

THE BIRTH OF THE MODERN OLYMPICS

In the early seventeenth century, an "Olympick Games" sports festival was run for several years at Chipping Campden in the English Cotswolds, and the present day local Cotswold Games trace their origin to this festival. In 1850, an "Olympian" sports festival was begun at Much Wenlock in Shropshire, England, which also continues to this day as the Wenlock Olympian Society Annual Games. Later, similar events were organised in France and Greece, but these were all small-scale and certainly not international.

The interest in reviving the Olympics as an international event grew when the ruins of ancient Olympia were uncovered by German archaeologists in the mid-nineteenth century. At the same time, Pierre de Coubertin was searching for a reason for the French defeat in the Franco-Prussian War (1870–1871). He thought the reason was that the French had not received proper physical education, and sought to improve this. Coubertin also sought a way to bring nations closer together, to have the youth of the world compete in sports, rather than fight in war. In 1890 he attended a festival of the Wenlock Olympian Society, and decided that the recovery of the Olympic Games would achieve both of his goals.

In a congress at the Sorbonne University, in Paris, France, held from June 16 to June 23, 1894 he presented his ideas to an international audience. On the last day of the congress, it was decided that the first modern Olympic Games would take place in 1896 in Athens, in the country of their birth. To organise the Games, the International Olympic Committee (IOC) was established, with the Greek Demetrius Vikelas as its first president.

The total number of athletes at the first modern Olympic Games, less than 250, seems small by modern standards, but the games were the largest international sports event ever held until that time. The program for the Games included track and field, fencing, weightlifting, rifle and pistol shooting, tennis, cycling, swimming, gymnastics, and wrestling. The Games reached their high point on Day 11 with the first modern-day marathon. The idea to hold an event to commemorate the Ancient Olympic games was suggested by a friend of de Coubertin and was met with great anticipation. The race was run from Marathon to Athens (estimated at 22-26 miles), watched by more than 100,000 people and won by a Greek runner, Spiridon Louis.

The Greek officials and public were also very enthusiastic, and they even proposed to have the monopoly of organizing the Olympics. De Coubertin was pleased with the first games and stressed to organizers the importance of moving the Games all around the world. The IOC agreed and the second Olympic Games took place in Paris, France. Paris was also the first Olympic Games where women were allowed to compete.



THE OLYMPIC GAMES – FANTASTIC FACTS TRUE OR FALSE?

Read through the statements written below and put a tick in the box you think is correct.

- | | True | False |
|--|--------------------------|--------------------------|
| 1. The first Olympic Games took place in Olympia, Greece in 776 BC. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. The Olympic Games has been held every four years since 1896. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Women were allowed to compete in the Olympics for the first time in 1880. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Females were forbidden to even see the Games, in ancient times. The penalty for watching was death! | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. In ancient Greece competitors usually played naked. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. The Hoplitodrome was a chariot race. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Zola Budd, a South African long distance runner, competed in the Olympics barefoot. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Australia has won more Winter Games gold medals than any other country. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. The Olympic silver medal is made of 92.5% silver. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. The Olympic gold medal does not contain any gold at all. | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. The Olympic motto is 'Out of the strong came forth sweetness.' | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Ice hockey became an Olympic sport at the summer Games in Antwerp in 1920. | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Only America has competed in every modern Olympics since 1896. | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. The five interlocking rings that are used during the Olympics symbolise the five different sporting disciplines originally performed: athletics, swimming, gymnastics, weight lifting and wrestling. | <input type="checkbox"/> | <input type="checkbox"/> |

Task

1. Underline key points from the article
2. Write a summary of the information in **no more than 100 words**. Write in full sentences!
3. Challenge: challenge ourselves further! Sum up de Coubertin's aims for the Games in **5 words**?

'Just get up there and go for it'

World BMX champion Shanaze Reade shares the rush of her adrenaline-fuelled Olympic sport

BMX is the most readily accessible side of cycling for children, something Shanaze Reade found out long before she became a multiple world champion as a junior, before moving seamlessly through to the senior ranks to take the world title in Taiyuan, China last year.

Shanaze began riding down her local track in Crewe at the age of 10 on a bike hired for £1, wearing jeans and trainers.

"You can get a serviceable BMX for next to nothing, so it's probably the most affordable way into a sport if you are young," she says. If your clothing is loose and your bike works, the only must-haves are a helmet and a pair of gloves.

While BMX racing takes place on purpose-built tracks, you can go out and practice basic skills or simply mess about pretty much anywhere away from busy roads, making it one of the safest ways for children to get into bike riding.

