**Grade:** 10

**Date: September 21 – 25, 2020**

**Subject:** Physical Education

**Topic:** History and Development of Physical Education and Sports

**Sub-Topic:** History of Physical Education (Ancient Sports)

**Duration: 1 Week**

**Objectives:** By the end of the lesson’s students should be able to:

1. Understand the major Historical development of Physical Education and sports in Ancient Society (Ancient Greece, Rome, Renaissance period, etc.)
2. Identify similarities of events of Ancient and Modern-day sports
3. Examine and explain the Olympic Games (years city and country)
4. State the role and responsibilities of the IOC

**NOTES**

**History of Physical Education and Sports**

**Pre-Historic man**

In order to survive Pre-Historic people such as Taino’s, has to gather food and protect themselves. After a successful hunting trip, they celebrate by dancing, and playing cultural games. Theirs Lifestyle was very demanding and required them to have a level of physical fitness. They had to be able to run quickly, throw accurately and jumped a distance. Young Taino’s learn to these by observing and imitating the adults. They also play game that involve throwing spear, running, jumping, and fighting. They were participating in actual physical activity without know it.

**Ancient China**

People participate in regular physical activity such as Kung Fu, gymnastics that was developed to keep the body fit people also participates in archery, badminton, dancing, fencing and wrestling.

**Ancient India**

People participate in yoga, which involves being together in the body, mind and spirit, be observing and mimicking movement patterns of animals, they hoped to achieve the same balance with nature that animals seemed to possess. They recognized the health and benefits of yoga, which id define by series of other activity such as ball-throwing, racing, elephant riding, horseback riding, swordsmanship, wrestling, boxing, and dancing.

**Ancient Egypt**

Young boys were involved in a lot of physical education activities. They were thought to use various weapons of war such as bow and arrow, battle-axe, mace, lance and shield. they also participated in marching, running, jumping, and wrestling.

**Ancient Greece**

Physical education was an important part of every Greeks boy’s life. Every Greek boy participated in gymnastics, wrestling, jumping, running, javelin, discuss throwing, marching horseback riding, and hunting.

**Feudalism**

This period occurs between the 9th and 14th century. The boy who wish to become a knight would starts his training at age of 7, participated in boxing, running, fencing, jumping and swimming. At the age of 14 he will become a squire and participate in hunting, scaling walls, shooting with bow and arrow, running, climbing swordsmanship and horsemanship’s.

**Renaissance**

This period of history between 14th and 16th centuries is known as the renaissance. During this period attention was placed on the enjoyment of the present and development of the body. It was believed that learning could be enhance by good physical health.

The curriculum in schools included dancing, riding, fencing, swimming, wrestling, running, jumping and fishing. Some believed that physical education was good disciplining the body and that being in good physical condition helped children to better learn other subjects.

**Modern Era**

During the 17th and 18th century interest in physical activity and sports continued growing. In the latter part of the 19th century there was a great increase in physical activities, that evident to a number of modern-day sports such as netball, basketball and volleyball. The major events in modern sports during the 19th century was the revival of the Olympics Games 1896.

**What you know about Olympic Games?**

The first recorded Olympic Game took place in Athens, Greece in the year 776 B.C. It was held once in every four (4) years and includes event such as sprints and gymnastics. The spirit of the games as so great that wars would stop to ensure athletes could compete. The Games was stopped by Roman Emperor Theodosius in 393 A.D.

**Modern Olympic Games**

A French educator and historian Baron Pierre de Coubertin brought about the revival of the Olympic Games. He was fascinated with the ancient Greek philosophy and life style and believe that sports should be fundamental part of education. Hence, he found the modern Olympic games and introduced the idea of ‘Olympism’. His main aim was to create in the youth of the world an attitude of self -worth and dignity that would extend beyond the Olympic Games.

**1890 –** Baron Pierre De Coubertin organized and founded a sports organization

**1892 –** Baron Pierre suggested reviving the Olympic Games

**1894 –** Baron organized a meeting to discuss the revival of the Olympic games with 79 delegated from nine countries. They all was in agreement to revive the games and this was how the International Olympic Committee was created (IOC) to organized the games.

