

OLYMPICS FOR KIDS

WATCH PLAY LEARN

By Archana Mohan



ILLUSTRATED BY
POOJA SAKLANI

Published by
Bookosmia
For Kids, By Kids

The Olympics are here and this is your VIP ticket to experience the greatest sporting spectacle in the world. Along with being the essential 'how to watch the Olympics' guide that covers everything you need to know including the history of Olympics, how a city plans the Olympics, the events, inspiring stories of athletes, the Indian contingent at the Olympics, quizzes to so much more, this book is also a challenge to the reader : Watch, Learn and Play the 7 levels of Mission Olympeak to become the ultimate Olympeak Champion! It doesn't matter if you are a sports fan or not. It doesn't matter if you have played a sport or not. This book is for you. Let's go!

"Every kid picking up this book is taking a step towards 'Faster, higher, stronger, together' attitude in sports and in general."

KR Guruprasad

**Veteran sports journalist and author of
'Going Places : India's Small Town Cricket Heroes'**

"A book for kids on Olympic history is akin to the encyclopaedia of sports. I hope this book reaches as many kids as possible."

Shweta Singh

Former sports journalist, Times Of India

To learn about the Olympics is to learn about life itself. Nothing quite embodies the human spirit like competing in the biggest stage in sport. It is the pinnacle of human endeavour. This book is a step in that direction for every child.-

Gaurav Kalra, Group Editor- Sports, Network 18



• WATCH. PLAY. LEARN



WHY OLYMPICS ?
FROM THE PUBLISHER'S DESK AT
BOOKOSMIA (SMELL OF BOOKS)

Olympics - A word you are going to hear a lot in the coming few days. In the news, on social media, among family gatherings and even at school, you will see people breathlessly talk about the Olympics.

So and so won a medal. Someone recorded their personal best. Someone didn't even win, yet their performance is talked about everywhere. Sports events keep happening throughout the year. What is so special about the Olympics? Why are people so excited about it and why is a non-medal winning effort sometimes celebrated as much if not more than a medal winning performance?

This book has all the answers but we don't want you to simply read it. It doesn't matter if you are a sports fan or not. It doesn't matter if you have played a sport or not. This book is for you.



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Author : Archana Mohan | Illustrator : Pooja Saklani | Fact Checker :
Prisha Singla | Editor : Aleena Shajan

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In the creation of this book, every effort has been made to provide accurate and comprehensive information. All information is updated till May 2024 and may have undergone changes post publishing of this book. Information was fact checked as per Olympics.com website as well as official press releases by Olympic Committees. We are committed to improving and updating our work, and any necessary corrections or newer developments will be addressed in the next edition.

We invite you to come experience the 'Olympics' through three ways :

WATCH PLAY LEARN

As you WATCH PLAY LEARN, you must complete the activities to unlock new levels with every chapter and reach the top level of the game called :

MISSION OLYMPEAK

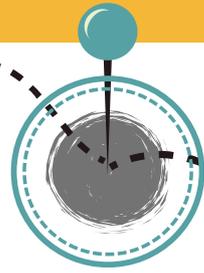
Remember, just skipping pages will not get you there. Like a true player, you must complete each level as you go up in the quest to become the

'OLYMPEAK CHAMPION'

Are you ready? Best of luck! See you at the top!



YOU ARE HERE : BASE CAMP



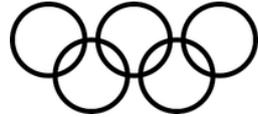
LEVEL 1 : BASE CAMP

Welcome to the base camp. It is 6 am and you have just been issued a handbook to help you navigate your way to the top.

Let's open it up. A question to start with. Remember, this is an opinion question, so write what you feel. There are no right or wrong answers.

What do the Olympics mean to me ?

1. A sports competition
2. A test of fitness and strength
3. A contest among the countries of the world



Ans : _____

Or 4. None of the above. I think it is

Nice. The Olympics do consist of a bit of all three top answers but the purpose and meaning of this world-wide event are broader.



WATCH

THE Olympics channel on YOUTUBE

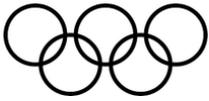


MATTHIAS STEINER's Gold winning performance in the Beijing 2008 Olympics

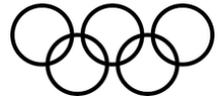


It was the men's 105+ kg weightlifting event. Matthias Steiner of Germany was in third place, needing to lift a huge difference of 10 kg in order to win gold. He had only one chance to do it. It seemed impossible to everyone watching that day except him. For he had not one but two sets of arms to help him lift the weight: his and his late wife's.

Matthias' wife had been a major supporter of his career and he had promised her that he would win the gold medal at the Beijing 2008 Olympics. Tragically, she passed away in a car accident a year before the Olympics. On the day of the final, overcoming this devastating loss, Matthias did the unthinkable- he won gold, thereby keeping the promise he made to his wife. His emotional win and tribute to his late wife on the podium are considered one of the finest examples of the spirit of Olympics : **Do what you are passionate about.**



What are the Olympics?



The modern Olympic Games are the world's foremost multi-sports event. They are the largest sporting celebration in terms of the number of sports on the programme, the number of athletes present and the number of people from different nations gathered together at the same time, in the same place, in the spirit of friendly competition.

Some keywords from the definition to think about



SPORTS ATHLETES NATIONS FRIENDLY



TOGETHER COMPETITION CELEBRATION

If I were to define the Olympics in one sentence, it would be



WHO IS AN ATHLETE?

An athlete is a person who competes in one or more sports.

Can you think of other words that mean a person who plays sport?

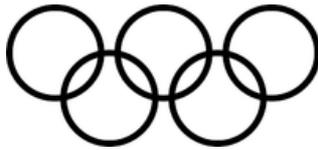


OLYMPICS 2024 : QUICK FACTS

Types of Olympics

When we say 'Olympics' in this book, we are talking about the Summer Olympics. But there are different types of Olympics :

Summer Olympics, Winter Olympics, Paralympic Games and Youth Olympic Games.



OLYMPICS 2024 : QUICK FACTS



How often do the Olympics take place?

Once every four years.



Where and when are the 2024 Olympics happening?

Paris, France. From 26 July to 11 August, 2024.
There will be 19 days of competition.



How many events?

329 events across 32 sports.



How many competitors are taking part?

Around 10,500 competitors from 206 National Olympic Committees.



DID YOU KNOW?

In the Olympics, the competitors are not represented by a country but by a National Olympic Committee (NOC). This allows former colonies to compete as a separate country. For example, even though Hong Kong is a part of China, it competes separately with its own NOC.

? What is the slogan of the Paris 2024 Olympics?

The slogan is '**Games Wide Open**'

I think this was selected as the slogan because

If I could make my own Olympics slogan it would be

? What is India's National Olympic Committee (NOC) called?

India's NOC is called the Indian Olympic Association (IOA). It is the governing body for the Olympic Movement and the Commonwealth Games in India.



QUIZ TIME!



Born in Kozhikode district, Kerala, this iconic Indian athlete grew up in Payyoli. She has been associated with Indian athletics since 1979. She has won 4 gold medals and 7 silver medals in the Asian Games. She is known as the 'Payyoli Express'. After retirement, she made history as the first woman President of the Indian Olympic Association (IOA) which she heads currently.

Guess the person. Ask your parents about her!

What sports are there in the Olympics?

The 32 sports are:

Aquatics (diving, marathon swimming, artistic swimming, swimming, water polo), archery, athletics, badminton, basketball (including basketball 3x3), breaking, boxing, canoe, cycling (road cycling, cycling track, mountain biking, BMX freestyle, BMX racing), equestrian, fencing, football, golf, gymnastics (artistic gymnastics, rhythmic gymnastics, trampoline), handball, hockey, judo, modern pentathlon, rowing, rugby sevens, sailing, shooting, skateboarding, sport climbing, surfing, table tennis, taekwondo, tennis, triathlon, volleyball (including beach volleyball), weightlifting, and wrestling.



QUIZ



? **One of the events is being held for the first time.
Can you guess which? _____**

Hint : It is a dancing competition!

Answer : Breaking

Now that you have an idea of what the Olympics are, let's get registered for our epic journey to Olympeak.

Every organisation has a group of people who are in charge of making the rules and regulations, to ensure these rules are fair to all and to ensure that everyone follows them in the right spirit.

For example, the Government of India is in charge of running our country efficiently.

? **Who is in charge of running your school?**

Similarly, the Olympics are run by the **International Olympic Committee (IOC)**, which is responsible for selecting the host city and overseeing the planning of the events.

Here is the form to register and get selected for the Olympeak challenge :

Name :.....

Age :

City :.....

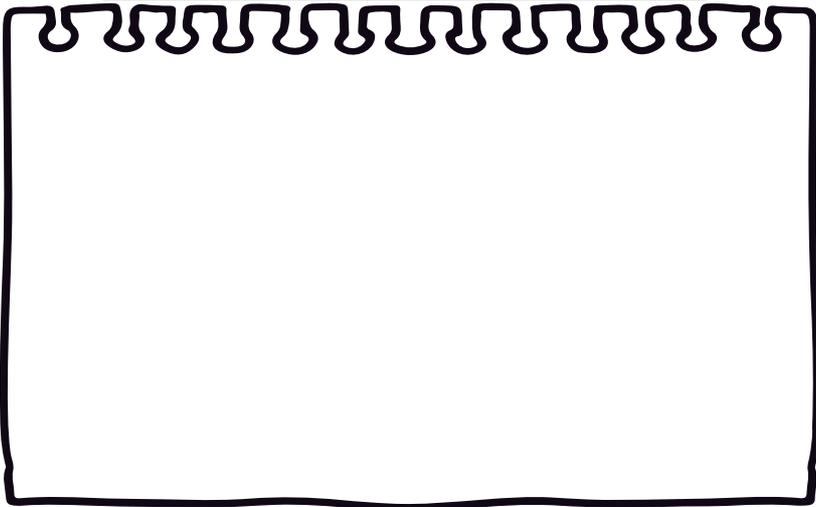
I like to play:

.....
.....
.....
.....

What does play mean to me :

.....
.....
.....

Here's a sketch of me playing :



GREAT WORK. YOU ARE SELECTED FOR MISSION OLYMPEAK!

Mission Olympeak

Have you wondered how competitors get selected for the Olympics? It differs based on the sport.

Let's take the example of the tennis singles event.

Here are some of the qualification criteria:

Total : 64 players to compete

Here is a breakdown of the selection slots :

The top 56 players in the world rankings on the WTA and ATP tours.

Four-player limit per NOC and gender.

Those ranked outside the top 56 and from NOCs with less than four entries are permitted to compete.

Slots are reserved for winners of competitions like the Pan American Games, the Asian Games and the African Games, previous Olympic gold medalists, grand slam champions and one for the host country, France.

Reflection time:

If I were in charge, I would make a rule that every competitor in Olympics must

OLYMPEAK CHALLENGE 1:

It's time for the first Olympeak challenge. In order to move into the next level of this journey, you must answer this question.

The original motto of Olympics was made up of three Latin words :

Citius - Altius - Fortius,

Meaning : *Faster - Higher - Stronger.*

In 2021, the International Olympic Committee added a word to the motto. It now reads :

Citius - Altius - Fortius - Communiter.

