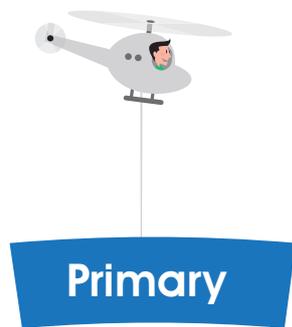
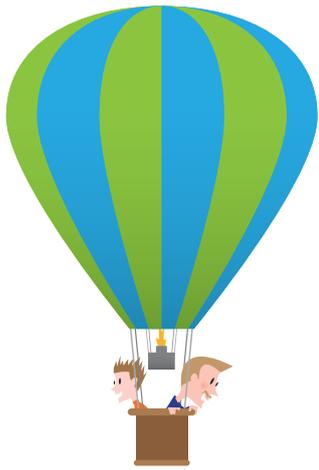


# 2012 Olympic Games and Paralympic Games

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





# Get ready to join the fun!

We're getting ready for the greatest show on Earth – the London 2012 Olympic Games and Paralympic Games! And we want you and your class to be part of the excitement and preparations.

The London 2012 Games will be an amazing festival of sport, culture, friendship and much, much more. We'll be welcoming athletes, supporters and visitors from over 200 countries around the world. Together, we'll see the very best people in every sport – the fastest runners, the highest jumpers, the quickest swimmers and furthest throwers.

There are lots of ways you can join in the fun leading up to the Games. You can:

- Learn about the Olympic Games and Paralympic Games.
- Find out what Values make a great sporting hero.
- Discover how people live, talk, work and play sports in other countries around the world.
- Make friends with children in other countries and schools.
- Get involved in your local community.

## Did you know...?

There are Values for the Olympic Games and Paralympic Games.

### Values of the Olympic Games

- EXCELLENCE
- FRIENDSHIP
- RESPECT

### Values of the Paralympic Games

- DETERMINATION
- INSPIRATION
- COURAGE
- EQUALITY

## Get Set – get involved

We want you and your school to be part of the fun and excitement of the Games – both in and out the classroom. To get great ideas and discover fascinating facts, check out the Get Set website:

<http://getset.london2012.com>

Get Set is the official London 2012 education programme for schools like yours. On the site, you'll find lots of games, fact sheets, videos and pictures about the Values of the Olympic Games and Paralympic Games.

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

# Top facts about the Olympic Games and Paralympic Games.

The original Olympic Games began in Greece a long time ago in 776 BC. The modern Olympic Games were started in 1896.

Since the modern Olympic Games began, the Games were held every four years. The time between two celebrations became known as an 'Olympiad'.

They were set up for people to do their very best in sport – but most important was joining in and taking part.

The Paralympic Games started about 50 years ago in the UK. They are for top athletes who have disabilities.

'Paralympic' comes from the Greek word 'para' which means 'beside'. The name means a competition held in parallel to the Olympic Games.

There will be 20 sports in the 2012 Paralympic Games which begin on the 29th August 2012. There will be 26 sports in the 2012 Olympic Games, starting on the 27th July 2012.

**Today, the Games are about joining in, having fun and doing our best.**

# Global Games: reaching out to the world.

The Olympic Games and Paralympic Games is a fantastic time for the different countries in the world to link together and celebrate sport and culture.

We can help you and your school make friends with children around the world, and find out how they live, learn and play.

Here are some helpful websites and information for you and your teacher to have a look at:

## *Global Gateway*

Find great ideas on working with schools in other countries. Learn more about different cultures, identity, diversity and communities.

[www.globalgateway.org](http://www.globalgateway.org)

## *Global Dimension*

Get fact sheets, pictures and video clips to help you learn more about things like climate change, poverty and fair trade.

[www.globaldimension.org.uk](http://www.globaldimension.org.uk)

## *Sports Zone*

Get together with a school in another country that has already hosted the Olympic Games and Paralympic Games. You can find out more about their life and experiences.

