

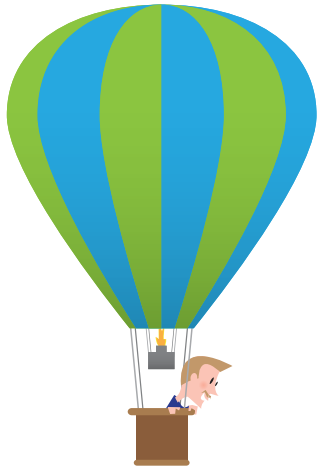
2012 Olympic Games and Paralympic Games

Getting involved in the London 2012 Games.
Your imagination. Be inspired.

Secondary



department for
children, schools and families



Ready to join in the fun?

In 2012, London will host the Olympic Games and Paralympic Games for the first time since 1948 - an incredible 64 years ago. The Games will be an amazing festival of sport and culture: a breathtaking event that the whole nation can get excited about.

The London 2012 Games will change everyone's lives in all sorts of ways. That's why we want you to be involved from the start. More importantly, you will learn about the Olympic and Paralympic Values and how these can change your life.

There are plenty of ways for you to get involved. The Department for Children, Schools and Families has worked with partners to create more opportunities for you - and still is. Read on to find out more.

Did you know...?

There are Values for the Olympic Games and the Paralympic Games.

Values of the Olympic Games

- EXCELLENCE
- FRIENDSHIP
- RESPECT

Values of the Paralympic Games

- DETERMINATION
- INSPIRATION
- COURAGE
- EQUALITY

Get Set - get involved

To get involved in the excitement of the Games, you can check out the Get Set website: <http://getset.london2012.com>

Get Set is the official London 2012 education programme for schools like yours. On the website, you'll find lots of exciting interactive games, fact sheets, films and much more, to get you thinking about the Values of the Olympic Games and Paralympic Games.

Register with Get Set and log on to the website to get started. You'll get a newsletter every month telling you what's new and giving you the chance to take part in competitions and prize draws.

What will the Olympic Games and Paralympic Games be like?

You will get to see the very best athletes in the world: the fastest runners, the highest jumpers and the strongest swimmers. People from all across the globe will be competing alongside each other.

But you may be surprised to know it's not just about world-class athletes. The Games will have a lasting effect on the UK, in many unexpected ways. For example, the area of East London where the main games are to be held will be completely rebuilt and renewed.

Tourism all over the country will grow as visitors come to watch the events from across the world. This will help to boost the economy. Lots of people will find jobs in the hotel and transport industries supporting the sporting and cultural events. Many more people will be needed in areas like building, engineering, interpreting different languages, sports coaching and sports science.

Did you know...?

- The London Paralympic Games begin on 29th August 2012, when athletes with a disability will compete in 20 different sports. This is just over a month after the start of the 2012 Olympic Games which begin on the 27th July 2012.
- 'Paralympic' comes from the Greek word 'para' which means 'beside'. The name means a competition held in parallel to the Olympic Games.
- There will be 20 sports in the 2012 Paralympic Games.
- In 1964 the first official Paralympic Games were held, just after the Olympic Games. By 1984, more than 1,000 athletes from 41 countries were competing in sports.

A short history of the Paralympic Games

In 1944, the doctor, Sir Ludwig Guttman, was working with war veterans with spinal injuries when he started to think about using sport as part of their recovery from serious injury.

So, at the same time as the London Olympic Games in 1948, he organised the first wheelchair Games in Stoke Mandeville Hospital, in Buckinghamshire. Four years later international competitors started to come to the event and interest grew and grew.

Now, the Paralympic Games always happen in the same year as the Olympic Games, but it is only since 1988 that they have also used the same venues, stadiums and other facilities.

Find out more about the Paralympic Games: <http://getset.london2012.com>



Global Games: reaching out to the world.

The Olympic Games and Paralympic Games is a global celebration of sport and culture. And London 2012 is a great opportunity for children and young people across the world to work together and share experiences of different ways of living and learning.