Meaning : *Faster - Higher - Stronger - Together.*

What is the significance of this word?

I think the Olympic committee decided to add this word to the motto because :

If I were in charge of creating the Olympic motto, it would be _____

REFLECTION QUESTION:

You started this journey at the base camp at 6 am today. Why is waking up early associated with sports-persons? What do you feel about waking up and going to bed early?

I think



Pick a ball and throw it into a box/bucket close to you. Once you do this, move the target away. Keep moving the target and throwing the ball into the box till you reach the end of the wall. At the farthest point, aim and try to ball into the box, 5 times in a row without missing. Once you do, make it 10 times in a row. You can do it! This is called **Goal Setting**, a must as you take this journey.



LEVEL CHECK :

1. Did you read all the material in the handbook from the base camp? YES/NO
2. Did you answer all the questions? YES/NO
3. Did you complete the Olympeak challenge? YES/NO

If your answer is yes to all, it's a YES to enter level 2. Best of luck.

You may now proceed to the next level.



YOU ARE HERE :



LEVEL 2 : HISTORY HILL

Welcome to History Hill. The climb to Olympeak is a long one with many challenges ahead so now is the time to take a jump into history.

It is said that understanding the past is key to understanding the present and planning for the future. Who said that? No idea! Maybe you could come up with a better motto about why we must study history.

I think we must study history because

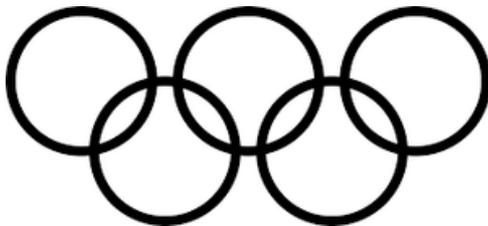


**Olympics:
How did it all begin?**



It all began quite recently—just 3,000 years ago! No one is quite sure of the exact dates, but written evidence suggests that the games were conducted from 776 BC in Ancient Greece in honour of Zeus, who in Greek mythology is the King of all gods and rules from his home on Mount Olympus. The games were conducted in Olympia once every four years and hence acquired the name ‘Olympics’.

During the games, countries would declare a truce so that the games took place in a safe environment. Who can blame them! Sport > war any day, isn't it?



? QUIZ ?

Present day Olympic winners are awarded gold, silver and bronze medals. What do you think was awarded to the winners in those times?

I think they were awarded

(Hint: it has something to do with Olive)

Answer : Olive wreaths (crowns)

Infrastructure of the ancient Olympics

While the infrastructure and planning aren't quite like they are today, thousands of people thronged to see sports-persons in action. In the wooded areas of Olympia, where the games happened, there were no living arrangements or facilities for the audience.

Some popular events of the time were:

Stade (running race), long distance running, Pentathlon, wrestling, boxing, chariot race, mule race, and a race called **Hoplite** in which participants ran with a heavy helmet, leg armour and shield. It should have been named Hopheavy, we think!



DID YOU KNOW?

Many athletes in the ancient Olympics are believed to have competed without clothes! This was a tribute to God Zeus but also a way to intimidate other athletes!

If I were incharge of creating an event during the ancient Olympics, it would be

End of the ancient Olympics

Evidence suggests the games continued till AD 393 under Emperor Theodosius 1 and maybe a few years later until Theodosius 2. It is believed a fire burned down the temple of the Zeus and the ancient Olympics came to a halt.

Revival of the Modern Olympics

By the 17th century, there began to be an interest in reviving the Olympics. One of the first such events was the 'Cotswold Games' held in England in the 1600s. France also held an Olympic festival annually in the late 1700s. In the 1800s, the Ottoman Empire showed interest in bringing back the Greek Olympics. This led to the hosting of the Olympics in 1859 in Athens. Meanwhile, the Wenlock Olympian Games, organised by the Wenlock Olympian Society (WOS), began to be held in England around the 1850s. Taking inspiration from these events, Frenchman **Baron Pierre De Coubertin** was inspired to found the International Olympic Committee (IOC), which continues to be the authority of the Olympics today.



Olympics: Not meant to be for professional athletes!

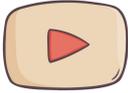
Baron Pierre De Coubertin, also known as the Father of Modern Olympics, believed that sport and fitness were key to a happy life. When he envisioned the modern Olympics, he wanted to retain aspects of the ancient Greeks. One such aspect was that he wanted the Olympics to be a competition only for amateurs rather than professional athletes.

Therefore, for many years, the Olympics were for amateurs, -meaning only for those people who played for passion, held other jobs and did not make money from playing the sport. The idea was to make it a noble pursuit of sportsmanship, fairplay and self-improvement rather than winning or losing. However, over the years, with growing interest in the games, mass appeal for star players and suspected incidents of Olympic medalists being professional sportspersons, the rule of Olympics being only for amateurs was disbanded after the Barcelona 1992 Olympics.

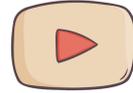




WATCH



VIDEO ON YOUTUBE



In 1912, at the Stockholm Olympic Games, Jim Thorpe of the United States of America stunned everyone with his standout gold medal performances in the decathlon and pentathlon. Unfortunately, the medals were stripped away from him because he had earned some money as a semi-professional baseball player a year before the games. He passed away in 1953. In 2022, the IOC announced that he been reinstated as the sole winner of the 1912 Olympic pentathlon and decathlon in Stockholm.



LEARN



India at the Olympics

When did India first participate in the Olympics?

Even though India was under British rule, athlete Norman Pritchard, represented it for the first time at the Paris 1900 Games.

Who was Norman Pritchard?

Born in Calcutta (now Kolkata), Norman won the Bengal province 100 yards sprint title for seven consecutive years. In 1900, he became the first individual athlete to represent India at the Olympics. Norman won two silver medals in athletics, making India the first Asian country to win a medal at the Olympics.

When did an Indian contingent first go to the Olympics?

Top industrialist Sir Dorabji Tata and Governor of Bombay George Lloyd were the facilitators of India's participation in the Antwerp 1920 games for the first time as a team with three athletes and two wrestlers. In 1927, the Indian Olympic Association (IOA) was formed to develop sports, facilities and sportspersons in India. Hockey began to be developed at this time with the formation of the Indian Hockey Federation.

When did India get its first team sports medal?

In 1928, the Indian field hockey team was sent to the Olympics, held at Amsterdam, where they won a gold medal.



Proving this was no fluke, India came back to win the gold medal for another two Olympics, making it an unprecedented three consecutive gold medals!

When did independent India get its first medal?

The Indian field hockey team won a gold medal at the 1948 Summer Olympics held in London by defeating Great Britain in the final.

STORY

Khashaba Dadasaheb Jadhav : Independent India's first individual Olympic medalist

It was the 1930s. In a small village in Maharashtra, five brothers played around the mud-pit. 'Father isn't looking,' they thought as they teased each other, pinning each other down and fooling around like only siblings can.

They were wrong. Their father, Dadasaheb, was watching all the silliness but he chose to ignore it. He was focused on his third son, Khashaba.

Khashaba was a lean and lanky child who looked nothing like a wrestler but his father, a wrestler himself, had seen something in him that he had never seen before.

Dadasaheb began to take a special interest in Khashaba and took him along to wrestling competitions at village fairs. Khashaba was skinny and people made fun of him as they saw his big and bulky opponents, twice his size.

But all that would stop the moment he got onto the wrestling mud-pit. You see, Khashaba's looks were deceptive and almost no one got the better of him in the wrestling arena.

Dadasaheb was pleased with his son's progress and enrolled him in an akhada. An akhada is a training school for wrestlers. Thus began Khashaba's strenuous training, in which he learned the finer aspects of professional wrestling. His hard work got noticed. He was selected to represent India in the **1948 Summer Olympics in London**. Khashaba was overjoyed but that paled in comparison to his nervousness.

He had grown up on mud wrestling but the Olympics events took place on a wrestling mat. He had never played on a wrestling mat. His friends and supporters ran frantically to collect funds for him. A hard local mat made of coconut husk was found for him to practice on. The Olympics dress code specified formals—shirts, trousers, blazers, socks and shoes- all of which he had to borrow since he did not own any.

At the tournament, Khashaba ended up sixth overall, an impressive result for someone who had never played on the wrestling mat. He wasn't satisfied and so for the next four years, he pushed himself, working harder than he had ever done.

The moment he was waiting for finally arrived in 1952 at the Olympics in Helsinki. Khashaba had a dream start, winning the first five rounds before losing to Japan's Shohachi Ishii in a marathon bout. The fight exhausted him and he looked forward to a break until he heard a shocking announcement. He was asked to fight the Soviet Union's Rashid Mammadbeyov immediately.

According to the rules of wrestling, there had to be a 30 minute break before the next fight but since there was no Indian official around to support his case, he was forced to play right away.

With no energy left, a tired Khashaba lost to his opponent, but history was made!

He won the bronze medal, making him independent India's first individual Olympic medalist. It was a feat that took 44 years to match when Leander Paes won a bronze in tennis in the 1996 Olympics in Atlanta

He died in 1984 and was honoured with the Arjuna award in 2012.

OLYMPEAK CHALLENGE 2:

Baron De Coubertin founded the Olympics with the idea of playing sports for fun, fair play and self-improvement rather than for winning or losing. Do you agree with him? Why or why not?



Reflection :

Do you play? Why? If you don't play? Why not?



I play/don't play because



PLAY



Sport match-up game

Tear up 12 chits. On 6 of them, write the technical name of events and on the other six, write what the actual sport is about. Mix it all up in a bowl. Start a timer and start matching the chits together. Set a time, then invite your friends and family to do the same. The winner gets bragging rights!

TECHNICAL NAME

SPORT

Equestrian

Events with horses

Fencing

A kind of sword fighting

Lacrosse

Shoot a rubber ball into the goal using a stick with a net.

Breaking

Dance competition

Softball

Similar to baseball -for women

Canoe Slalom

Takes place on an artificial white water course

LEVEL CHECK :

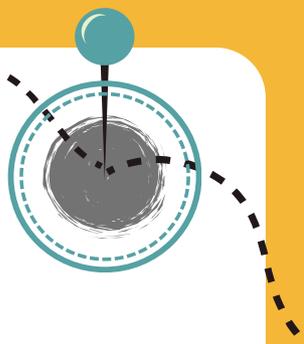
1. Did you read all the material in the handbook from History Hill? YES/NO
2. Did you answer all the questions? YES/NO
3. Did you complete the Olympeak challenge? YES/NO

If your answer is yes to all, it's a YES to enter level 3. Best of luck.

**YOU MAY NOW PROCEED
TO THE NEXT LEVEL.**



YOU ARE HERE :



LEVEL 3 : PREP PEAK

Welcome to Prep Peak. A new level brings a new challenge. Not to worry; your new-found Olympian spirit and this trusted handbook will take you through.

Have you ever wondered why the Olympics take place only once every four years? Everyone enjoys it, so why not have it every year?

To answer this question, it's best to learn about the fascinating process in which the Olympic games come together.



How is the venue for the Olympics decided?

For the Olympics, the city/region where it is held is known as the '**Host City**'. Remember, in the Olympics, it is not the country but its **National Olympic Committee (NOC)** that deals with everything related to the Olympics.