[www.globalgateway.org/2012](http://www.globalgateway.org/2012)

## *DCSF International School Award*

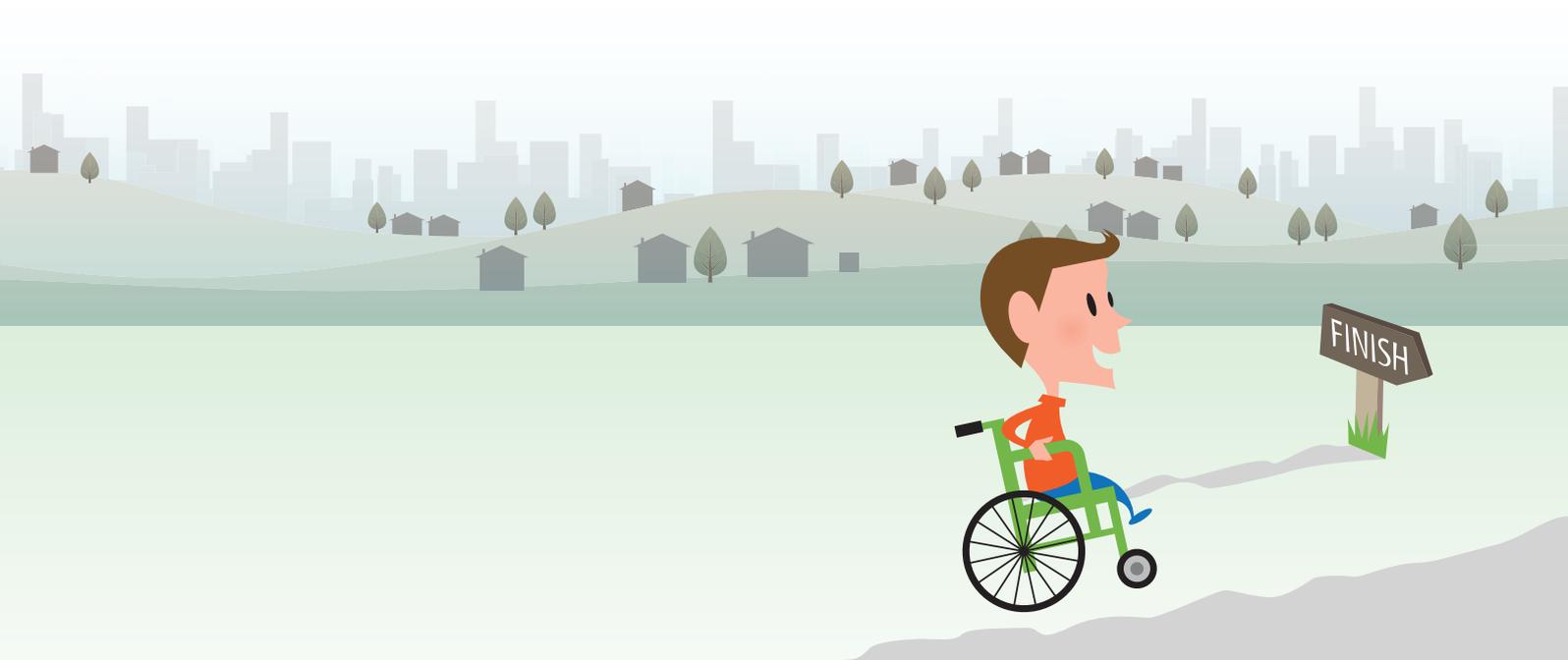
If you're already learning about different countries and cultures, your school could win this special award.

[www.globalgateway.org/ISA](http://www.globalgateway.org/ISA)

## *Welcome the World*

A campaign to celebrate the cultural diversity of languages – your class and school can show your support by signing up online.

[www.cilt.org.uk/pledge2012](http://www.cilt.org.uk/pledge2012)



# Live Active. Be Healthy.

Sporting heroes and athletes are some of the most active people around. They stay fit and strong by training hard and eating healthy, balanced meals – every day.