"The age group structure means kids race when they are really young," says Shanaze. "And you don't have to go to the track. You can do the training where you like - a garden, a park or a backstreet. I do some of my training on the street behind my house.

"It's not only an Olympic sport, but an action sport. There's a thrill about it, an adrenalin rush when there are half a

dozen other riders on the track." And the thrills are not restricted to the riders. BMX makes spectacular watching as the riders whiz out of the start gate like unleashed greyhounds, zoom down the start ramp, fly over jumps and zip around the banked track.

With none of the baggage or history that goes with track or road racing, BMX shares a laid-back feel with the other cycling newcomer of recent years - mountain biking, "There's a really good social scene in BMX," says Shanaze. "At the races, we never stop talking to each other. It's like one big happy family. We all support each other: young kids, teenagers, everyone. I remember one race when I fell off and knocked myself out. Within seconds everyone was rushing over to see how I was. It's fantastic as a kid to be able to let your competitive instincts develop in such a warm, friendly environment."

Amid the friendship are thrills galore. "You get a real rush of adrenaline when the gate drops. You've only got 45 seconds to get to the other end, to get it all out. It's a power sport that calls for skills and nerve as well ... You don't have to go mad doing endurance training. You can just get up there and go for it."

The Guardian and Observer guides to getting fit with Britain's medal winners

Olympic fitness file

Tom Daley

Diver

Age 14

Weight 59kg

Height 1.64m

2008 Olympic record

8th in the synchronized 10m platform; 7th in the individual 10m platform

Target for 2012

“My dream is a gold. With a lot of work, and if I dive as well as I can, I hope to achieve that dream ...”

I started swimming at the age of three, and I played a few different sports at school – football and rugby – but I wasn’t very good at them and didn’t enjoy them. Then I wasn’t very good at them and didn’t enjoy them. Then I went to a public diving session and really loved it.

I started diving at the age of seven. Being in the Olympics was fantastic and, because I am the youngest, all the other athletes looked out for me and treated me like a little brother.

I don’t have a strict training diet – I just have to be sensible about eating, although sometimes I sneak in some ice-cream. I love ice-cream and Haribo – I snack on them in between competitions to keep my energy levels up.

People stop and ask me for autographs where I train in Plymouth, and all around the country. And I get fan mail from girls, and girls taking photos of me when I’m out of town.

I’m still at school at the moment, but I’m managing to balance the two by coming straight home from school and starting my homework before training. In my spare time I like to relax with my family and friends – maybe go out for a meal or something.

My typical week

Monday

5.30-9pm: I start with a warm-up game of ‘wall tennis’ with my coach (playing squash with your hands), then I start weight conditioning. This involves sit-ups (three sets of 10 reps) and weights. With weight training, I can’t lift over my body weight because I haven’t stopped growing yet. Then I’ll practice somersaults on a harnessed trampoline in the gym. This is followed by a series of dive-specific stretches and pool work on the 5m diving board.

Tuesday

5.30-8.30pm: Wall tennis warm-up, weight conditioning, then gymnastics and trampoline work to develop my take-off technique and somersaults, before doing them pool-side. Once I’m in the pool, I start work on the 5m board and I can either do dive repetitions at this height, or work my way up to the 10m board.

Wednesday

5.30-8.30pm: as above

Thursday

5.30-8.30pm: again it’s the same sort of session. I will vary training throughout the week by adding in dry-land sessions (improving take-off technique with a springboard and crash mats.)

Friday

Start training after school from 3-15-6.45pm. I follow the same regime as above.

Saturday

Training from 9am-12noon. Afternoon off.

Sunday

Day off.

Task

1. Read the two articles above.
'Just get up there and go for it' by Shanaze Reade

AND

'Olympic Fitness File' by Tom Daley

2. Complete table with information you have read from both articles.

	Shanaze Reade	Tom Daley
When did they start their sport?		
How much training do they do?		
Why do they enjoy their sport?		
What do they hope to achieve in the future?		

Tom Daley blamed by partner for diving failure



Daley shows the strain as last place looms
Picture by Owen Slot, Beijing

Tom Daley not only underperformed in the 10 metre synchronised diving today but he was blamed afterwards by his partner, Blake Aldridge, for letting him down.

"I didn't blow anything and so I can go home happy with my performance," Aldridge said, "but unfortunately it's a partnership, you both have to be on the top of your game. I wasn't on the top of my game but Tom was nowhere near the top of his."

Daley and Aldridge finished last in the eight-man field earlier today when they had been expected to finish sixth with a long-shot chance of a bronze. "I knew we were capable of a medal but I knew it would depend on how Tom performed. But I outdived Thomas today and that's not something that normally happens and that, to me, is because Tom had a lot more pressure on him than I did. Tom was very nervous; more so than ever before and I think he really struggled to get through the competition."