Here are the main steps to select the host of the Olympics. Let's assume India wants to host the Olympics.

India's NOC, the Indian Olympic Association (IOA), applies to be host of the Olympics

If India's application meets the criteria, the Future Host Commission recommends it to the IOC Executive Board (EB)

International Olympic Committee (IOC) members hear presentations, ask questions and provide comments on the proposal

Voting is called for among IOC members by secret ballot. Each member has one vote

The NOC with the majority vote is elected as the host, which, if it is India's IOA, then hurray!



Wait a minute!

This voting is not for the venue of the next Olympics.

The successful bid for Paris 2024 as the host city was decided in 2017! Not just that, in the same year, the host of the 2028 Olympics was also decided, giving this city 11 years to prepare.



Can you guess the host of the Olympics 2028?

1. Athens
2. Sydney
3. Los Angeles

Answer : Los Angeles

Why are host cities decided so many years in advance?

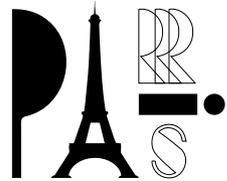
The older system of selecting a host was quite long and tedious. Potential hosts spent a lot of money and effort trying to secure the bid.

However, in 2013, the President of IOC introduced a 'New Norm' according to which emphasis was placed on flexibility, sustainability and cost-effectiveness.

The new motto was, 'The Games adapt to the region; the region does not adapt to the Games'.

By being in continuous dialogue with the hosts and giving them plenty of time to prepare, the IOC ensures smoother planning of the games.

A new host is elected. Now what?



Now, it's time for an investigation!

Let's get our best detective hat and magnifying glass and follow Paris' footsteps to see what they did during their time at Prep Peak.

- 1. Creation of an organizing committee called Paris 2024**
- 2. Three-time Olympic Champion Tony Estanguet took over as President**
- 3. Used existing infrastructure and built temporary venues in line with Olympics focus on sustainability.**
- 4. Created an Athlete's Village**
- 5. Introduced 30 minutes of exercise per day in all elementary schools to promote play**

If you were part of the Paris 2024 committee and had to introduce one new activity for schools, what would it be and why?

I would introduce _____
because _____

What is an athlete's village?



An Athlete's village, or Olympic village, is a residential complex built or assigned for the Olympic Games in or nearby the host city for the purpose of accommodating all of the delegations—both competitors and officials. These Villages are usually located close to the Olympic venues.

Paris 2024's Athlete's Village spans across three cities with apartment complex-like structures. Each athlete's room has basic facilities. They have a huge dining hall for meals, in which an estimated 60,000 meals will be served each day! There are small outlets for grab-and-go meals too.

What happens to the athlete's village after the Olympics?

After the games, the Village becomes a residential zone and the units are sold or rented by the locals.



DID YOU KNOW?

The organizers of the Paris Olympics are attempting to host the '**greenest**' Olympics ever as they reuse as much as they can, build fewer venues (which will then be used by the community), reduce carbon emissions, reduce waste by employing local businesses and utilise existing facilities.

Has India ever hosted the Olympics?

No. India has never hosted the Olympics. But that could change. In October 2023, during the opening ceremony of the 141st International Olympic Committee session in Mumbai, Narendra Modi, Prime Minister of India, announced that India will leave no stone unturned to bring the Olympics to India in 2036. In February 2024, Union Sports Minister Anurag Thakur confirmed this by saying India will bid for the Olympics with full power.





As the Olympics coverage starts, get your observation hats on and answer the following questions:



What does Paris look like on TV?



Is it similar or different to what you thought it would be like?



What language are the Olympic boards in?



Describe the atmosphere of the Olympics as you see it unfolding before you

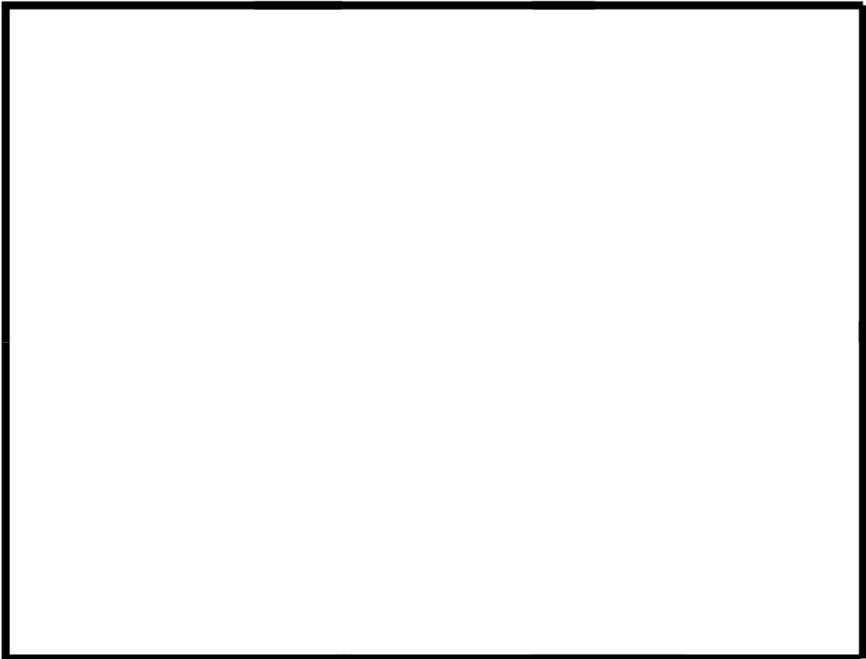


Look at the expressions of the competitors. What do you observe about them?

OLYMPEAK CHALLENGE 3:

An Athlete's village, or Olympic village, is a melting pot of people from all over the world. As a designer of an Athlete's village, it is very important to ensure that each participant feels comfortable and gets all the facilities they need to give their best performance during their events.

If you were the designer of an Athlete's Village, what would it look like? Create a map of the village with all the possible facilities an athlete would need. Get creative!





Get different things from your home : a box, a glass, a box of clips, marbles, a stainless steel cup, etc. Now grab two sticks and tap on each of them. Listen to the different sounds each object makes. Can you use your musical instincts to create a catchy tune? Once you do, write lyrics for it, and voila! Your Olympic theme music is ready!

Reflection : Suppose you have a test coming up in one month, Do you start preparing it right away or do you wait till you are closer to the test?

I like to prepare

because _____

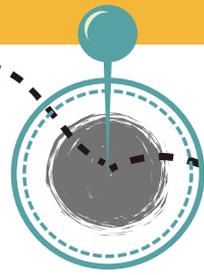
LEVEL CHECK:

1. Did you read all the material in the handbook from Prep Peak? YES/NO
2. Did you answer all the questions? YES/NO
3. Did you complete the Olympeak challenge? YES/NO

If your answer is yes to all, it's a YES to enter level 4. Best of luck.

You may now proceed to the next level.

YOU ARE HERE :

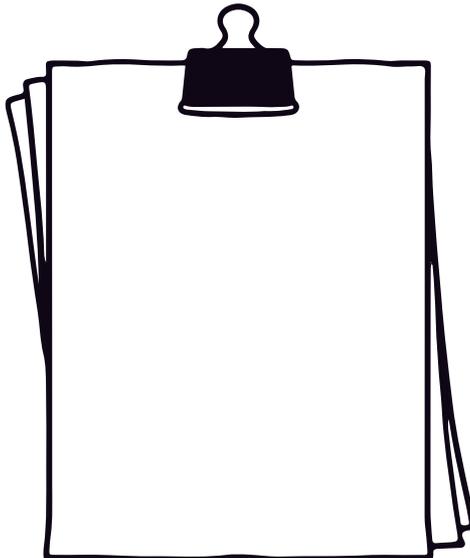


LEVEL 4 : ACTION ALTITUDE

Welcome to Action Altitude! Here, we need you with an ‘action attitude’. Don’t look down for we have traversed quite a distance but look to the top! An action-packed journey awaits you from here on.

You have been invited to be a special visitor at the Olympics. What do you need? Your luggage, of course!

For my Olympics trip, I will pack these things



Now that you have packed, let's focus on the journey ahead.

I live in _____ (City)

Paris is _____ km away from my place.

The best mode of transportation for me is

I will go to the Olympics with

Welcome to Paris

Welcome to Paris, the home of the 2024 Olympics. Paris is known for its rich art, culture and famed landmarks. Paris is also known as the world's fashion capital.

A special shuttle has picked you up from the airport and dropped you off at the Athlete's Village.

It's time to register!

Sign here to confirm your arrival at the Athlete's Village.



Meet the Mascot of Paris 2024

Look who is here to welcome you! Two cute little hat-like creatures! Say hello to **'Olympic Phryges'—the mascots of the 2024 Olympics!**

What is a mascot?

A mascot is a character that represents and promotes the cultural heritage of the place where the Olympics or Paralympics take place. The mascots bring fun and festivity to the games.

What do Olympic Phryges mean?

Phryges (pronounced fri-jee-us) means a traditional hat. Throughout history, the Phrygian hats, also known as the liberty cap, have been considered symbols of freedom in France.

Why was this symbol chosen?

According to Olympics.com, the motto of the Olympic Phryge and Paralympic Phryges is: “Alone we go faster, but together we go further,” representing the ways in which the mascots and the people of the world can make each other better by working side-by-side.

STORY

Derek Redmond : Together we go further

British sprinter Derek Redmond was in good form as he was fastest in the quarterfinal of the 400 m race at the Barcelona 1992 Olympics. Then came the semi-final and about 250 m from the finish line, Derek tore his hamstring. He fell to the ground in pain. The medical staff rushed in with stretchers to help him off the track but he refused. His dream of winning the medal was over but he had come there to race and like a true athlete, refused to give up till the job was done.

With great difficulty, Derek got up and began to limp along the track. Suddenly, a spectator broke the security barriers and ran in next to him: it was his father Jim! With his father holding him, Derek began to walk towards the finish line. As they crossed the line together, spectators cheered in delight and gave the father and son a standing ovation. Although Derek was officially disqualified, his grit and his father's gesture won the world over and is considered as one of the best moments of the Olympics.



ART TIME!



You have been tasked with designing the mascot for the Olympics in your city. Remember to choose a mascot: a character, animal, or thing that represents your city's heritage.

Draw and colour your mascot below.



My mascot's name is : _____

My mascot's message for Olympics is



Now that you have a ticket, let's attend the Opening Ceremony. Every Olympics starts with a fascinating set of rituals. Here are some of them :

1. The Parade of Athletes

After the national anthem of the host country is played, each participating delegation marches with their flag, with one or two competitors selected as the flag bearers.

This is a high-energy event as thousands in the stadium and crores of people around the world cheer for athletes of their country as they are introduced. The parade is in alphabetical order of the delegation, except for the first and last.

The last is the host country. Interestingly, the order is alphabetical by the names of the nations as they are spelled in the host country's language.



? QUIZ ?

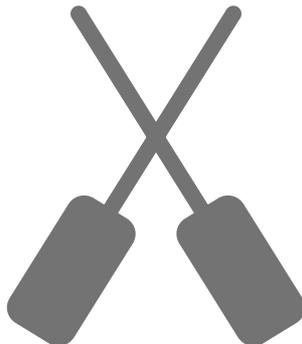
What is the first delegation to arrive in an Olympics parade? _____

Hint: It is the country from which the Olympics originated.