We want to use the London 2012 Games, and the athletes who compete at them, to inspire you to eat healthily and stay fit too. So, we're helping schools like yours promote good health and good food.

Want fun ideas to stay active and eat well at school and at home? Check out these websites:

### *School Food Trust*

Gives schools advice and ways to help them improve school dinners and snacks for pupils.

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

### *National Healthy Schools Programme*

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

[www.healthyschools.gov.uk](http://www.healthyschools.gov.uk)

### *British Heart Foundation*

An interactive site with fun animations, games, recipes and tips on healthy eating and exercise.

[www.bhf.org.uk/cbhf](http://www.bhf.org.uk/cbhf)

### *Live Well*

Read exciting stories from Olympic Games and Paralympic Games heroes to inspire people of all ages and abilities to get active.

[www.nhs.uk/LiveWell/olympics/Pages/Olympicshome.aspx](http://www.nhs.uk/LiveWell/olympics/Pages/Olympicshome.aspx)

## Did you know...?

More than 10,000 athletes will compete at the London 2012 Olympic Games and Paralympic Games. And over 8,000 people will be involved as officials and coaches.

## Quiz answers

A	M	S	I	P	A	L	R	A	P	O	O
D	I	A	T	O	R	A	L	T	L	O	O
A	Z	G	N	D	N	O	L	E	E	O	O
Z	H	O	H	L	Z	M	T	O	E	E	N
I	I	O	M	H	K	G	I	X	O	H	O
A	A	J	A	Z	J	X	X	O	O	O	O
Z	S	J	A	E	K	F	A	S	O	S	A
S	D	K	G	K	F	A	S	O	S	A	I
C	N	O	I	V	A	T	N	M	E	R	D
E	I	O	R	P	Y	D	A	V	O	O	R
I	P	U	P	A	T	N	N	N	N	P	A
M	R	T	T	O	L	A	L	E	I	S	G
A	X	E	D	T	K	F	T	S	C	E	S
T	T	M	M	D	J	G	O	X	T	P	B
O	M	A	T	L	U	O	E	M	A	V	E
P	X	V	P	M	S	G	B	H	D	S	J
I	P	A	G	U	I	D	E	A	N	D	E

1. Four 2. Olympiad 3. 20 4. 776 BC 5. Beijing 6. 10,000



# School Sport.

The London Olympic Games and Paralympic Games will bring the world's best athletes to the UK. We hope their skill and dedication will help inspire you to try new sports – from boccia and BMX to tennis and Taekwondo.

## What's your game?

The Government is working with partners such as the Youth Sport Trust in the run-up to 2012 to help you get active, try new sports or to take your talent to the next level. Here's how...

### Parasport

A new organisation, backed by the British Paralympic Association, which will help disabled people play sport.

[www.parasport.org.uk](http://www.parasport.org.uk)

### UK School Games

This is a yearly event to show off the country's most talented young able-bodied and disabled athletes at schools and colleges. The UK School Games 2008 in Bristol and Bath was a huge success and this year, the event will be held in South Wales from 3rd-6th September 2009.

It's a fantastic opportunity to watch and try a variety of sports, including athletics, badminton, fencing, gymnastics, hockey, judo, swimming, table tennis and volleyball. Check out the website for more details and updates: <http://www.ukschoolgames.com/home.php>

### Play England

Check out the booklet: *Making the most of London 2012 for children and young people.*

[www.playengland.org.uk](http://www.playengland.org.uk)

### Youth Sport Trust

The YST site contains ideas to help young people, parents, volunteers and teachers to do more with PE and sport.

[www.youthsporttrust.org/inspire](http://www.youthsporttrust.org/inspire)

### Sporting Champions

Want to meet a world-class athlete? This organisation can get a sporting champion to visit your school.