Would you like to make contact with children in other countries to learn about them and their communities? Talk to your teacher about finding an international partner for your school.

Here are some helpful websites and links that will open up a world of possibilities linked to 2012:

Global Gateway

Get some great ideas on working with children in other schools. Talk and learn more about different cultures, identity, diversity and ways to bring communities together.

www.globalgateway.org

Global Dimension

Find out about a wide range of fun material – like fact sheets, pictures and video clips – to help you learn about everything from climate change and water to poverty and fair trade.

www.globaldimension.org.uk

Sports Zone

Your school can use this free service to link up with children from a school in another country – one that has already hosted the Olympic Games and Paralympic Games.

www.globalgateway.org/2012

DCSF International School Award

This scheme recognises schools that are working to build a global dimension into their curriculum.

www.globalgateway.org/ISA

Welcome the World

This campaign aims to celebrate different languages. Pledge your support as a class – or as an entire school.

Just visit: www.cilt.org.uk/pledge2012



Quiz answers

Part 1 1. 1948 2. 1964 3. Excellence, Friendship, Respect, Determination, Inspiration, Courage and Equality 4. Sir Ludwig Guttman 5. 20

Part 2 1. Eat well and exercise regularly 2. Tourism all over the country will grow as visitors come to watch the events from all over the world. 3. (a) Join the programme - Who do we think we are? This is designed to help you think about diversity, identity and citizenship (b) Join the Pod - website full of ideas and activities especially designed to help you cut down the energy and water you use at school, college and at home. (c) Get your teacher involved - www.abilityvsability.co.uk 4. Art, Music, Film and Theatre 5. Many more people will be needed in areas like building, engineering, interpreting different languages, sports coaching and sports science.

Live Active. Be Healthy.

Sporting heroes can be an inspiration to us all. They eat healthily and stay fit – which is something that we all need to do, whoever we are and whatever we do.

As well as improving access to sports and activities as part of 2012, the Government wants to make sure that schools encourage healthy living, offer nutritious lunches and benefit from more money being put into making playgrounds and sports facilities better.

For more information about living a healthy lifestyle at school and at home, take a look at the following websites:

School Food Trust

The Trust gives advice to schools about how to improve your school dinners and snacks.

www.schoolfoodtrust.org.uk

National Healthy Schools Programme

By following a whole-school approach to physical and emotional well being, schools can work towards National Healthy School Status.

www.healthyschools.gov.uk

British Heart Foundation

The BHF's interactive site for gives healthy eating and exercise advice, and tells you all about the dangers of smoking. Includes animations, games and recipes.

www.bhf.org.uk/cbhf

Live Well

An NHS campaign where heroes of the Olympic Games and Paralympic Games help inspire people of all ages and abilities to get active.

www.nhs.uk/LiveWell/olympics/Pages/Olympicshome.aspx



School Sport.

The London Olympic Games and Paralympic Games will bring the world's best athletes to the UK. We want their skill and dedication to help inspire you to get active and improve your fitness and health. In the run-up to 2012, we're working with partners such as the Youth Sport Trust to provide more opportunities for young people like you to take part. Check out:

UK School Games

This is a showcase for the country's most talented young able-bodied and disabled athletes at schools and colleges.

After the success of the UK School Games 2008 in Bristol and Bath – featuring sports such as athletics, badminton, fencing, gymnastics, hockey, judo, swimming, table tennis and volleyball – the organisers have announced the dates of next year's event.

The event will take place in South Wales from 3rd-6th September 2009. Venues for each of the sports competition will be announced this year, so please visit the website below for updates.

<http://www.ukschoolgames.com/home.php>

Young Ambassadors

The Young Ambassador (YA) programme is for 16-17 year olds, who are specially selected by their schools to promote sport, physical education and healthy living to build on the excitement of the London 2012 Games, as well as champion the Olympic and Paralympic Values.

