concept: Athletes who aspire to compete in the Olympic Games must uphold Olympic values.**

*Focus skills, knowledge and understandings:* Critical and Creative Thinking

#### **Materials**

- Worksheet 1

Invite students to think about what it means to be an Olympic athlete. Facilitate the class brainstorm by drawing five Olympic rings on the board. Remind students that the Olympic rings represent the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games. Label each ring with one of the following: Looks like, Sounds like, Feels like, Smells like, Tastes like. Ask students to imagine, for example, what it would feel like to be an Olympic athlete.

Extend the discussion by reading students the athletes' Olympic oath from Worksheet 1:

*In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which 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.*

Distribute Worksheet 1. John Landy's cue card from when he read the Olympic oath at the 1956 Olympics is on display for students to see at the National Sports Museum. The wording of the oath has changed slightly over the years. Ask students to compare and discuss how and why the oath read by John Landy differs from the current oath.

### **FOCUSING QUESTION 1: Why do athletes compete in the Olympic Games?**

*Focus skills, knowledge and understandings:* English; Critical and Creative Thinking

#### **Materials**

- Letter-writing materials, electronic or handwritten

Ask students to imagine they are athletes who aspire to compete in the Olympic Games. They will each write a letter to the Australian Olympic team manager, explaining why they would like to compete in the Olympic Games. Before students begin the activity, discuss and review the key features of effective letter writing.

**Note:** Students should also keep a watch on the AOC Rio2016 website or social stream which tell the stories of the current Olympians and Olympic hopefuls:

<http://rio2016.olympics.com.au/news>

<http://rio2016.olympics.com.au/news/social-stream>

## DURING THE VISIT TO THE NATIONAL SPORTS MUSEUM

While at the National Sports Museum, students need to focus on the information provided about Olympic athletes to prepare for the post-visit activities. Remind students to consider the question: What does it mean to be an Olympian? Ask students to look closely at the images and items on display. Raise discussion points such as the following:

- What do you notice in common about the experiences of Olympians?
- What unique experiences have some Olympians encountered?
- What preparation is necessary to become a successful Olympic athlete?
- How would you feel if you were chosen to read the Olympic Oath on behalf of all athletes from your country?

Students could also bring the letters they wrote to the Australian Olympic team manager and compare these with what they experience at the National Sports Museum. They may want to amend and revise their letters after the visit.

## **POST-VISIT ACTIVITIES**

### **FOCUSING QUESTION 2: What is a day in the life of an Olympic athlete?**

*Focus skills, Knowledge and understandings:* English; Health and Physical Education

#### **Materials**

- Laptop and projector to read athlete blogs and other commentary on the Australian Olympic website
- A copy of the assessment criteria

Begin by reading some of the updates on athletes on the Rio2016 social stream and team pages

<http://rio2016.olympics.com.au/news/social-stream>

<http://rio2016.olympics.com.au/team>

After discovering more about the athletes, and considering the displays they have seen at the National Sports Museum, ask students to identify the key features in the life of an Olympic athlete.

Students then select an Olympic athlete whom they would like to coach. They are to create a timetable and plan for a day leading up to the Olympic Games. They need to consider training, food, rest, social interaction, mental preparation, and so on. Ask students to specify times and to write notes indicating what they would like their Olympic athlete to accomplish.

This activity could be extended so that students also outline a schedule for their athlete during the Olympic Games.

### **FOCUSING QUESTION 3: What inspires Olympic athletes to do their best?**

*Focus skills, Knowledge and understandings:* English

Ask students to imagine what inspires and motivates athletes to do their best. One aspect is the role of a coach. Brainstorm with students a list of positive words and phrases that coaches could use to inspire their Olympic athletes to achieve the best possible results. Have students use these ideas to write a motivational speech which they could deliver to the athlete they are coaching. Discuss with students the best way to present these speeches. It could be in the form of an oral presentation to the class or another mode of presentation which suits students' needs and abilities.

**FOCUSING QUESTION 4: Have Olympians become “faster, higher, stronger” over time?**

*Focus skills, Knowledge and understandings:* Mathematics; Health and Physical Education

**Materials**

- Worksheet 2

The Olympic motto is three Latin words: *citius, altius, fortius* meaning faster, higher, stronger.

Worksheet 2 shows the Olympic records for four different sports. Have students compare the results and analyse the improvements. Subtraction techniques may need to be modelled, particularly highlighting how to work with decimals. (Calculators may also be used if appropriate.) To make the results more meaningful, students could measure themselves doing these events and compare their results with the Olympic records. Ask students to reflect on whether Olympians have indeed become “faster, higher, stronger” over time and, if so, why they think this has happened.