[www.sportingchampions.org.uk](http://www.sportingchampions.org.uk)



# Cultural Olympiad

## - be inspired by culture.

The London 2012 Games are not just about sport. In the run up to London 2012, we want you to celebrate art, music, film and theatre. And the Cultural Olympiad will help you do just that!

Here are the different things you could do at school and home:

### *Artists Taking the Lead*

Work with artists and the local community to create an inspiring piece of artwork in your hometown.

### *Film Nation*

You and your class can create and tell stories through digital media.

### *Discovering Places*

Discover new, exciting and hidden places and spaces in the UK.

### *Stories of the World*

Museums around the country will be showing off their collections in new ways and special venues.

Find out more about the 2012 Cultural Olympiad by logging on to: [www.london2012.com/get-involved/cultural-olympiad](http://www.london2012.com/get-involved/cultural-olympiad)



<http://getset.london2012.com>



# Other ways to get involved.

The London 2012 Games is a great opportunity to talk to different people from the UK and other countries. It's a chance to work together to understand how each other live, learn and play. But that's not all.

We've got a number of projects to help you learn new things and play a more positive role in your school, at home and in your community. So check out:

## **Who Do We Think We Are?**

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

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

## **The Pod**

Sustainability and regeneration will play a big part in the London 2012 Games.

To highlight major global issues such as climate change, EDF Energy – a London 2012 Sustainability partner – has launched the Pod. It's a website packed full of ideas and ways to help you cut down the energy and water you use at school, college and at home.

Join the Pod today at: [www.jointhepod.org/](http://www.jointhepod.org/)

## **In the classroom – links for your teacher**

Here's a list that your teachers may find useful for teaching and learning in the classroom linked to the Olympic Games and Paralympic Games:

## **Maths**

The second issue of Primary Magazine, published by the National Centre for Excellence in the Teaching of Mathematics (NCETM), focuses on the mathematics of the Olympic Games, with links to the Primary Framework.

[www.ncetm.org.uk/resources](http://www.ncetm.org.uk/resources)

## **History, Literacy**

The Nuffield Foundation's online primary history lessons include a unit on the Ancient Olympic Games with a strong literacy strand.

[www.primaryhistory.org/lessons](http://www.primaryhistory.org/lessons)

## **English, PE, PSHE, Citizenship**

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

[www.abilityvsability.co.uk](http://www.abilityvsability.co.uk)



# Test your knowledge in the ultimate activity zone.

## PART ONE

Find the words about the Olympic Games and Paralympic Games!

C	G	A	N	D	E	V	I	D	D	W	G	U	I	P	A
P	X	V	P	W	X	T	I	O	M	S	G	D	M	S	B
U	F	I	V	E	C	B	H	D	S	D	E	S	J	P	D
M	R	G	M	Y	E	Q	U	A	L	I	T	Y	M	T	O
I	B	F	I	P	L	X	G	Q	J	D	S	M	M	T	L
N	K	Y	N	Q	L	K	F	T	S	C	E	D	T	F	Y
S	S	G	K	L	E	I	L	Y	T	O	T	T	T	R	M
P	A	O	O	O	N	U	P	A	T	U	P	J	Y	I	P
I	T	R	O	V	C	Y	O	S	G	R	P	Y	D	E	I
R	U	D	E	T	E	R	M	I	N	A	T	I	O	N	C
A	J	J	O	S	X	T	K	F	Y	G	K	P	K	D	S
T	X	V	D	O	P	R	H	X	K	E	Y	J	Z	S	Z
I	D	H	J	O	X	E	G	J	Z	Y	J	Y	Y	H	Y
O	P	O	L	E	U	I	C	K	H	H	U	W	Q	I	J
N	Y	E	E	Q	L	M	Z	T	V	M	O	V	M	P	Z
O	O	O	G	L	O	N	D	O	N	J	O	G	Z	Y	Y
C	U	L	T	U	R	A	L	O	L	Y	M	P	I	A	D
O	O	P	A	R	A	L	Y	M	P	I	C	S	M	Y	Y