Had all the publicity made it harder for Daley? "Certainly," Aldridge said. "I think that's the sole reason why it went the way it did. I'm not disappointed with *my* performance today at all."

Aldridge also said that he had been trying to calm his partner but that, between the fifth and sixth dives, Daley had "had a pop" at him. "When were sitting down," he explained, "I saw my Mum in the audience and I asked her to give me a call and Tom went to me 'Why are you on the phone? We're in a competition, we've got another dive to do.'"

Aldridge's interpretation of this was that "that is Thomas over-nervous; that is how it was today. Thomas should not be worrying about what I'm doing; today he was worrying about everyone and everything and that to me is the sole reason why he didn't perform today."

The Tom Daley story will get better and better. But today in Beijing's Water Cube was just one of the early chapters.

There is a nice intimate atmosphere here by the diving pool. At poolside were Team GB, the coaches, and next to them, other members of the diving squad, waving flags and taking video as if they were fans. Not far behind them was Gerry Sutcliffe, the sports minister, and Tessa Jowell, the Olympics minister.

When Daley and Aldridge walked out to be introduced, he still looked as if he was here having an exciting day out. The way his youth has managed to shut out concepts like pressure and expectation appeared to have taken him all the way to the pool deck. Then, immediately before the competition started, the TV cameras caught a splendid picture of the pair of them laughing together in the shower.

So that was all very nice indeed. And then it all began, reality hit and the "Boy's Own" story was quietly closed. It was then that you had to remind yourself that the reason that Daley has occupied more column inches than any other member of the British team is because he is a 14-year-old. Not because anyone expected him to win. Not that anyone expected them to get a medal either. The best bet was a bronze. The hype, which may have been a trifle misleading, was a celebration of his youth and potential, not remotely his ability to deliver here. Daley's achievements are still astonishing, but they are not to do with what he might win here, but the fact that he got here.

Daley and Aldridge stayed in touch for bronze medal contention for just two rounds and then the competition just started going away from them. After three rounds they were in last place, thereafter their competition was with the Cubans for seventh.

They lost that. And Daley may well lose plenty more before the winning on a stage like this begins.

Task:

3. Is the article fair in its portrayal of Tom Daley? Why or why not? Answer in full sentences in a paragraph. Using evidence from both articles.
4. What sort of pressures do athletes have?
5. Is this fair?



Adlington storms to second gold



Britain's Rebecca Adlington set a new world record as she clinched her second swimming gold medal in Beijing with victory in the 800m freestyle.

The 19-year-old, who won gold in the 400m freestyle on Monday, destroyed the rest of the field as she finished 2.12 seconds inside the previous world best.

Italy's Alessia Filippi claimed the silver while Lotte Friis of Denmark finished third. Cassie Patton, the second Brit in the final, finished eighth.

Adlington became the first British woman to claim gold since Anita Lonsbrough in 1960 with her 400m freestyle victory, and success in the 800m freestyle makes her the most successful British swimmer of the last 100 years.

If that was not enough, she made more history by smashing swimming's longest-standing world record. The world 800m best set by Janet Evans of the United States was done so in 1989, the year Adlington was born.

Having set a new Olympic record in qualifying for the final, Adlington was favourite to emerge victorious.

She snatched victory with the last touch in winning her first medal at the Water Cube on Monday, but had no such problems on Saturday.

The first 100m saw Adlington pushed all the way by Camelia Alina Potec who, after 50m, turned in the lead. By 200m the pair were clear of the field and soon Adlington began to pull away from the Romanian. At the halfway mark, she was in a race all of her own and her rivals had no answer as she stayed under world record time for the entire race, eventually finishing six seconds ahead of her nearest rival.

Adlington overwhelmed by second gold

"I absolutely can't believe that has happened. I knew when I touched I had won and that was a great thing because I was just going for gold," she said.

"I didn't expect that record at all. It has always been a goal of mine but I never really expected it at this moment in time.

"To do it now and to do that time, it hasn't sunk in yet.

"This is just everything I have ever dreamed of and I'm so glad the hard work has paid off."

Her success in winning two golds in Beijing equals the best performance by a British woman at a single Olympics, following Dame Kelly Holmes's 800m and 1500m victories in Athens four years ago. And she feels her achievements in Beijing are just reward for the effort she has put in during training.

"There are times when you don't even want to drive home, you just sit on the side of the pool.

"You just have to push yourself. You are pushing your body every single session.

"It is so nice for it finally to pay off. But I will be back training in no time."