**Revisit the key concept: Athletes who aspire to compete in the Olympic Games must uphold Olympic values.**

*Focus skills, Knowledge and understandings:* Critical and Creative Thinking

**Materials**

- A large copy of the Olympic Oath displayed in the classroom

Reflect and review the thoughts from the beginning of the unit when students participated in the brainstorm about what it means to be an Olympic athlete. Ask students to use this and other information they have learnt throughout the unit to debate one of the topics below.

Divide the class into two teams. Explain and outline the format of a debate. Regardless of whether students agree or disagree with the topic, they need to provide evidence to support their side of the argument.

Possible debate topics:

- Anybody can become an Olympic athlete if they train hard enough.
- Competing in the Olympics is all about winning.
- An Olympic athlete only has to be good at their sport.
- Fair play is more important than winning.

A useful resource for students when preparing for the debate is the Olympic Education Ambassador profiles on the AOC website where each ambassador speaks about his or her greatest experience from the Games.

<http://education.olympics.com.au/programs/education-ambassadors/education-ambassadors>

**ADDITIONAL RESOURCES**

- <http://rio2016.olympics.com.au/education>

a.s.p.i.r.e. school network for the 2016 Rio Games is a resource containing many primary, cross-curriculum lessons and a number of other ways of engaging and involving students in the Olympic Games

## **INDICATORS OF STUDENT ACHIEVEMENT AND ASSESSMENT STRATEGIES**

The activities in these materials address the following:

### **Health and Physical Education**

Students describe their own and others' contributions to health, physical activity, safety and wellbeing. They describe the key features of health-related fitness and the significance of physical activity participation to health and wellbeing. (VCHPEP112)

### **Personal and Social Capability**

Students contribute to groups and teams suggesting improvements for methods used in group projects and investigations. (VCPSCSO032)

### **English: Writing; Speaking and listening**

Students understand how language features and language patterns can be used for emphasis. They show how specific details can be used to support a point of view. Students create detailed texts elaborating upon key ideas for a range of purposes and audiences. (VCELY358) (VCELY358)

Students make presentations and contribute actively to class and group discussions, using a variety of strategies for effect. (VCELY366) (VCELY367)

### **Mathematics: Number and Algebra; Measurement and Geometry; Statistics and Probability**

Students add, subtract and multiply decimals. (VCMNA214)

Students relate decimals to the metric system and choose appropriate units of measurement to perform a calculation. (VCMMG222)

Students interpret and compare a variety of data displays and analyse and evaluate data from secondary sources. (VCMSP236)

### **Critical and Creative Thinking**

Students apply questioning as a tool to focus or expand thinking. (VCCCTQ021)

Students explain and apply basic techniques to construct valid arguments and test the strength of arguments. (VCCCTR027)

Students represent thinking processes using visual models and language. They practice and apply learning strategies, including constructing analogies, visualising ideas, summarising and paraphrasing information. (VCCCTM029) (VCCCTM030)

**Assessment strategy**

The table below can be given to students and used as an assessment tool for two of the post-visit activities.

Five marks will be allocated to each criterion. Teacher can instruct the students that they will be evaluated against the following scale by the teacher, a peer and the student him or herself.