- CULTURAL OLYMPIAD
- OLYMPICS
- PARALYMPICS
- LONDON
- DETERMINATION
- INSPIRATION
- COURAGE
- EQUALITY
- FRIENDSHIP
- RESPECT
- EXCELLENCE
- GET SET



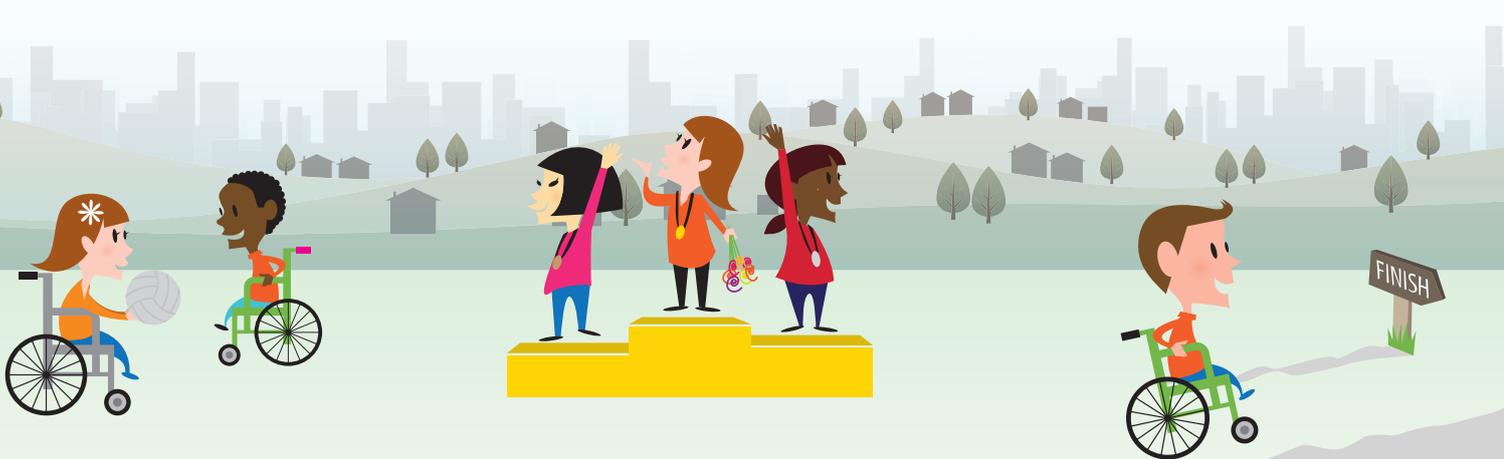
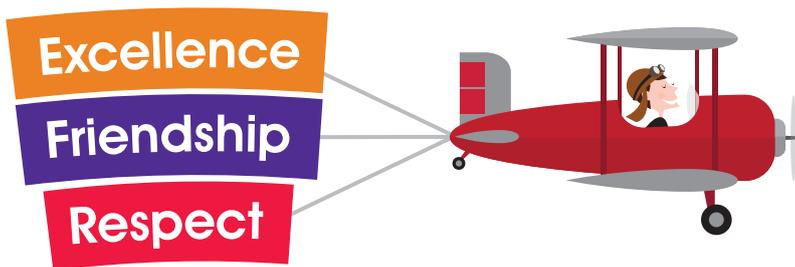
## PART TWO

To answer the questions, just fill in the gaps.

1. The Games are held every \_\_\_\_\_ years.
2. The time between two Olympic Games celebrations is called an \_\_\_\_\_.
3. There will be \_\_\_\_\_ different sports in the 2012 Paralympics.
4. The Olympic Games began in Greece in the year \_\_\_\_\_.
5. The last Olympic Games were held in \_\_\_\_\_.
6. More than \_\_\_\_\_ athletes will compete at the London 2012 Olympic Games and the Paralympic Games.

**Top tip: if you get stuck, you'll find all the answers in this booklet!**

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



A commitment from  
**The Children's Plan**



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