

CLASS XI PHYSICAL EDUCATION - UNIT 2

Olympism Value Education

Complete Study • Visual Learning • Revision • Exam Preparation

CBSE 2026–27



Chapter focus Olympism and Olympic Values; Olympic Value Education; Ancient and Modern Olympics; Olympic symbols, motto, flag, oath and anthem; Olympic Movement structure and India connection.

1. Introduction and Historical Background

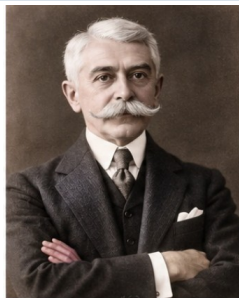
Olympism connects sport with education, culture and the development of the whole person. In Physical Education, the topic helps students connect sporting behaviour with values, fair play, self-improvement, respect and responsible participation.

Learning objectives

After completing this unit, the learner should be able to:

- Explain Olympism and the Olympic values - Excellence, Friendship and Respect.
- Explain the five Olympic Value Education themes.
- Differentiate Ancient and Modern Olympics, Paralympics and Special Olympics.
- Identify the Olympic symbol, flag, motto, oath and anthem.
- Describe the roles of IOC, NOC, International Federations and OCOG.

Person to remember	Historical context
Pierre de Coubertin	Modern Olympism is strongly associated with his revival effort.
1894	IOC constituted itself on 23 June 1894.
1896	First modern Olympic Games - Athens.



Historical portrait of Pierre de Coubertin (historical context).

Historical sequence Ancient Olympic tradition → Coubertin's revival effort → Paris 1894 → IOC → Athens 1896 → modern Olympic Movement.

2. Olympism - Concept, Principles and Values

The Olympic Charter describes Olympism as a philosophy of life that combines body, will and mind in a balanced whole and blends sport with culture and education.

Principle	Student-friendly meaning
Balanced development	Body, will and mind should develop together.
Sport + culture + education	Sport can teach, develop character and connect people.
Human dignity	Sport should support respectful and responsible development.
Non-discrimination	Participation should be protected from discrimination within the Olympic framework.
Friendship, solidarity and fair play	Sport should encourage understanding, cooperation and honest participation.

Olympic Values



EXCELLENCE



FRIENDSHIP



RESPECT

Figure 1. Three different visual contexts - Excellence, Friendship and Respect.

Value	Meaning	Example
Excellence	Give your best, improve and learn from performance.	Work toward personal improvement, not only winning.
Friendship	Build understanding, cooperation and connection.	Help a teammate or opponent respectfully.
Respect	Respect self, others, rules, sport and environment.	Accept an official's decision and continue fairly.

3. Olympic Value Education - Five Prescribed Themes

Theme	Meaning	Example
Joy of Effort	Find satisfaction in trying, learning and improving.	Keep practising when a skill is difficult.
Fair Play	Participate honestly and respect rules and the spirit of sport.	Do not cheat even when nobody is watching.
Respect for Others	Treat opponents, teammates and officials with dignity.	Accept winning and losing without abuse.
Pursuit of Excellence	Strive to reach your best through effort and learning.	Set a personal performance goal and review progress.
Balance among Body, Will & Mind	Develop physical ability with mental focus and self-direction.	Balance training, recovery, study and concentration.



Respect → choose fair play → act honestly → repeat → build trust

Figure 2. From a value to a choice, action, habit and character.

Application A value is useful when it changes a decision or behaviour in a real sporting or school situation.

4. Ancient and Modern Olympic Games

For Physical Education, the historical story should be connected to athletes, physical competition and sporting culture - not only to monuments.

Ancient Greek athlete - reconstruction



Modern Olympic athlete



Figure 3. Ancient athlete context compared with modern Olympic sport.

Point	Ancient Olympics	Modern Olympics
Setting	Ancient Greece; Olympia	International Olympic Movement
Context	Greek religious and cultural setting	Sport + education + culture
Modern starting point	Historical ancient Games	Athens, 1896
Participation	Historical Greek context	International participation
Organisation	Ancient festival structure	IOC-led Movement with NOCs, IFs and OCOGs
Scope	Smaller historical programme	Large international multi-sport event

Exam focus Compare origin, context, participation, organisation and scope.