**1896 -**The First Olympic Games opened the first week of April in Athens Greece. Athletes competed in pole vault, sprints, shot put, weight lifting, swimming, hiking target shooting, tennis, marathon and gymnastics

**Click the link below to watch video**

<https://www.youtube.com/watch?v=7u8Pk3VpDV0>

**Table below shows the Years of Olympic games and the City/ Country that have hosted.**

|  |  |  |
| --- | --- | --- |
| **YEAR** | **CITY** | **COUNTRY** |
| 1896 | ATHENS | GREECE |
| 1900 | PARIS | FRANCE |
| 1904 | ST. LOUIS | USA |
| 1908 | LONDON | ENGLAND |
| 1912 | STOCKHOLM | SWEDDIN |
| 1916 | BERLIN (NO GAMES) | GERMANY |
| 1920 | ANTWERP | BELGUM |
| 1924 | PARIS | FRANCE |
| 1928 | AMSTERDAM | NERTHLANDS |
| 1932 | LOS ANGELES | USA |
| 1936 | BERLIN | GERMANY |
| 1940 | TOKOYO (NO GAMES) | JAPAN |
| 1944 | LONDON (NO GAMES) | ENGLAND |
| 1948 | LONDON | ENGLAND |
| 1952 | HELSINKI | FINDLAND |
| 1956 | MELBOURNE | AUSTRALIA |
| 1960 | ROME | ITALY |
| 1964 | TOKYO | JAPAN |
| 1968 | MEXICO CITY | MEXICO |
| 1972 | MUNICH | GERMANY |
| 1976 | MONTREAL | CANADA |
| 1980 | MOSCOW | RUSSIA |
| 1984 | LOS ANGELES | USA |
| 1988 | SEOUL | SOUTH CORA |
| 1992 | BARCELONA | SPAIN |
| 1996 | ATLANTA | USA |
| 2000 | SYDNEY | AUSTRALIA |
| 2004 | ATHENS | GREECE |
| 2008 | BEIJING | CHINA |
| 2012 | LONDON | ENGLAND |
| 2016 | RIO | BRAZIL |
| 2020 | TOKOYO | JAPAN (CANCELLED) |

**Olympic Charter**

The spirit of Olympism is reflected in the Olympic Charter, the Olympic Games Creed and Olympic Motto.

Olympism is a philosophy of life, exalt and combines qualities the body, mind and will. It is the blending of sport culture and education. Olympism seeks to create a way of life based on the joy in an effort educational value of good examples and respects the universal fundamental ethical principles.

**Olympic Creed**

The most important thing in the Olympic Games is not to win, but to have take part, it is not to triumph, but the struggle. The essential thing not to have conquered but to have fought well.

**Olympic Motto**

Citius, Altius, Fortius which means Faster, Higher, Stronger

**Olympic Mascots**

This was introduced in 1968, were an animal or human figure representing the cultural heritage of the host country.

**International Olympic Committee (I.O.C)**

The main purpose of the IOC is to contribute to the building, peace and a better world by educating the youths through sports participation without and discrimination of any kind in the Olympic games, Olympic spirts requires mutual understanding, friendship, solidarity, and fare play.

**Roles of the I.O.C**

* Is in complete control of everything to do with the Olympic games
* Work through Natural Committee in the countries working in the Olympic games.
* Selects the host city
* Ensure that the Olympic game take place regularly
* Strongly encourages woman in sports
* It up holds against doping in sports. (enforce rules)
* Solicit Sponsorship for the members of IOC

**Choosing Host City**

Host city is chosen through and internal election. Cities/ Countries submits application to be the host, and committee members are sent to various cities for inspection.

**Advantages of the Host City**

1. Increase the number of tourists
2. Improve stadiums, roads, hotels and build and improve other facilities
3. Increase of publicity of the city
4. Millions of dollars would be gain from tourist.

**Assessment/ Class Activity**

1. Which 3 years the Olympic games was held in the city of London?
2. Who revived the Olympic games?
3. In your own words explain the pre-historic man
4. Complete the table below, with sporting events that was done in each

|  |  |  |  |
| --- | --- | --- | --- |
| Renaissance | Feudalism | Ancient China | Ancient Egypt |
| Fishing |  |  |  |
| wrestling |  |  |  |
| Fencing |  |  |  |
|  |  |  |  |
|  |  |  |  |

1. State 2 advantages of the host city for the Olympic Games.
2. List 5 sports from ancient sports that are still sports in today’s society
3. What do the word Fortius mean?
4. List the city and country that the Olympic games where held in more than once and there years.