Answer : Greece

Fun Fact : Paris 2024 : The first ever boat parade

For the first time in the history of the Summer Olympics, the opening ceremony will not be held in a stadium but instead along the Seine River, where delegations will be paraded in boats over a course of 6 km!



Who is a flag bearer?

During the parade of delegations, one or two people are selected to hold the country's flag. They are called flag bearers. To be selected as a flag bearer is a huge honour, as the person is the representative of the country's ideals and is a role model for their nation.

The first Indian to carry the flag at the opening ceremony of the Games was 400m sprinter Purma Banerjee at the 1920 Olympics in Antwerp, Belgium. Independent India's first flag bearer at the London 1948 Olympics was Dr. Talimeren Ao.



Who was Dr Talimeren Ao?



Born in 1918 in Naga Hills (Assam in British India), which is now in Nagaland, Talimeren Ao played football at the school level and was the captain of the school team. He was a prominent player in the club circuit whose talent caught the attention of International clubs such as Arsenal.

In 1948, he became India's first football captain after independence and led India to the 1948 Summer Olympics in London as the flag bearer.

Fascinating Flashback: No shoe football

At the London 1948 Olympics, India's football team led by Talimeren Ao played a match against France in which they came very close to winning but lost 1-2. What is the most incredible part about this game? Many Indian players played barefoot, as they found it more comfortable than playing with shoes on!

An iconic photograph of the Indian players walking out to the field barefoot is one for the ages! Do check it out!

Who is India's flag bearer?

Sharath Kamal and PV Sindhu. Sharath is a two-time Commonwealth Games champion and Khel Ratna Awardee, which is India's highest sporting honour. PV Sindhu is one of India's most successful badminton players. She is a double Olympic medalist with a silver in the Rio 2016 Olympics and a bronze in the Tokyo 2020 Olympics.



2.Symbolic release of doves

Doves (white domestic pigeons) have historically been a symbol of peace. Since the days of the ancient Olympics, these games promoted peace and togetherness.

In 1920, at the Antwerp Olympics, a representative of each country's delegation released one dove as a gesture of peace. This powerful image left a deep imprint and subsequently, this became a regular part of the opening ceremony of the Olympics.

Are real birds used in this ritual?

They used to be until the Seoul Games in 1988, when some of the birds perished after getting too close to the Olympic Cauldron, where the Olympic Flame is lit. After this, the release of the white doves has been a symbolic gesture and host nations have shown this in creative ways.

FUN FACT :

At the Tokyo 2020 Olympics, the symbolic release of doves was done through the flying of the doves through the air like paper airplanes.

My idea to do a symbolic release of doves is

3. Opening of the games

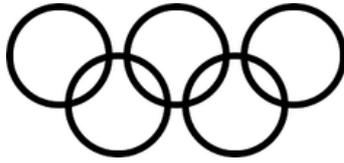
The Head of State (HOS) of the host nation then proclaims the games open by saying:

I declare open the games... (giving details of the host city and which games it is).

After that, the Olympic flag is brought to the stadium. The Olympic anthem is performed as the flag is raised to the top of the pole.

Olympic flag

The Olympic flag, a white flag with 5 interlocking rings, was first raised at the games in Antwerp in 2020. It was designed by Pierre De Coubertin, the father of the modern Olympics.



What do the five rings on the flag represent?

The five rings represent the five continents. The six colours represented on the Olympic flag—the white background, the blue, black, red, yellow and green of the rings—were chosen because at least one of these colours can be seen on the flag of every nation.

4.Oath

After that, it's time for the oath, which is taken by two athletes, two coaches and two judges on behalf of their group.

The words of the oath go like this :

“In the name of _____ (group name),

We promise to take part in these Olympic Games, respecting and abiding by the rules and in the spirit of fair play, inclusion and equality.

Together, we stand in solidarity and commit ourselves to sport without doping, without cheating, and, without any form of discrimination. We do this for the honour of our teams, in respect for the Fundamental Principles of Olympism, and to make the world a better place through sport."

5. Lighting of the Olympic flame

The lighting of the Olympic flame is one of the most important rituals, as it carries forward the ancient Greek Olympic tradition.

It all starts a few months before the opening of the games, when a ceremony is held at the ancient site of the Olympic Games in Olympia, Greece and a fire is lit using a parabolic (reflective) mirror. The lit torch is then presented to the first torchbearer along with an olive branch, a symbol of peace. From there begins a Torch Relay as the lit torch travels to the host city.

For the Paris Olympics, the Relay will take place over a three-month period. It then reaches its final destination—the place where the opening ceremony is taking place. The final torchbearer runs a lap before lighting the Olympic Cauldron.

The Olympic Cauldron, once lit, remains lit up until the end of the closing ceremony.

6. Artistic Programme

What's the Olympic Games without a brilliant display of dance, music, arts and technology? The Tokyo 2020 Olympics showcased an incredible act where hundreds of drones appeared and formed the shape of the globe.

FUN FACT

At the London 2012 Olympics, as performers enacted the country's progress over the years, the audience was shocked as Queen Elizabeth seemingly parachuted dramatically from a helicopter into the stadium with fictional secret agent James Bond 007!



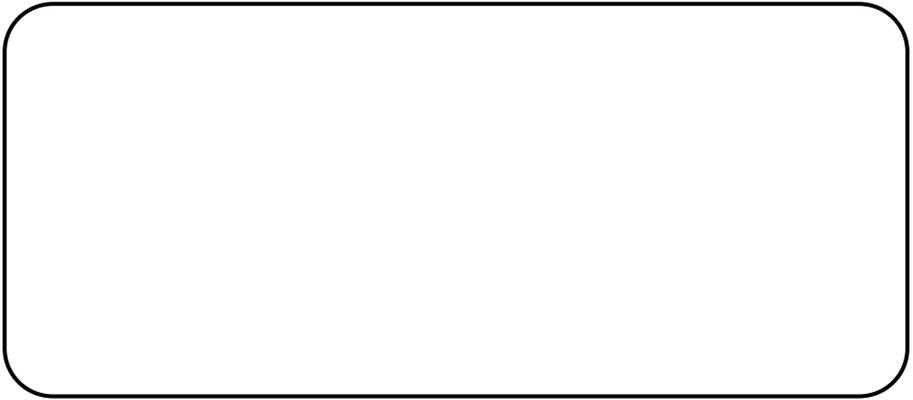
Observe the Opening Ceremony of the Olympics and write three things you noticed that you found interesting :

- 1.....
2.
- 3.....

OLYMPEAK CHALLENGE 4:

Every delegation in the Parade of Nations chooses a dress code that represents their country best.

If I was in-charge of designing my delegation's dress code, it would look like this :



Reflection :

When I have to speak, play, or perform in front of an audience, I feel...



Capture the Olympic flag

Gather your friends around for this fun game. Split into two teams, with each team making their own Olympic flag.

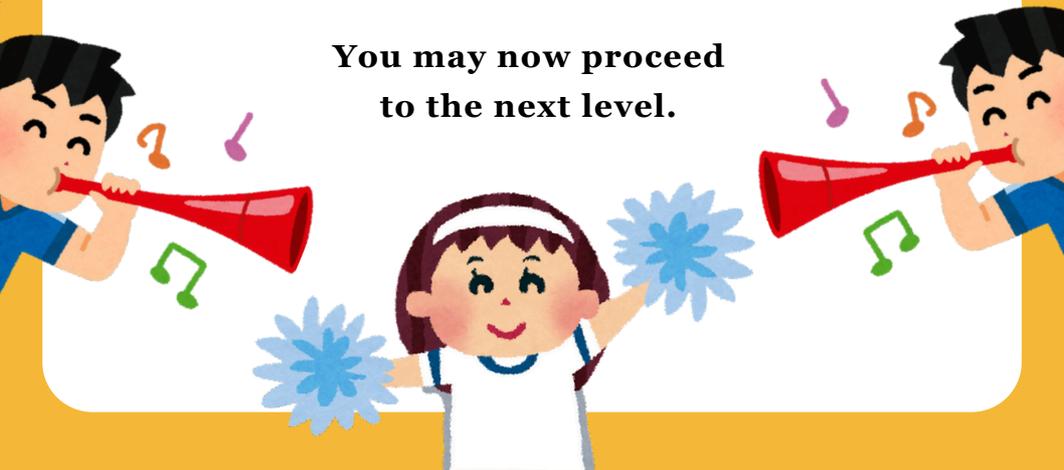
Mark two ends of a play area, one for each team. Each team places their flag on the other team's base. The aim of the game is to try to run into the other team's territory and capture the flag without being caught. If the other team member catches you, you stay frozen until another team member unfreezes you. One by one, each team member tries to make progress and capture the flag. The team that captures the flag first wins.

LEVEL CHECK:

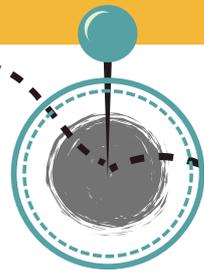
1. Did you read all the material in the handbook from Action Altitude? YES/NO
2. Did you answer all the questions? YES/NO
3. Did you complete the Olympeak challenge? YES/NO

If your answer is yes to all, it's a YES to enter level 5.
Best of luck.

**You may now proceed
to the next level.**



YOU ARE HERE :



LEVEL 5 : SPORTY SLOPE

Alright! The ceremony and pleasantries are over and now it's time to focus on the games! On Sporty Slope, think fast, be watchful and always keep moving forward!

What should I watch? The buffet of choices is given below!



How many sports are there in the Paris 2024 Olympics? Let's revise.

32

Aquatics (diving, marathon swimming, artistic swimming, swimming, water polo), archery, athletics, badminton, basketball (including basketball 3x3), breaking, boxing, canoe, cycling (road cycling, cycling track, mountain biking,

BMX freestyle, BMX racing), equestrian, fencing, football, golf, gymnastics (artistic gymnastics, rhythmic gymnastics, trampoline), handball, hockey, judo, modern pentathlon, rowing, rugby sevens, sailing, shooting, skateboarding, sport climbing, surfing, table tennis, taekwondo, tennis, triathlon, volleyball (including beach volleyball), weightlifting, and wrestling.

Let's put the spotlight on some key sports.

1. Hockey



Hockey is a team sport in which each team plays with 11 players: 10 field players and 1 goalkeeper. Teams use their hockey sticks to move a ball towards the rival team's side, then shoot the ball into the goal.

What is the duration of a match?

A hockey match consists of four periods of 15 minutes for a total match time of 60 minutes. At the end of the match, the team with the most goals wins.

India's 2024 Campaign:

At Tokyo 2020, the Indian men's team created history by winning the bronze medal, their first medal in hockey after 41 years! Team India will begin its Olympic campaign against New Zealand on July 27. The other teams in Pool B are Belgium, Australia, Argentina, and Ireland. Unfortunately, the Indian women's team did not qualify for the 2024 Olympics.

Key Players : Harmanpreet Singh (Captain), PR Sreejesh (goalkeeper) and Manpreet Singh (mid-fielder).