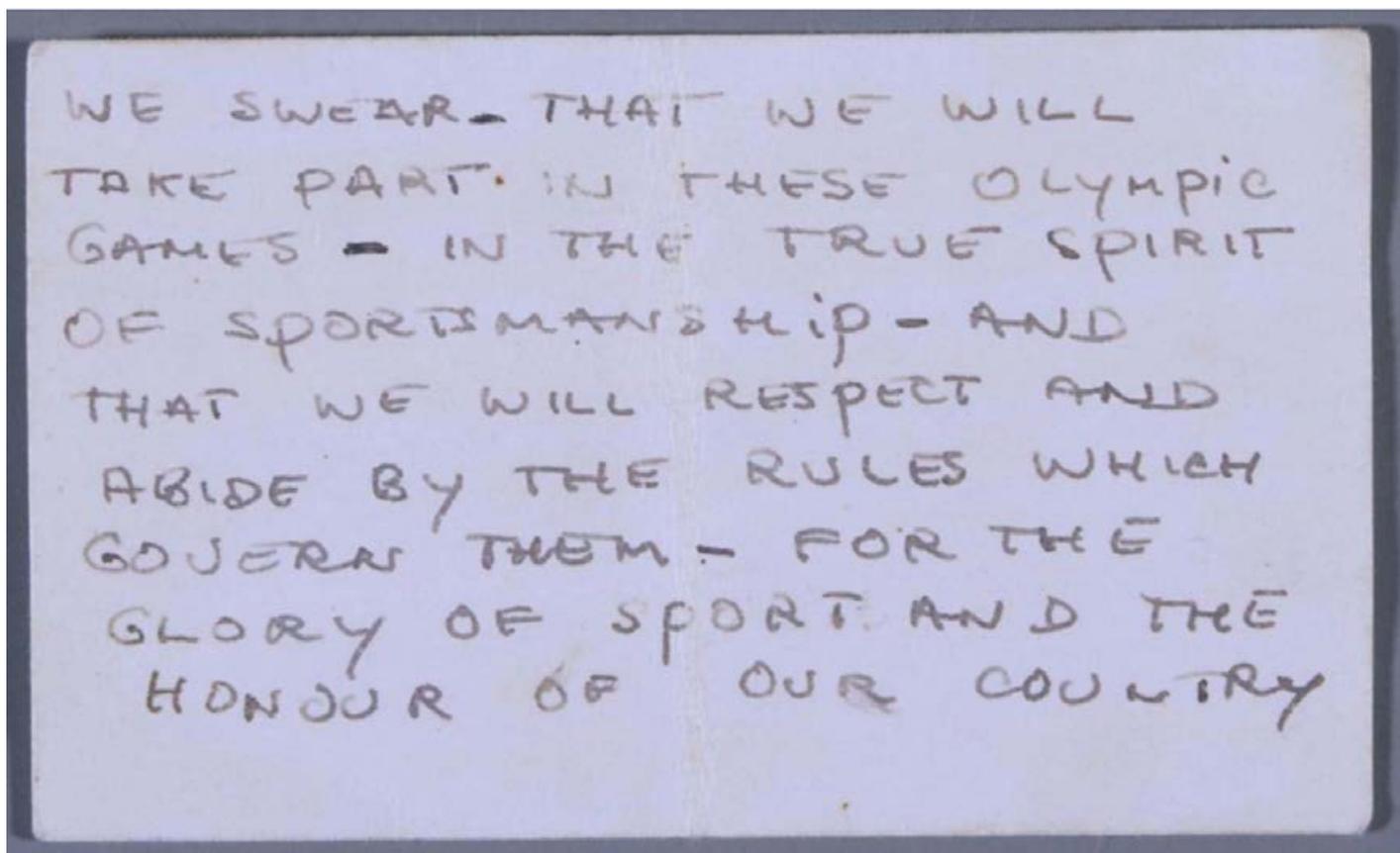
<b>CRITERIA</b>	<b>SELF EVALUATION</b>	<b>PEER EVALUATION</b>	<b>TEACHER EVALUATION</b>
Prepared a well thought out plan for their Olympic athlete.			
Demonstrates knowledge of importance of food and how this relates to energy needs for active lives.			
Presented the training plan neatly and creatively.			
Wrote an inspirational speech for their athlete.			
Used appropriate oral language for the particular audience and occasion.			
Managed time effectively to complete set tasks.			

## WORKSHEET 1: THE OLYMPIC OATH

### Present day Olympic oath

*In the name of all the competitors I promise that we shall take part in these Olympic Games, respecting and abiding by the rules which 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.*

### John Landy's Olympic oath cue card, 1956



**WORKSHEET 2: HAVE OLYMPIANS BECOME “FASTER, HIGHER, STRONGER”?**

**Name:** \_\_\_\_\_

Search for the current Olympic records for these sports and then compare them

EVENT	FIRST OLYMPIC RECORD	CURRENT OLYMPIC RECORD	WHAT IS THE DIFFERENCE BETWEEN THE FIRST OLYMPIC RECORD AND THE CURRENT RECORD?	IS THIS FASTER, HIGHER OR STRONGER?	WHAT IS YOUR RECORD FOR THIS EVENT?
Men's 100m sprint	11.8 sec Athens 1896				
Women's high jump	1.59m Amsterdam 1928				
Men's shot-put	11.22m Athens 1896				
Women's long jump	5.64m London 1948				

Using these results, do you think Olympians have become “faster, higher, stronger”? Why?

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Do you think Olympians will continue to get “faster, higher, stronger”? Why?

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