5. Paralympic Games and Special Olympics

These are distinct movements and should not be treated as synonyms. The Paralympic Games are elite international sport for Para athletes; Special Olympics provides year-round sports training and competition for people with intellectual disabilities.

Paralympic sport



Special Olympics



Figure 4. Distinct visual contexts - Paralympic sport and Special Olympics.

Movement	Identity	Important history
Olympic Games	International multi-sport movement.	First modern Games: Athens, 1896.
Paralympic Games	Elite international sport for Para athletes.	Rome 1960 is recognised as the first Paralympic Games.
Special Olympics	Year-round training and competition for people with intellectual disabilities.	First International Special Olympics Summer Games: Chicago, 20 July 1968.

Do not confuse Paralympic Games and Special Olympics have different histories, organisational frameworks and participant groups.

6. Olympic Symbol and Olympic Flag



Figure 5. Five interlaced rings and the white Olympic flag, shown clearly for identification.

Element	What to remember
Olympic Symbol	Five interlaced rings; blue, yellow, black, green and red in the five-colour version.
Meaning	The symbol expresses the activity of the Olympic Movement and the meeting of athletes from around the world.
Olympic Flag	White background with the five-colour Olympic symbol at the centre.
History	Presented in 1914; first used at the Olympic Games at Antwerp in 1920.

Visual question Identify the symbol separately from the flag and state one factual difference.

7. Olympic Motto, Flame and Torch Relay

CITIUS, ALTIUS, FORTIUS COMMUNITER

Faster • Higher • Stronger - Together

"Together" added to the motto in 2021.

Figure 6. Current Olympic motto.

The current Latin motto is Citius, Altius, Fortius - Communiter: Faster, Higher, Stronger - Together. The word "Together" was added in 2021.

Part	Meaning	Application
Citius	Faster	Improve speed/efficiency.
Altius	Higher	Set meaningful higher goals.
Fortius	Stronger	Build physical and mental strength.
Communiter	Together	Progress through solidarity and cooperation.



Figure 7. Olympic torch visual.

The modern Olympic flame was introduced at Amsterdam 1928; the first Olympic Torch Relay was organised for Berlin 1936.

8. Olympic Oath and Anthem

Element	Key information
Olympic Oath	First pronounced on behalf of all athletes at Antwerp 1920 by Belgian fencer Victor Boin; represents commitment to fair and respectful participation.
Olympic Anthem	Music by Spyridon Samaras; words by Kostis Palamas; first performed at Athens 1896; officially adopted by the IOC in 1958.
Ceremony	The oath is part of the Opening Ceremony; the anthem is part of Olympic ceremonial tradition.



Figure 8. Olympic Movement / ceremony context.

Exam focus Remember the pairings: 1920 - Victor Boin - Oath; 1896 - Samaras + Palamas - Anthem; 1958 - official adoption.

9. Olympic Movement Structure

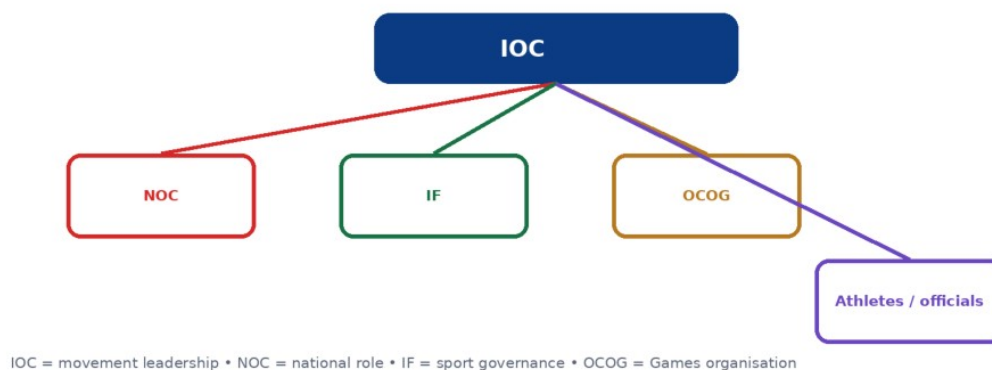


Figure 9. Simplified Olympic Movement structure.