Which hockey player (from any team) impressed you the most?

What does the playing surface of a hockey match look like? What do you think it is made of?



FUN FACT

The Tokyo 2020 Olympics were actually held in 2021. The games were postponed for a year due to the Covid-19 pandemic. Even though the games were held with strict rules and no spectators, it was hailed by the world for its grand success despite the difficult time.



Which team in men's hockey has the most medals at the Olympics?

A) India

B) Germany

C) Spain

D) Great Britain

Answer : _____

India : 12 medals



Call over a friend to play ‘table hockey’. You need two cups, a small plastic ball and a table. Push the ball towards your friend’s end. Their challenge is to cover the ball and stop it with the cup before it falls over their end. Whoever is able to get through to the other end of the table more times wins.

2. Wrestling



Wrestling is a sport where two competitors grapple with each other with the aim of throwing, holding their opponent’s shoulders to the ground or outscoring them during the match.

What is the duration of a match?

Each match is divided into 2 periods of three minutes each, with a 30-second break in between. At the end of six minutes, the wrestler with more points wins.

What are the types of wrestling?

There are two kinds of wrestling disciplines in the Olympics: freestyle and Greco-Roman. While both are similar, the difference is that in the Greco-Roman style, a wrestler cannot attack an opponent below the waist or use their legs to execute holds.

How many categories are there in wrestling?

There are 6 weight categories for female wrestlers, ranging from 50 to 76 kg. There are 6 categories for Men's Greco-Roman style wrestlers from 60–130 kg and 6 categories for Freestyle wrestlers from 57–125 kg.

Why are there different weight categories in wrestling?

Weight categories are used in wrestling to make it a fair contest since the athlete wrestles with opponents who are of the same weight as them.

Previous winners: Some notable winners from India include Ravi Dahiya, who won silver in the Men's 57 kg freestyle event; Bajrang Punia, who won bronze in the Men's 65 kg freestyle; and Sakshi Malik, who won bronze in the 58 kg freestyle event.

India's 2024 campaign:

The wrestling matches will be held between August 5 and August 11. At the time of writing, six Indian wrestlers had qualified for the Paris 2024 Olympics of which five are women.

Key Players:

Vinesh Phogat (50 kg), Antim Panghal (53 kg), Anshu Malik (57 kg), Nisha Dahiya (68 kg), Reetika Hooda (76 kg) and Aman Sehrawat (57 kg).



Some moves get 1 point, while others get 5. Observe carefully and write your opinion on which moves got higher points.

I observed that

Pick a player who impressed you the most. What did you think of their attitude on the mat?

? QUIZ ?

Independent India got its first medal in wrestling in the Helsinki 1952 Olympics. We learned about him at History Hill. Can you name him?

Khashaba Jadhav



Let's play arm wrestling! Sit on a table facing a friend. Keep your elbows on the table, clasp each other's hands and try to pin your friend's hands down. Didn't win? No problem; try again and have fun playing! That's the Olympic spirit.

3. Badminton



About: Badminton is an indoor sport played with a racket and a shuttlecock. It can be played as a singles or a doubles game. Players hit the shuttlecock with the aim of landing it in the opposite player's court. They win points when this happens or if the opponent makes errors like hitting the shuttlecock on the net. A point is won/lost with every serve.

How is the winner decided?

Players must win two games (best of three) of 21 points to win the match.

Previous winners

India has won three medals in badminton at the Olympics. Saina Nehwal won the singles bronze medal in London 2012. PV Sindhu won a historic singles silver medal in Rio 2016 and followed it up with a singles bronze in Tokyo 2020.

India's 2024 campaign

In Paris 2024, the badminton matches will take place between July 27 and August 5. A total of 172 athletes are expected to compete in the badminton events of men's and women's singles, doubles and

mixed doubles. Seven athletes from India have qualified for badminton.



Key players

PV Sindhu, Lakshya Sen, and HS Prannoy for the singles event. The doubles pair of Chirag Shetty and Satwiksairaj Rankireddy and Ashwini Ponappa and Tanisha Crasto will compete for the men's and women's doubles, respectively.



See a doubles match and observe the players carefully.

How do the players communicate with each other in the middle of the game?

When one player misses a shot, how does their partner react?

What did one team do better than the other team that stood out for you?

? QUIZ ?

Fans of India's hit doubles pair of Chirag Shetty and Satwiksairaj Rankireddy have coined a nickname that joins a part of both their names. What is it?

1. RagRaj
2. TyDy
3. SatChi

My answer is: _____
Answer : 3. SatChi



Pick up a badminton racket and a shuttlecock. How many times can you hit the shuttlecock without dropping it on the floor? Remember, balance and hitting it gently are the keys to doing this right. Keep practicing and keeping a record of your personal best and how fast you keep beating it!

4.Boxing



Boxing is a sport where two opponents try to land punches on each other by using the knuckle area of their fist. They must also dodge their opponent's hits. A boxer scores points every time they land a successful hit.



DID YOU KNOW?

Ancient India had a variation of boxing called 'Mushti Yuddha' or fist fight, which is mentioned in the Vedas and epics like Mahabharata.

Can boxers hit anywhere?

No. Hitting the opponent anywhere below the belt or the back of the head is not allowed. To avoid injuries, boxers wear protective gloves. Women boxers wear headgear.

Fun fact: A boxing match is called a bout.

How many rounds are there in each bout?

In the Olympics, a bout consists of three rounds of three minutes each. Each round is separated by a one-minute break.

How is the winner decided?

A boxing bout has five judges. At the end of each round, each judge determines a winner based on the judging criteria. At the end of all three rounds, the scores of each judge are rounded up and the final winner is declared. Sometimes, a winner may also win by knockout (KO).

What is a knockout (KO) in boxing?

When a boxer lands a legal hit on the opponent to knock them down, the referee counts to 10. If the knocked-down player gets up, play resumes; if not, it is declared a knockout (KO) victory for the boxer who landed the hit, and the bout ends immediately.

Previous winners

The first Indian boxer to win an Olympic medal was Vijender Singh, who won bronze in the men's 75 kg category at Beijing 2008.

In 2012, at the London Olympics, where women's boxing was introduced for the first time, Mary Kom won a bronze medal in the women's 51 kg category. India's medal streak continued as Lovlina Borgohain won a bronze medal in the women's 69 kg category at the Tokyo 2020 Olympics.

India's 2024 campaign

The boxing bouts will be held between July 27 and August 10, 2024 and will consist of 7 men's weight categories and 6 women's weight categories.



Key players

Lovlina Borgohain (75 kg), Nikhat Zareen (50 kg), Amit Panghal (51 kg), Jaismine Lamboria (57 kg), Preeti Pawar (54 kg), and Nishant Dev (71 kg).



The place where the boxing bout takes place is called a boxing ring. Observe a match and find out:

What colour gloves do the boxers wear? Why do you think only those colours are used?

If you were to describe a boxing bout in one word

Choose a boxer and observe their attack versus defence play.

When I compare _____'s attack versus defence moves, I think _____



There is another word for a boxer that is used traditionally to describe the sport. This word means boxer in Latin. Guess which word it is?

1. Pugilist
2. Natator
3. Cursor

Answer: _____

Pugilist. Pugil means 'boxer' in Latin.



A successful boxer needs to have balance and co-ordination. One fun activity that helps you do it is jumping or skipping rope. Grab a skipping rope and try skipping as much as you can without getting your legs tangled. Don't worry about the numbers; just focus on your rhythm and have fun!

5. Athletics



Athletics is often considered the centrepiece of the Olympics, as it was part of the very first Olympics in ancient Greece. Athletics consists of running, jumping, throwing, walking, throwing and others. Since there are many categories and disciplines, athletics has the most participants at the Olympics.

What are some events that fall under athletics?

Javelin, steeplechase, running race, race walk, decathlon, hammer throw, high jump, shot put, discus throw, triple jump, relay and others.

Previous winners

At the Tokyo 2020 Olympics, Neeraj Chopra made history by winning an individual gold medal for India in javelin throw, which was only the second ever gold medal for independent India since Abhinav Bindra's gold in shooting in Beijing in 2008.



STORY



Milkha Singh : A winner without a medal

It was the Rome 1960 Olympics and India was pinning its medal hopes on an extraordinary athlete, Milkha Singh.

Milkha had a turbulent childhood, witnessing the deaths of his family during the India-Pakistan partition post-independence from the British. After several challenges, he joined the Indian Army, which introduced him to athletics. Such was his talent that he was selected to represent India at the 1956 Melbourne Olympic Games. While he did not progress from the heat rounds, he used the experience to understand what kind of training he needed to put in to be competitive. His gold in the 1958 Asian Games was a testament to his determination.

He was hailed as the 'Flying Sikh' for his exploits. Then came the Rome 1960 Olympics.

Participating in the 400-meter race, Milkha had a quick start and looked certain for a podium finish. However, due to an error in judgement, he slowed down a little just before the final turn, giving Malcolm Spence of South Africa just enough room to close in on third place. As Milkha and Malcolm ran into the finishing line, it was a photo finish.

Photo finish in a race refers to the moment when multiple competitors cross the finishing line at almost the same time. As the naked eye cannot determine who crossed the line first, a photo or video taken at the finish line is referred to after the race to determine who reached first.



Upon examining the footage of the finishing line, it was found that Spence was ahead of Milkha by just 0.1 seconds.

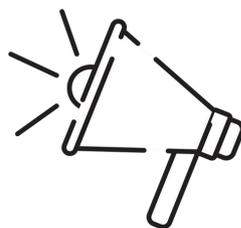
0.1 seconds. That was the tiniest of tiny margins by

which Milkha lost his medal. While Milkha may not have won the medal, he continues to be an inspiration for athletes across India who rise against the odds to deliver special performances at the Olympics.

? QUIZ ?

In 2013, director Rakeysh Omprakash Mehra directed a Hindi film on Milkha Singh's life, starring Farhan Akhtar. Do you know the name of the film?

ANSWER: Bhaag Milkha Bhaag



India's 2024 campaign

Athletic events are set to be held from August 1 to August 11. Indian athletes have qualified for events such as javelin throw, racewalk, steeplechase and relay race.

Key players



All eyes will be on javelin maestro Neeraj Chopra as

he aims to become the first Indian to win a double gold. Other promising players include Avinash Sable (300 m steeplechase), Priyanka Goswami and Akshdeep Singh (20 kms racewalk).



How do I watch a javelin match?

Is the javelin match on? Great. Now observe the competition area. There are two parts to it :

The runway

The landing sector

A participant enters the event area with their javelin (a spear that is cylindrical in shape) and begins to run along the **runway**. They gain momentum and, at the end of the runway, throw the javelin as far as they can. The place where it lands is called the **landing sector**. Once the javelin lands head-first, the point of landing is marked by the judges. Then the distance is measured digitally or with metre tapes, depending on the availability and the score is added to the athlete's name.

Based on your observation of the game, note down the following:

1. Why were some attempts considered foul?

2. How many attempts did each participant make?

3. Which participant impressed you the most and why?



Can an athlete participate in more than one sport at the Olympics? Support your answer with reasoning.