Meanwhile, Francesca Halsall failed to reach the 50m freestyle final after finishing seventh in her semi-final in a time of 24.80secs. Britta Steffen, Marleen Veldhuis, Libby Trickett, Hinkelien Schreuder, Kara Joyce, Aleksandra Gerasimenya, Dara Torres and Cate Campbell all qualified for Sunday's final.

Halsall said "It's been great experience and I've learned a lot ahead of the London 2012. I've still got the relays to come and that's going to be close.

"I'm still young and I've got loads I can improve on."

"Adlington swims around 80km a week and gets about £8k a year from UK Sport - it's not glamorous and it's not lucrative"

'It's all sleeping, training, driving and occasionally finding time to eat ...'

Rebecca Adlington, Britain's most successful Olympic swimmer for a century, reveals the sacrifices behind her triumph

It's a tough life being a competitive swimmer. Throughout my secondary school years, I was getting up at 5am and being driven by my mum to training before and after school, doing my homework in the car before crashing into bed when I got home.

These days I train for four hours a day, six days a week, doing 10 pool sessions in total. On top of that I have physiotherapy, massage and strength training. There are no luxuries in training terms when you reach the top. I am still up at 5am, training 6am-8am and again in the afternoon. In the week I get home at 7.20pm, grab something to eat, watch a bit of TV and then crash. It's all sleeping, training, driving and occasionally finding time to eat. That's what my life is about. I relax at the weekends by shopping, seeing my boyfriend or catching up with friends. It's all very normal and perhaps not what people might expect.

People often ask why I chose

anywhere other than the hotel room and the pool.

Your life is so structured as a top athlete - you have to watch what you eat, how much you sleep - that you look forward to little things that other people take for granted. After I won my second my second gold medal in the 800m in Beijing, things went mad. I swam in the morning, yet didn't leave the pool building until about 3pm. My parents had come out to watch the race, but I only saw them for an

young age, my parents took us all for swimming lessons. Both my older sisters, Laura and Chloe, showed promise and joined the local club, Sherwood Colliery. When I was seven, I just followed them as little sisters do, and spent the next couple of years trying to catch up even though they were two and four years older than me. When they were in the fast lane, I wanted to be there. Both of them swam to a very good standard, reaching the national championships. I did my first race for the club when I was nine, and was hooked.

By the age of 12 I was showing real promise and joined a bigger club in Lincoln, about an hour from my home. Those years were really tough for my mum, who was taxi service for me. I ate breakfast out of a Tupperware box and missed a lot of school because of the demands of traveling. I knew I was a lot busier than my school friends, but I never considered it a sacrifice. I just loved

hour as I was dashing about to press conferences and things. I was absolutely starving and the only thing I could get hold of to eat was a McDonald's. Oh my God, it was heaven. I was thankful to get my hands on that burger. All I eat when I am training and competing are things like pasta and plain chicken. Believe me, nothing had ever tasted as good.

I've been astounded by the amount of attention I've attracted since Beijing. Swimming doesn't get much

represented Great Britain at the 2003 European Youth Olympics in Paris and came back with two silver medals. We were all a bit shell-shocked. I suppose it was then that my talent was recognized, and I joined the Nottingham swimming club under the guidance of Bill Furniss, who is still my coach.

By the time I did my GCSEs I was training considerably harder. I found it difficult to juggle the demands at that point - in fact, in 2005 I came down with mild glandular fever. I mistakenly thought it was just tiredness and kept pushing myself in training. It turned into post-viral fatigue and I took a while to get it over it. You really need to look after yourself properly at this level.

It never crossed my mind to give up swimming as I love the sport so much, but I am compiling a list of things I'd like to do when I stop competing. I'd love to go skiing. I've never been in case I get

media coverage so to be suddenly in the headlines was quite a shock. I'd won medals at championships before, but in most people's minds, nothing compares to the Olympics.

It's all great fun, but swimming remains my focus. My aim was always to do well at London 2012 and that goal remains. I owe it to myself and my family to be at my best there.

A week in the life of Rebecca Adlington

Monday

7.30-10am: first swim of the week - I'll do anything between 3000 and 7000m in the Olympic pool at Nottingham University. Then I'll go home to have breakfast and rest.

3-5pm: Back in the pool: 30-minute warm-up swim, followed by 3000m at a good pace. Warm-down using pull-buoys and floats.

5.30-7pm: strength training.

Tuesday

6-8am: High-intensity pool session of up to 3000m.

5-7am: Aerobic session - up to 8000m steady swimming for endurance training.

Wednesday

AM: Rest.