Body	Role
IOC	Leads the Olympic Movement and is its supreme authority.
NOC	Develops, promotes and protects the Olympic Movement nationally.
International Federation (IF)	Governs technical and sporting aspects of its sport.
OCOG	Plans and organises a specific edition of the Olympic Games.
Athletes / coaches / officials / other members	Participate in and support the Movement within its rules and values.

CBSE uses the term NOC for the National Olympic Committee and asks students to understand the working and functioning of the Olympic Movement structure.

10. India Connection - Indian Olympic Association



India's Olympic Identity



Figure 10. Indian athletes and the national identity of India in an Olympic context.

The Indian Olympic Association (IOA) is India's National Olympic Committee. The IOA states that it was established in 1927 with Sir Dorabji Tata as Founding President and Dr A.G. Noehren as Secretary General.

Founder / fact	Remember
Sir Dorabji Tata	Founding President, 1927.
Dr A.G. Noehren	Founding Secretary General, 1927.
1923–24	A provisional All India Olympic Committee organised the All India Olympic Games; these later became part of the National Games tradition.
Identity	IOA is India's National Olympic Committee.
Image note - Sir Dorabji Tata portrait	This edition uses an illustrative historical-style portrait. For commercial textbook publication, replace it with the verified public-domain 1912 portrait listed by Wikimedia Commons / the official IOA history.

11. Olympism in Daily Life and Picture-Based Questions

Situation	Value / theme	Response
You lose after giving your best.	Excellence + Joy of Effort	Learn and continue improving.
Opponent needs help after an accident.	Friendship + Respect	Help without humiliation.
You could win by cheating unnoticed.	Fair Play	Follow the rule even when nobody is watching.
Teammate disagrees with you.	Friendship + Respect	Listen, communicate and cooperate.
Training leaves no recovery time.	Balance Body, Will & Mind	Balance training with recovery.

Picture-based questions



Q1. Identify the symbol. Q2. What makes the Olympic flag different from the symbol? Q3. State one fact from the visual.

Picture-based pattern The visual should help the learner identify, compare, label or explain - not simply decorate the page.

12. Matching, Assertion-Reason and Case Study

Column A	Column B
1. Pierre de Coubertin	A. 1960
2. First modern Olympics	B. 1927
3. First Paralympic Games	C. 1896
4. Indian Olympic Association established	D. 1894

Assertion and Reason

Q1. Assertion: Respect is an Olympic value. Reason: Olympic Value Education includes respect for others, rules and sport.

Q2. Assertion: Communiter means Together. Reason: "Together" was added to the Olympic motto in 2021.

Options (a) Both true and R explains A. (b) Both true but R does not explain A. (c) A true, R false. (d) A false, R true.

Case Study

A sports captain notices that a teammate has been excluded after a disagreement. The captain listens to both sides, includes the teammate and reminds the group about fair participation and respect.

- Which Olympic values are involved?
- Which OVE theme is most directly connected?
- How does the action demonstrate Olympism in daily life?

13. 2-, 3-, 4- and 5-Mark Questions

2 Marks

- Define Olympism and name the three Olympic values.
- What is Fair Play? Give one example.
- State the current Olympic motto and its meaning.
- Name the main constituents of the Olympic Movement.
- State the year and place of the first modern Olympic Games.

3 Marks

- Explain Excellence, Friendship and Respect.
- Explain any three OVE themes.
- State three differences between Ancient and Modern Olympics.
- Explain the roles of IOC, NOC and IF.

4 Marks / Competency

- Explain the historical role of Pierre de Coubertin.
- Explain the Olympic symbol and flag.
- Differentiate Olympic Games, Paralympic Games and Special Olympics.
- Explain IOC, NOC, IF and OCOG using the Movement structure.

5 Marks

- Explain Olympism and the three Olympic values with school-life examples.
- Explain all five OVE themes.
- Describe development from Ancient Olympics to the modern Olympic Movement, including Coubertin, 1894 and 1896.
- Explain symbol, flag, motto, oath, anthem and flame.
- Explain Olympic Movement structure and the role of IOA in India.