I think _____

Answer: Yes! An athlete can participate in more than one sport at the Olympics. Over 1000 competitors have participated in multiple events, with some of them even winning medals. The most successful multi-event athlete was German Frank Kugler, who

competed in the 1904 Olympics in St. Louis, Missouri and won three medals: a silver medal in wrestling, a bronze in weightlifting and another bronze medal in tug of war.



Let's do some mindful walking. Walking, like breathing, is an activity we do without thinking. But being aware of our bodies and the sights and sounds of nature around us has many benefits. As you walk outside, focus on the thoughts below:

How does my breath sound when I am walking?

How does it feel to walk barefoot on different surfaces?

Observe the places, trees and boards you pass. Did you spot anything new?

Shooting



Shooting has been part of the Olympics since the very beginning. There are three Olympic shooting disciplines: rifle, pistol and shotgun. In rifle and pistol, the shooting is done in a shooting range where athletes aim at targets that are at a distance of 10 m, 25m and 50 m. Shotgun shooting is done outdoors, where shooters have to aim at targets thrown in the air.

Previous winners

Independent India's first individual gold medal came in shooting, thanks to Abhinav Bindra, who won the gold at the 10 meter air rifle event at Beijing 2008 Olympics. Other medalists in shooting include Rajyavardhan Singh Rathore, who won a silver medal at the Athens 2004 Olympics in double trap; Vijay Kumar, who won silver at the 25 m rapid pistol event in the London 2012 Olympics; and Gagan Narang, who won bronze at the 10 m air rifle event in the same Olympics.

Who is Abhinav Bindra?



Born in Uttarakhand, Abhinav was a determined youngster who had found his calling very early in the field of shooting.

At 15, He was the youngest participant at the 1998 Commonwealth Games. After winning medals in top shooting events across the world, he was conferred with prestigious honours such as the Major Dhyan Chand Khel Ratna Award, India's highest sports award. In the 2004 Athens Olympics, he set a new record but did not win a medal. Meanwhile, continuous participation had taken a toll on his health and he suffered a severe back injury. However, he did not let this distract him from his goal: a medal at the Beijing 2008 Olympics.

The moment he was waiting for arrived—the final of the 10 m air rifle event. In the finals, he was tied with Henri Hakkinen heading into his final shot but that's when Abhinav scored 10.8 and won the coveted individual gold for India. It is a moment India will never forget because it reminds us that, with determination and the right support, Indian athletes are second to none.

After his retirement from the sport, Abhinav started the 'Abhinav Bindra Foundation', which strives to help Indian athletes with global best practices in sport science, education and social upliftment through sport.

For his achievements and his numerous initiatives

even after retirement, Abhinav has been selected as a Torch Bearer, a prestigious honour, at the Paris 2024 Olympics.

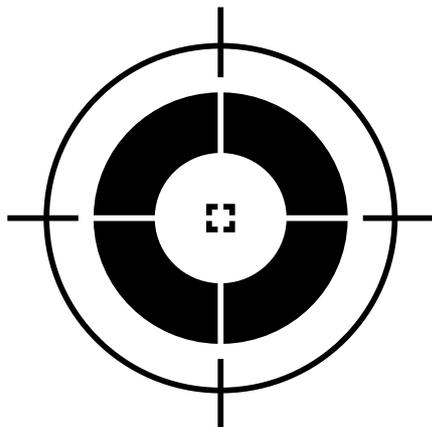
India's 2024 campaign

In Paris, there are 15 shooting events in all, all starting on July 27 and ending on August 5. This is expected to be India's largest ever shooting contingent.



Key players

Youth Olympic Games gold medallist Manu Bhaker will compete in the women's 10 m air pistol and 25 m pistol. Other experienced shooters include Aishwarya Pratap Singh Tomar, Anjum Moudgil and Elevenil Valarivan.





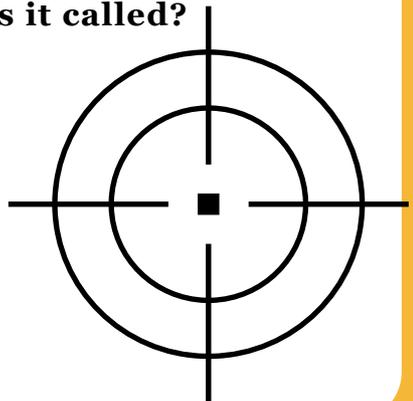
Observe the body language of the shooters. What are the skills needed by a shooter to be able to hit the target consistently?

What kind of jacket do the shooters wear? How do you think it helps them?

? QUIZ ?

Shooters wear special kinds of glasses that block objects from distracting their vision. You may have seen it live. What is it called?

1. Blinders
2. Closers
3. Focusers



Answer : _____

Answer : Blinders



How good is your aim? Let's play!

On a cement surface, mark a bullseye point using chalk. Draw 5 concentric circles around this bullseye point and assign points to each circle. 50 points for bullseye, 40 for the nearest circle to the bullseye and so on. The farthest circle to the bullseye gets 10 points. Now take two square sponges and have an aiming duel with a friend to see who aims best.

Remember, it is all about breath control in shooting so take a deep breath, steady yourself, concentrate on the bullseye and throw!



Players from other sports to watch out for

Rohan Bopanna/N Sriram Balaji

Tennis Men's doubles

Sharath Kamal

Table Tennis men's singles

Manika Batra

Table Tennis women's singles.



Awarding of medals to winners

An Olympic medal is awarded to the winners of the events. The winner of the first prize gets a gold medal, the second prize winner receives a silver medal and the third prize winner receives a bronze medal.

Are the gold medals really made from gold?

They used to be once upon a time! However, since gold is extremely expensive, both the gold and silver medals awarded in the Olympics in recent times are made of silver, where the gold medal has a coating of gold on it. The bronze medals are made of copper, zinc, tin and a small amount of silver.

STORY

Michael Phelps : The most decorated Olympian of all time

Born in Baltimore, Maryland (USA), Michael Phelps first got into a swimming pool at the age of seven and immediately took to water. Around the age of 10, he had begun competing in swimming competitions and had already earned a national record for his age group in the 100-meter butterfly event. He began to train under coach Bob Bowman and beat many more records in the next couple of years.



At the age of 15, he qualified for the Sydney Summer Olympics in 2000, becoming the youngest male since 1932 to do so. While he did not win a medal, that was a valuable learning experience for him, in which he came fifth in the 200 m butterfly event. As he continued to break records and win various world championships, he prepared for the Athens 2004 Olympics, but the world was not prepared for his outstanding skill! He went on a medal rampage, winning 6 gold medals and 2 bronze medals in the same Olympics!

But winning came with its own set of challenges. People could not believe that an individual could be so proficient at swimming. There were rumors that he took banned drugs to enhance his performance. He subjected himself to hundreds of tests, which proved time and again that he was honest and was doing nothing illegal.

At the Beijing 2008 Olympics, champion Australian swimmer Ian Thorpe, who has five medals to his name, claimed that it was not possible for anyone to win 8 Olympic gold medals. Michael is reported to have highlighted Ian's words, posted them in the back of his locker to see it every day at his practice.

The result? He achieved the impossible! He won an unprecedented 8 golds at the Olympics! When Michael hung up his swim goggles in 2016 after the Rio Olympics, he had finished his career as the most successful and decorated Olympian of all time with a total of 28 medals. He also holds the all-time record for highest number of Olympic gold medals (23) along with many international records in multiple swim events.

Post-retirement, he is focused on philanthropy through his 'Michael Phelps Foundation,' which promotes swimming and healthier lifestyles.

? QUIZ ?

Each medal at the Paris 2024 Olympics will have a piece of original iron from an iconic monument to Paris. Can you name what it is?

1. Louvre Museum
2. Eiffel Tower
3. Arc De Triomphe

Answer : _____

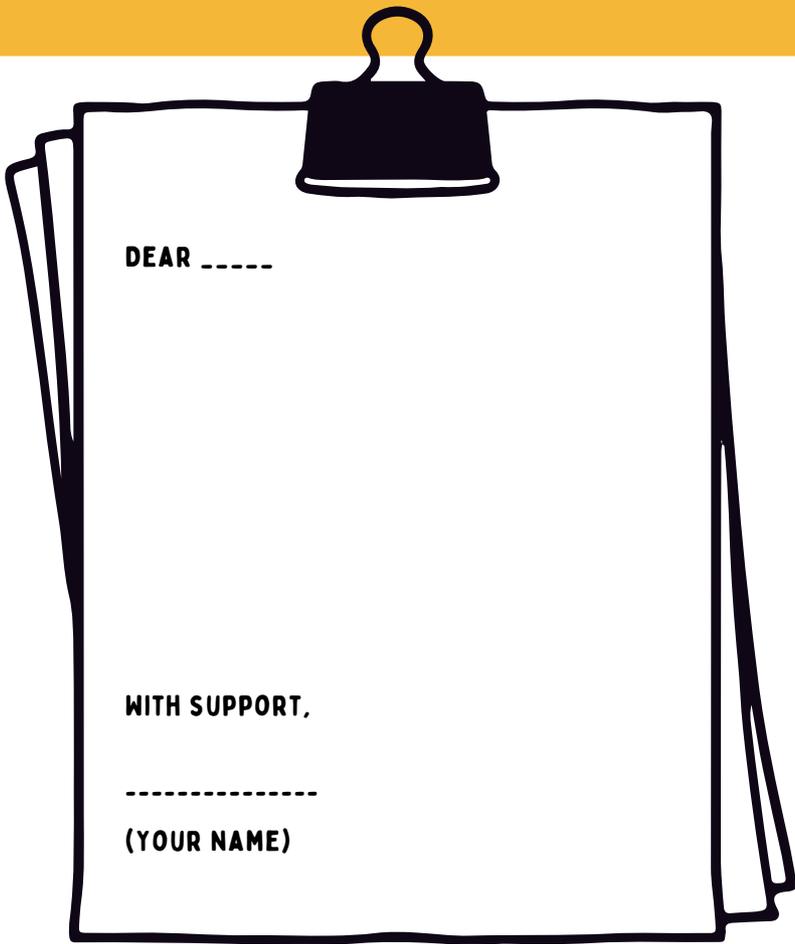
Answer: Eiffel Tower

OLYMPEAK CHALLENGE 5:

Just like life, sport has its ups and downs. Some of India's best athletes did not qualify for the Paris Olympics, like Ravi Dahiya, a silver medalist at the Tokyo Olympics.

Write a letter of support to Ravi or an athlete of your choice who could not make the cut for the Olympics.





Reflection:

Behind every sportsperson is a whole team that has guided them, right from family, friends, school coaches, academic sports associations, and sponsors. Take a pause to think and remember all the people who have helped you in some way.



PLAY



Make an Olympic flag using white paper and colours, and attach a stick to it. Tape it to your bicycle and go on laps around your house, signalling the arrival of the greatest sporting event in the world!

LEVEL CHECK:

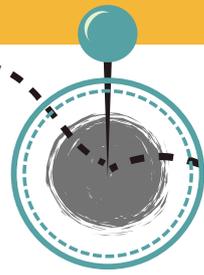
1. Did you read all the material in the handbook from Sporty Slope? YES/NO
2. Did you answer all the questions? YES/NO
3. Did you complete the Olympeak challenge? YES/NO

If your answer is yes to all, it's a YES to enter the final level: Level 6. Best of luck.