For more information about the YA programme contact either your PE Co-ordinator at school or visit the following website

www.youthsporttrust.org

Parasport

A new organisation, backed by the British Paralympic Association, that aims to transform the experience of disabled people playing sport.

www.parasport.org.uk

Youth Sport Trust

The 'Inspire' website contains ideas aimed at helping young people, parents, volunteers and teachers to do more with PE and sport.

www.youthsporttrust.org/inspire

Sporting Champions

A Sport England initiative that brings world-class athletes face-to-face with young people, to inspire and motivate them to take part in sport.

www.sportingchampions.org.uk

We want the Games to be exciting for all young people, not just in 2012 but right now. So why not join in and celebrate the Games with us? We hope you will join in however you can, and take part in the activities mentioned in this leaflet – even if you have never done anything like it before.

National Talent Orientation Camp

For young athletes to find out what it takes to compete at the highest level.

www.youthsporttrust.org



Cultural Olympiad – be inspired by culture.

The London 2012 Games are not just about sport. In the four years leading up to London 2012, the Cultural Olympiad – celebrating art, music, film and theatre – will take centre-stage with a series of inspiring events designed to encourage you and your classmates to showcase your talents.

There will be plenty of opportunities for you to take part as the programme of events unfolds. Here are just a few:

Artists Taking the Lead

A chance for you to work with artists and the local community to create a major piece of artwork in your region.

Film Nation

Helping you to make and deliver your own stories through digital media.

Discovering Places

Building on the London-based Open House programme to introduce you to the hidden places and secret spaces of the UK.

Stories of the World

Celebrating the collections in museums around the UK and displaying them in new ways and in unexpected venues.

For details of these and much more to do with the 2012 Cultural Olympiad, visit: www.london2012.com/get-involved/cultural-olympiad



Other ways to get involved.

We want to use the power of the London 2012 Games to help you increase your understanding of the people around you and by making a positive contribution to your environment and community.

We're supporting a number of projects that aim to encourage you to develop new knowledge and skills that will help you to play a more positive role in your school, at home, in your community and with a more global outlook. For more, take a look at:

Who Do We Think We Are?

The London 2012 Games is one of the themes of the Who Do We Think We Are? programme.

The programme helps you to think about diversity, identity and citizenship. Find a range of resources and get started by logging on to: www.wdwtwa.org.uk/youngpeople

The Pod

Sustainability and regeneration will be at the heart of the London 2012 Games. We hope to use the power of the Games to highlight major global issues such as climate change.

EDF Energy, a partner of London 2012, has launched a website called the Pod. It's full of ideas and activities especially designed to help you cut down the energy and water you use at school, college and at home.

Join the Pod today at: www.jointhepod.org/

Teaching support

Here's some more information linked to the Olympic Games and Paralympic Games that your teachers may find useful in the classroom:

English, PE, PSHE, Citizenship

Links to these subjects, and to the Every Child Matters and Children First agendas, can be found in Ability vs. Ability, a schools pack produced by the British Paralympics Association for 9 to 16 year olds.

www.abilityvsability.co.uk



The ultimate Games quiz.

So, you've read the facts. Now it's time to test your knowledge...