14. MCQ Practice

1. The three core Olympic values are:

A. Excellence, Friendship, Respect | B. Speed, Power, Victory | C. Health, Strength, Skill | D. Courage, Discipline, Fitness

Answer: _____

2. Modern Olympism is strongly associated with:

A. Pierre de Coubertin | B. Victor Boin | C. Dr A.G. Noehren | D. Sir Dorabji Tata

Answer: _____

3. The IOC was constituted in:

A. 1892 | B. 1894 | C. 1896 | D. 1900

Answer: _____

4. The first modern Olympic Games were held in:

A. Paris | B. Athens | C. Rome | D. London

Answer: _____

5. Which OVE theme emphasises honest participation?

A. Fair Play | B. Friendship | C. Balance | D. Joy of Effort

Answer: _____

6. The current Olympic motto includes:

A. Communiter | B. Universitas | C. Pax | D. Gloria

Answer: _____

7. Communiter means:

A. Faster | B. Higher | C. Stronger | D. Together

Answer: _____

8. The supreme authority of the Olympic Movement is:

A. NOC | B. IOC | C. IF | D. OCOG

Answer: _____

9. The first Paralympic Games were held in:

A. Rome 1960 | B. Tokyo 1964 | C. London 1948 | D. Paris 2024

Answer: _____

10. The first Special Olympics International Summer Games were held in:

A. Rome 1960 | B. Chicago 1968 | C. London 1972 | D. Tokyo 1980

Answer: _____

11. The Olympic flag has:

A. Blue background | B. White background with the Olympic symbol | C. Green background | D. Five separate flags

Answer: _____

12. The IOA was established in:

A. 1920 | B. 1924 | C. 1927 | D. 1930

Answer: _____

15. Quick Revision, Mind Map and Answer Key

Topic	One-line recall
Olympism	Sport connected with education, culture, values and human development.
Core values	Excellence, Friendship, Respect.
OVE themes	Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance among Body, Will & Mind.
Pierre de Coubertin	Modern Olympic Movement; IOC 1894; Athens 1896.
First modern Games	Athens, 1896.
First Paralympic Games	Rome, 1960.
First Special Olympics International Summer Games	Chicago, 1968.
Olympic symbol	Five interlaced rings.
Olympic flag	White field + five-colour symbol at centre.
Motto	Citius, Altius, Fortius - Communiter.
Movement	IOC, NOCs, IFs, OCOGs and other members.
India	IOA; established 1927; Tata + Noehren founding leaders.

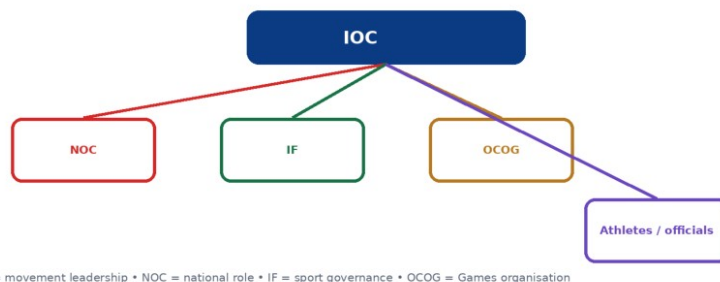


Figure 11. Unit 2 mind map.

Mind-map recall: Concept → Values → OVE → History → Ancient/Modern → Symbols → Movement → India → Exam.

MCQ Answer Key

MCQ	Answer	MCQ	Answer	MCQ	Answer
1	A	2	A	3	B
4	B	5	A	6	A
7	D	8	B	9	A
10	B	11	B	12	C

Matching: 1-D, 2-C, 3-A, 4-B. **Assertion-Reason:** Q1-(a), Q2-(a).

16. References and Publication Notes

The content scope follows the current CBSE Class XI Physical Education 2026-27 Unit 2. Historical and terminology checks were made against official Olympic Movement, Paralympic, Special Olympics and Indian Olympic Association sources.

Source	Use
CBSE Class XI Physical Education 2026-27	Current Unit 2 scope and prescribed topics.
Olympic Charter / IOC Olympic Studies Centre	Olympism, values, symbol, flag, motto, oath, anthem and Movement structure.
International Paralympic Committee	Rome 1960 and Paralympic history.
Special Olympics official history	Chicago 1968 and movement focus.
Indian Olympic Association official history/organisation	1927 foundation, Tata, Noehren and India's NOC role.

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Knowledge in Motion

Final study message Understand the topic, remember the important facts, recognize the visuals and practise applying the knowledge in examination-style questions.