**You may now proceed
to the next level.**



YOU ARE HERE :



LEVEL 6 : OLYMPISM OVERPASS

Here you are! From where you are standing, Mission Olympeak is not far away. You navigated through the twists and turns of unpredictable terrain and now you have reached the Olympian Overpass. You are well versed in the Olympics but what is Olympism? This part of the journey is all about understanding the values that shape the Olympic movement and how these are the very same values that will shape your ascent to the final summit.



What is Olympism?

Olympism is a philosophy that takes sport beyond merely winning or losing to the service of humanity. Olympism aims to link sports to culture and education. This philosophy is the backbone on which the Olympic Games have been built. In pursuit of this philosophy, a set of values has been identified that are not just for play but for everyday life too.

What are the three values of Olympism?

EXCELLENCE
FRIENDSHIP
RESPECT



OLYMPIC VALUE : EXCELLENCE

Excellence refers to doing one's best, whether on the field or in life, without comparing oneself to others. It is about setting goals, making best efforts and being determined through the process.

STORY

Eric The Eel : The slowest swimmer in the Olympics

It was the year 2000. 22-year-old Eric Moussambani from Equatorial Guinea had gotten a wild card to compete in the Sydney 2000 Olympics.

A wildcard is an invitation given to athletes from regions that have little to no sports development and is a means to encourage them.

The most incredible thing about this was that Eric barely knew how to swim! He had learned to swim only 8 months ago in a small hotel swimming pool and now here he was competing with the world's best swimmers. It was only when he entered the Olympic arena that he saw an Olympic-size pool for the first time in his life. But a bigger surprise was in store.

Due to a misunderstanding, Eric thought he was going to swim a 50-meter race but he was actually signed up to compete in the 100-meter race, a distance he had never attempted before. With only a few days to go until the race, Eric began to spend time watching and learning from professional swimmers. Some swimmers and coaches took time to share techniques and give tips on how he could improve.



The day of the event finally arrived. Eric was in a heat (qualifying race) with two other swimmers but the other two swimmers were disqualified for false starting. The crowd watched in astonishment as the swimmer, clearly not professional like the others, struggled to go beyond the 50 m he was accustomed to. Realizing they were witnessing one man's victory against all odds, the crowd cheered him on and Eric put in everything he had to reach the wall. He finished 71st and his timing was also the slowest in the history of the Olympic Games, but his magical journey and determination to do his personal best were exactly what Baron Pierre De Coubertin had in mind when he envisioned the philosophy of the Olympics.



What is a moment from the Olympics that reminded you of Eric's courage and determination to give his best no matter what?



Choose any sport/game that has points to be won. Play the same game without assigning points but rather for the joy of it. How did it feel?

Olympic Value : Friendship

STORY

A high jump of friendship: The story of a shared gold medal.

It was the Tokyo 2020 Olympics and the high jump event was down to its final 6 athletes. Mutaz Essa Barshim of Qatar and Gianmarco Tamberi of Italy had both jumped 2.37 m and were joint leaders. But when the bar was raised to 2.39 m (an Olympic record), both failed on all three attempts. The official informed them that the next step was a ‘jump off’ to see who could outlast each other. As everyone waited to see who would win this contest, things took an unexpected turn.

Barshim asked the official, “Can we have two golds?”

The official said, “It’s possible. It depends if you decide.”

And that was it! The two athletes shook hands and celebrated together in absolute glee, with Barshim saying his iconic line, "*History, my friend. Olympic Champions.*"

As people around the world rejoiced, everyone felt like they had won something too. It was one of the greatest examples of how sportspersons can be wonderful ambassadors of friendship and unity.



Watch the high jump final of the Tokyo 2020 Olympics on the Olympics channel on Youtube and relive this incredible moment.

Do you agree with Barshim’s decision to share the gold? What would you have done if you were in his place?



Is there someone who feels left out at school? Make an effort to invite them to an activity you like to do.

Olympic Value : Respect

The Olympics aren't just a competition; they are a forum to inspire and bring people together. Sure, only some will win medals but respect has nothing to do with medals. In the Olympics, respect means to respect oneself for the hard work being put in, respect one's body by taking care of physical and mental health, not taking shortcut methods or unfair practices to achieve success, have respect for fellow competitors, respect for the audience around the world, and finally respect for each and every person who is responsible for making the Olympics happen.

STORY

Misagu Okamoto :

A 15-year-old skateboarder's real victory

At Tokyo 2020, Misagu Okamoto, a 15-year-old teen sensation, came into the skatepark as a top contender for gold.

As expected, the teen sensation was leading the competition when she began her final run. However, she slipped and fell, sending her to the fourth position, thereby losing the medal that was so near her grasp. In agony, the teenager laid on the ground with her hands on her helmet. As she got up crying and began to leave the bowl, something amazing happened. The other competitors ran towards her, hugged her, consoled her and carried her on their shoulders for a lap! The image of the young girl's happy face as she was honoured by her competitors was a precious moment at the Olympics.



Watch the final of the skateboarding competition at the Tokyo 2020 Olympics on the Olympics channel on YouTube.

Misagu's mistake meant that three other competitors got a chance to win medals. She did not win. Why did her competitors (who were not from her country) lift her up on their shoulders like she was the winner?

What actions or words show respect to opponents and what is disrespectful?

Respectful _____

Disrespectful _____



Create a special handshake with your friends which you can have fun with before and after every game.
Tip : Make it as funny and goofy as you can!

The spirit of Olympics : The Refugee Olympic Team



One of the joys of the Olympics is cheering on athletes from your country. Watching them win, seeing the country flag on the podium and hearing the national anthem are undoubtedly priceless moments. But what if an athlete did not have a country anymore? What if their home was blown apart in the middle of a war?

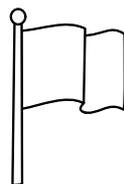
How would they participate in the Olympics? Who would cheer them on? The IOC came up with a brilliant initiative called ‘The Refugee Olympic Team’.

What is the Refugee Olympic Team?

Confronted with a massive refugee crisis in which many talented athletes could not compete for their countries, the International Olympic Committee (IOC)’s President Thomas Bach announced in 2015 the creation of the ‘Refugee Olympic Team’ during the Olympics at Rio 2016.

What flag and symbol do they compete under?

The Olympic flag and the Olympic hymn are used as team symbols. The participating athletes marched in the opening ceremony of the Rio 2016 Summer Olympics, with the Refugee team entering the stadium as the penultimate delegation, just before the host country. At Tokyo 2020, the team entered the stadium second only to Greece.



Who is considered a refugee athlete?

A refugee is a person who has been forced to leave their country due to war, natural disasters or threat to their lives. Athletes who are elite competitors in their respective sport and refugees in their host country as recognised by UNCHR, the UN Refugee Agency, are eligible to be part of the team.

How many athletes have participated in this team so far?

As per official Olympics figures, 10 athletes who originally hail from Ethiopia, South Sudan, Syria and the Democratic Republic of the Congo participated in the Rio 2016 Olympics. At the Tokyo 2020 Olympics, 29 athletes across 12 countries participated in the refugee team.

How many athletes will be part of the Refugee Olympic team at the Paris Olympics?

36 athletes from 11 different countries, hosted by 15 National Olympic Committees, will be competing at the Paris 2024 across 12 sports. The team will be led by Masomah Ali Zada, who has been a member of the Refugee Olympic Team since 2020.

Yusra Mardini : The wave of resilience



Young Yusra was a talented swimmer who represented Syria in swimming world championships. Her dream was to represent Syria at the Olympics. But a civil war broke out in Syria and her house got destroyed. With their lives hanging by the thread amidst heavy violence, Yusra and her sister Sarah decided to flee Syria in 2015.

They somehow reached Turkey, where they were to be smuggled into Greece by boat with other refugees. But the boat was overloaded and midway in the sea, the motor stopped working and water began to enter the boat.

Under dangerous circumstances, Yusra, her sister Sarah and two others jumped into the water and pushed and pulled the boat through the water for three hours until they reached the island of Lesbos in Greece. From there, Yusra and Sarah walked through Europe and finally settled in Berlin. In Berlin, Yusra was trained by a coach, Sveb Spannekrebs and qualified for 100 m freestyle and 100 m butterfly events at the 2016 Rio Olympics. She became one of the ten refugees who were selected for the first ever Refugee Olympic Team.

Her story of resilience—from escaping war to getting stranded in the middle of the sea to achieving her dream of participating in the Olympics—is one of the greatest examples of the spirit of Olympics.

FUN FACT:

Yusra and Sarah’s story was made into a film called ‘The Swimmers’ directed by Sally El Hosaini, which was released in 2022.



Watch the Refugee Olympic Team at the Olympics and listen to their stories as told by the commentators.

What message does the Refugee Olympic Team send to the world?

The message is:

If you had to make a slogan for the refugee team, what would it be?

My slogan would be _____

Mental wellness at the Olympics



An aspect that's not talked about enough is athletes' mental wellness. Imagine having to work hard day and night, the injuries, the pressure of managing expectations- all these take a toll on an athlete. In the earlier days, it was taboo to speak about feeling drained as it was considered a sign of weakness. However, at the Tokyo 2020 Olympics, one decorated gymnast made a courageous decision and paved the way for other athletes to normalise focusing on their mental health.

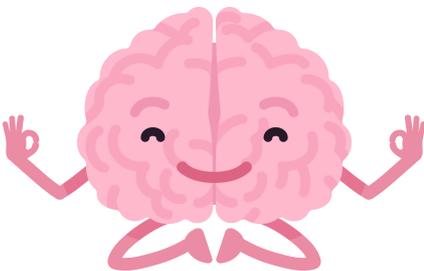
Simone Biles : Advocate for mental health

Simone Biles, the American gymnast with her 37 Olympic and World Championship medals is considered the most decorated gymnast in the world.

At Tokyo 2020 Olympics, despite tumbling during the qualifications, Simone qualified in three individual categories. Following her performance, Simone posted on Instagram about feeling the weight of the world on her shoulders.

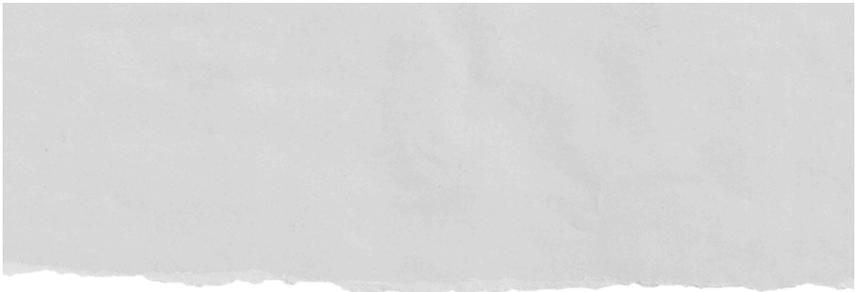
Later, during the warm-ups for her team final, she felt the ‘**twisties**’, a psychological phenomenon that causes a gymnast to lose confidence in pulling off complicated twisting routines. She decided to withdraw from the rest of the team events citing mental health issues. In the following days, she withdrew from more individual events she had qualified for sparking speculation and even criticism from many calling her ‘selfish’ for abandoning her team. However, this move was hailed by sportspersons across the world who recognised it as an important decision to show people that prioritising mental health was important. This incident later helped many others across different sports to be open with their mental health struggles and normalised conversations around it.