PART ONE

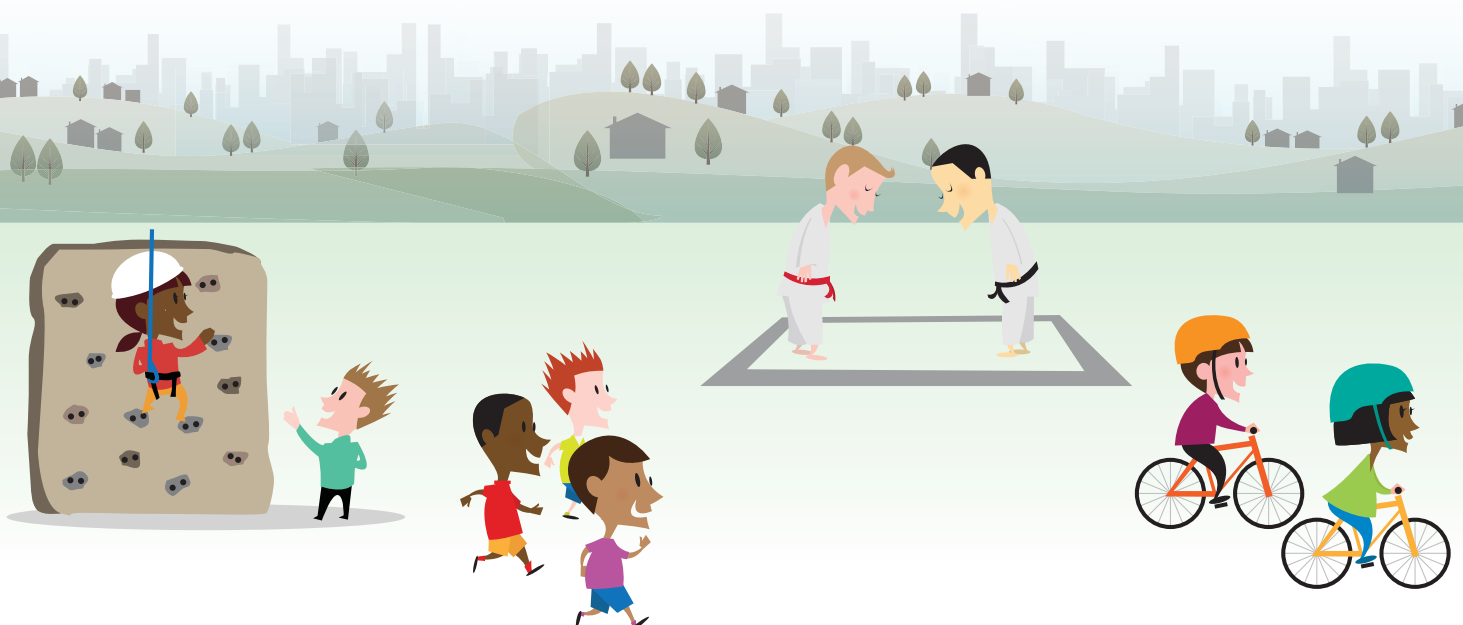
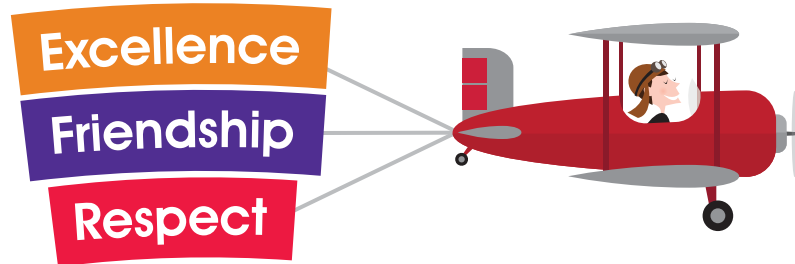
Quick fire questions

You'll need: a stopwatch

The aim is simple – answer the questions as quickly as possible. To make it more interesting, time you and your friends with a stopwatch. The winner is the person to answer the most questions correctly, in the fastest time.

1. When was the last time London hosted the Olympic Games and Paralympic Games?
2. In what year was the first official Paralympic Games held?
3. Can you name the seven Olympic Games and Paralympic Games values?
4. What was the name of the doctor who arranged the first wheelchair games in Stoke Mandeville hospital?
5. How many different sports will feature in the 2012 Paralympic Games?

TIP: If you get really stuck, you can find the answers by flicking back through this guide. But remember the timer...