The International Olympic Committee (IOC) has developed a new Mental Health Action Plan to undertake many initiatives supporting the mental well-being of athletes, many of which will be rolled out at the Paris 2024 Olympics.





Now that you know the three pillars of Olympism : Excellence, Friendship and Respect, what game/sport do you think has all these values ?



The Paralympic Games

The spirit of Olympism is for everyone, not just elite athletes who stand on the podium. Olympism is for anyone who wants to work hard and be better, healthier and more inclusive. One such example of sports being inclusive is the 'Paralympic Games', also known as the Paralympics, which is a world-class Olympics-style event for athletes with disabilities.



How did the Paralympic games start?

After the Second World War, there were a large number of veterans and civilians who were injured. To motivate them, the British Government requested Dr. Ludwig Guttmann to open a spinal injuries centre at the Stoke Mandeville Hospital in Great Britain and help them take up sport for rehabilitation. Over time, this became popular and evolved into a sport for competition. In 1948, Dr. Guttmann organised the first competition for wheelchair athletes under the name 'Stoke Mandeville Games', in which 16 injured military personnel participated in archery. These games evolved into the Paralympic Games, which were first held in Rome in 1960 with 400 participants from 23 countries. Since then, the games have been held every four years.

When and where are the Paralympic Games being held?

The 2024 Paralympic Games will be held in Paris, France, between August 28 and September 8.

How many athletes will take part?

Around 4000 athletes from around the world are expected to compete across 22 sports for 549 medal events.



What sports will be contested?

There are 22 sports on the program, including para archery, para athletics, para badminton, blind football, boccia, para canoe, para cycling, para equestrian, goal ball, para judo, para powerlifting, para rowing, shooting para sport, sitting volleyball, para swimming, para table tennis, para taekwondo, para triathlon, wheelchair basketball, wheelchair fencing, wheelchair rugby, and wheelchair tennis.

STORY

Zakia Khudadadi : Everything is possible with persistence

Zakia Khudadadi, from Herat, Afghanistan, became fascinated with taekwondo at an early age. Even though hardly any girls her age practiced it, Zakia, who was born with a disability in one hand, was determined to keep learning. She became the first female Afghan female practitioner of taekwondo. At the age of 18, she won the African International Para Taekwondo Championship in Egypt, giving her a wildcard entry to participate in the Tokyo 2020 Paralympic Games.

Zakia began to prepare for the event but just a few days before the event, disaster struck. The US pulled its troops out of Afghanistan and the Taliban took over the country. The airports were closed, which meant athletes couldn't leave the country. Zakia went into hiding and made an appeal to countries to help evacuate her out of Afghanistan so she could participate in the Paralympics.

In August 2021, the Royal Australian Air Force airlifted Zakia and her compatriot track athlete Hossain Rasouli from Kabul to Paris and eventually they arrived in Tokyo. In September 2021, she competed as a Refugee Team member in the Tokyo Paralympics.

She will be competing once again in the Paris 2024 Paralympics, signaling the power of the 'never say die' spirit of an athlete.

India at the Paralympics

India made its debut in the summer paralympic games at Tel Aviv in 1986. Since 1984, India has participated in every edition of the summer paralympic games. India has never participated in the winter paralympic games.



Quick facts : India at the Paralympics

India's first medal : Gold in Munich 1972, won by Murlikant Petkar in Swimming

India's best finish: Tokyo 2020. Haul of 19 medals (5 gold, 8 silver and 6 bronze)

First woman para athlete to win: Deepa Malik, silver medal in shot put in Rio 2016

Indian contingent at the Paralympics:

65 paralympic athletes are expected to take part in the Paris 2024 Paralympics across 12 sports, including archery, athletics, badminton, cycling, paracanoeing, rowing, shooting, swimming, table tennis and taekwondo.



The Indian paralympic athletes at the Paralympics.

A paralympics game event I watched

A para athlete I loved to watch

STORY :

Devendra Jhajharia : The two-time gold medalist turned administrator

Devendra Jhajharia, from Churu in Rajasthan, was an active and curious child. At the age of 8, while climbing a tree, he mistakenly touched a live wire, which resulted in the amputation of his left hand. Despite this mishap, he continued to participate in sports. At the age of 16, he was noticed by Dronacharya Awardee Coach Dr. R. D. Singh at a school sports day, who took Devendra under his wing. From then on, he began his journey of excellence, winning several prestigious events.

In 2004, Devendra qualified for the Paralympics in Athens and set a new record which also won him the gold medal, making him only the second athlete after Murlikant Petkar in Munich 1972 to do so. He followed up this feat by bagging another gold at the Paralympics and a silver at the 2016 Rio games inspiring a whole generation of athletes to look beyond challenges.

For the 2024 Paris paralympics, Devendra is playing a new role : that of President of the Paralympic Committee of India (PCI).

OLYMPEAK CHALLENGE 6:

An athlete competing at the Olympics trains day and night for matches that last, in some cases, for just a few minutes. That needs a good timetable: proper exercise, healthy diet, plenty of fluids, enough rest and sleep, as well as time to relax for good mental health.

Create your own daily timetable that also focuses on school work, play, hobbies and enough time for sleep and other activities to help you get the most out of your day.

Time	Activity to do

Reflection :

What activity brings joy to you and why?



The Paralympic Games' motto is 'Spirit in Motion'. It stands for the ability to keep doing what you love doing, no matter what.

Play a song you love and dance to your heart's content without worrying about who is watching.

LEVEL CHECK:

1. Did you read all the material in the handbook from the Olympism Overpass? YES/NO
2. Did you answer all the questions? YES/NO
3. Did you complete the Olympeak challenge? YES/NO

If your answer is yes to all, it's a YES to enter the last level, Level 7. Best of luck.

You may now proceed to the next level.

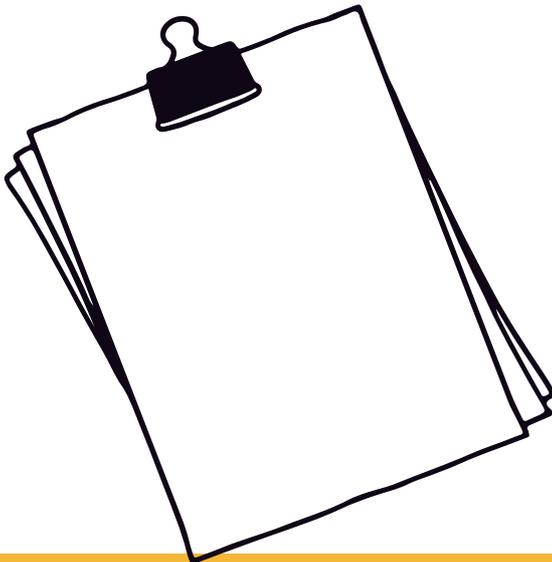
Level 7: Seven steps

I.NC.R.E.D.I.B.L.E ! You are now closer to Olympeak than you have ever been. In fact, you are just seven steps away from completing this challenge!

The Seven Steps Challenge is not for the faint-hearted. But then again, look how far you have come. In this challenge, you must use all the knowledge you have acquired from the previous levels and use it to surpass each challenge. You can do it!

Step 1 : Write a match report

Choose any game from the Olympics and write a report about it as it were appearing in a newspaper.



Report writing tip

A news report must answer the questions: What, when, where, how, how many, why and who.

FUN FACT

Arthur Conan Doyle, creator of Sherlock Holmes, was a big supporter of Olympism and even wrote Olympics match reports for newspapers.

Step 2 : My Olympic Favourites



See the matches and fill out your favourites.

Favourite sport:

Favourite Team:

Favourite athlete :

Favourite match :

Favourite moment of the Olympics :

Step 3 : Quiz

Create 5 quiz questions from the book about the Olympics and become a quiz master for your family and friends!



Step 4 : Your own Olympic event

Create your own sport that should be played at the Olympics. Draw and write some quick rules about it.

Name of the event :

Rules of the event :

Venue for the event :

Accessories needed for the event :

Why should this sport be played at the Olympics :

Step 5 : Create an Olympic bid

You are in charge of the bid to bring Olympics to your city. Create a proposal that will immediately make the International Olympic Committee say yes!

Proposed host city:

Slogan:

Mascot :

3 ideas for hosting :

3 ways to make it environmentally friendly:

3 ideas to make it spectator friendly :

3 ideas to make it accessible and inclusive to all :

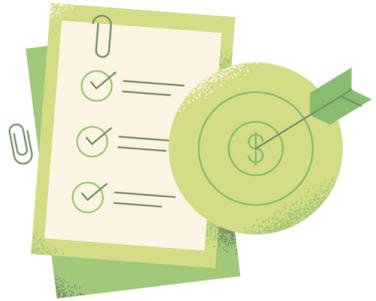
3 reasons why this will be the best Olympics ever:

Step 7 : Make an impact

Look at you! All the way up here! The levels you climbed, the stories you wrote, your beautiful reflections, your ideas - they deserve to be appreciated and loved by readers across the world.

Pick your favourite pieces of work in this book and email it to **sara@bookosmia.com**

Schools and organisations, send in your students' work and we will turn it into an ebook to a readership across 150+ global locations.



Time for a final check :

- Did you complete all challenges in the Seven Steps level ? YES/No

If your answer is yes, it's a YES to enter the last step, Step 7.

You may now proceed to the next level.

You HAVE REACHED OLYMPEAK!



MISSION OLYMPEAK ACCOMPLISHED

Congratulations! You made it! This is no small feat. You have shown determination, resilience, and a strong work ethic on your way here. For your efforts, here is a certificate of excellence awarded to you. We hope you will continue to follow the values of Olympism in whatever you do. More power to you!



CERTIFICATE OF ACHIEVEMENT



Proudly awarded to

*For successfully scaling
Mount Olympeak and being an
ambassador of sportsmanship
and Olympic spirit.*

Date.....



**Olympeak
Committee**

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The Olympics are here and this is your VIP ticket to experience the greatest sporting spectacle in the world. Along with being the essential 'how to watch the Olympics' guide that covers everything you need to know including the history of Olympics, how a city plans the Olympics, the events, inspiring stories of athletes, the Indian contingent at the Olympics, quizzes to so much more, this book is also a challenge to the reader : Watch, Learn and Play the 7 levels of Mission Olympeak to become the ultimate Olympeak Champion! It doesn't matter if you are a sports fan or not. It doesn't matter if you have played a sport or not. This book is for you. Let's go!

"Every kid picking up this book is taking a step towards 'Faster, higher, stronger, together' attitude in sports and in general."

KR Guruprasad

**Veteran sports journalist and author of
'Going Places : India's Small Town Cricket Heroes'**

"A book for kids on Olympic history is akin to the encyclopaedia of sports. I hope this book reaches as many kids as possible."

Shweta Singh

Former sports journalist, Times Of India

To learn about the Olympics is to learn about life itself. Nothing quite embodies the human spirit like competing in the biggest stage in sport. It is the pinnacle of human endeavour. This book is a step in that direction for every child. - **Gaurav Kalra, Group Editor- Sports, Network 18**

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