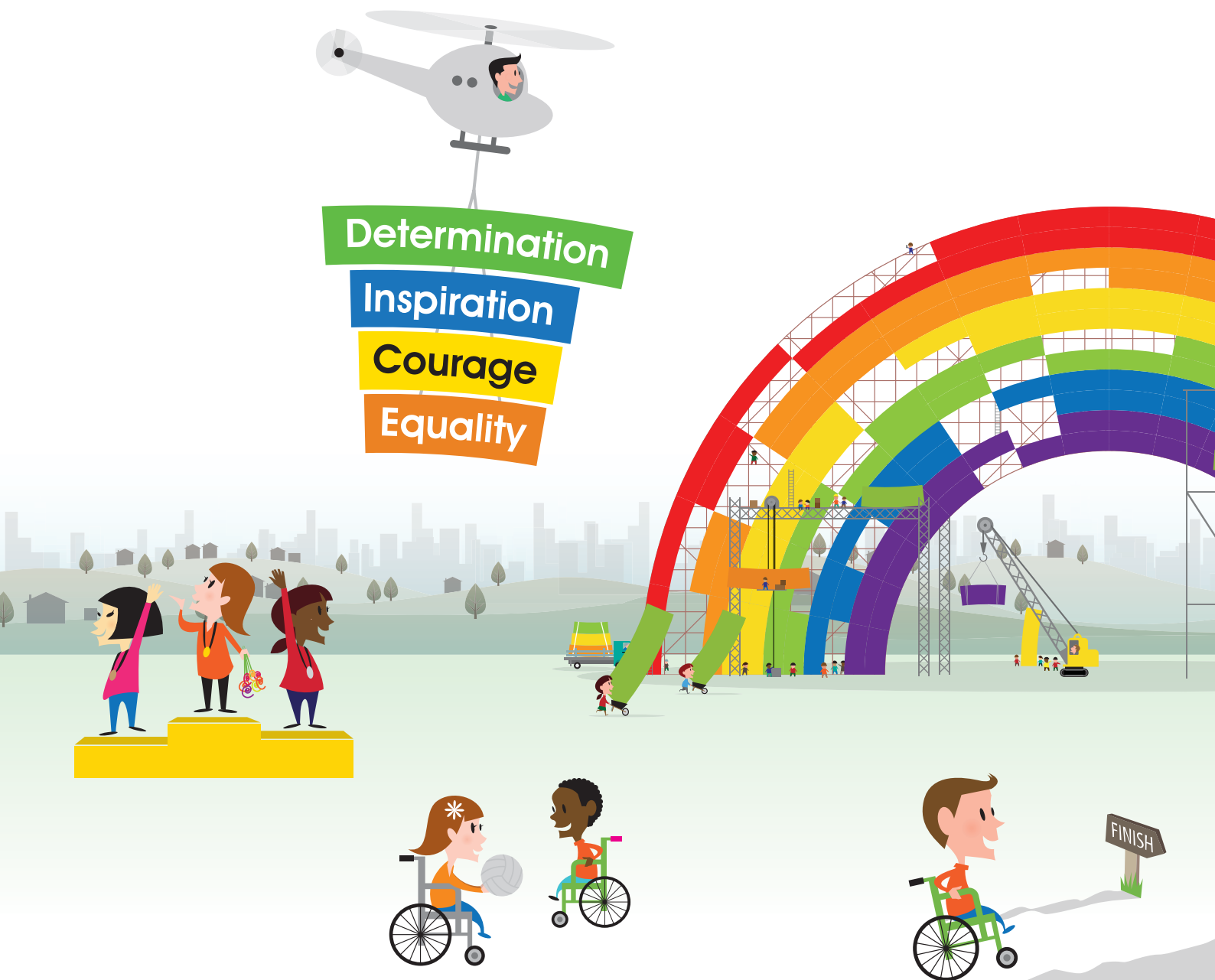
PART TWO

Up for discussion

This is a chance for you and your classmates to test your memory! Score a point for every correct answer you come up with – and remember, each question has more than one. The winner is the person with the most points at the end of the round. Good luck!

- 1. What do athletes need to do to stay fit and healthy?**
- 2. How will the Games help boost the UK economy?**
- 3. Name ways you can get involved in the London 2012 Games.**
- 4. What will the 2012 Cultural Olympiad celebrate?**
- 5. What kind of jobs will be created by the sporting and cultural events in 2012?**

If you want to know more about the Olympic Games and Paralympic Games visit:
<http://getset.london2012.com>



A commitment from
The Children's Plan



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