3-5pm: Pool session of up to 3000m plus 30-minute warm-up and warm-down swims before and after.

5.30-7pm: Weights in the gym next to the pool.

Thursday

6-8am: Another swim of around 3000m plus warm-ups and warm-down swims.

5-7pm: Aerobic session - up to 8000m endurance training.

Friday

6-8am: Swim of around 3000m plus warm-up and warm-down swims.

5-7pm: Aerobic session - up to 8000m steady swimming for endurance training.

Saturday

7-9am: Pool session of 3000m with 30-minute warm-up and warm-down using floats and pull-buoys.

Pm: rest.

Sunday

Rest day: Sleep until 10am and then just relax!

The Guardian and Observer guides to Getting fit with Britain's medal winners

Task

1. What makes someone want to be an Olympic athlete?
2. What barriers exist for Olympic athletes achieving their dream?
3. What sacrifices do you have to make to become an Olympic athlete?
4. What qualities are needed to make it as an Olympic athlete?
5. Challenge: Choose 3 – 5 adjectives to sum up the qualities/characteristics you would expect to find in an Olympic gold medallist.

6. Using this a KWL grid, research one of the olympians you have read about so far. Complete KWL grid.
 Using the KWL grid, fill in what you **K – Know** already about your chosen Olympian.
 Fill in what you **W – Want** to know about your chosen Olympian.
 While conducting your research to record things you **L -Learn** about your chosen Olympian.

NO copying and pasting! You need to SKIM and SCAN

What do I <i>know</i> about this person?	What do I <i>want</i> to know about them?	What have I <i>learnt</i> about them?

7. Complete an Olympian profile using the template below, by adding all information you have gathered from KWL.

Olympic Hall of Fame Template

Name:	
Born:	
Birthplace:	
Nationality:	
Sport:	
Sporting Achievements: (Records, medals, personal bests, etc.)	
Olympic Achievements:	
Event(s):	
Medal(s):	
Year/Country:	
Summary of sporting career:	

Mr President, Members of the IOC

To make an Olympic champion takes millions of young people around the world to be inspired to choose an Olympic sport. In the past, London and the Olympic Movement have come together when there were serious challenges to be faced. In 1908, London delivered the Games and the first purpose-built Olympic Stadium to the tightest of the schedules. In 1948, our predecessors re-united a devastated world through sport. And their legacy was the first volunteer programme, an idea still at the heart of the Games.

Today, London is ready to join you in facing a new challenge. And to provide another enduring sporting legacy. Today's challenge is tough. Its more complex. We can no longer take it for granted that young people will choose sport. Some may lack the facilities. Or the coaches and role models to teach them. Others, in an age of 24-hour entertainment and instant fame, may simply lack the desire. We are determined that a London Games will address that challenge. So London's vision is to reach young people all around the world. To connect them with the inspirational power of the Games. So they are inspired to choose sport.

I'm delighted we have with us today representatives of the next generation. Here on stage, Amber Charles, an emerging Basketball player. Amber delivered our Candidate File to Lausanne last year. And in the audience, 30 of her contemporaries, aged from 12 to 18. Why are so many here, taking the place of businessmen and politicians? Its because were serious about inspiring young people.

Each of them comes from east London, from the communities who will be touched most directly by our Games. And thanks to London's multicultural mix of 200 nations, they also represent the youth of the world. Their families have come from every continent. They practice every religion and every faith. What unites them is London. Their love of sport. And their heartfelt dream of bringing the Olympic Games to our city.

Task

1. When would we need to use persuasive writing?
2. Using the 'Key Features of Persuasive speech' try to identify as many examples in Coe's speech as possible.
3. How many does he use?
4. When does he use them?
5. How is his speech effective? How does he use language for effect?
6. Challenge: Write a PEE or PETER paragraph in which you explain why Coe's speech is an effective example of persuasion.



The Olympic Games and Paralympic Games can rightly lay claim to be the greatest show on earth. They are a unique event and thrilling experience for competitors, spectators, volunteers and the billions watching on television across the world. For the world's best athletes, it is the pinnacle of their ambition. They leave a host of indelible memories but also long-lasting benefits for the cities and countries that host them.

The Olympic Games were last held in London in 1948. Fifty-six years later, I am proud to be part of the campaign to bring them back in 2012.

Bringing the Games to London would be good for the capital, good for the whole country and would provide the Olympic Movement with an outstanding and memorable Games.

Just as England's World Cup victory last year has led to a tremendous surge of interest in rugby at all levels, so a London Olympics would be an unparalleled boost for sport throughout the UK. By encouraging the young and the not-so-young to take up sport, it would help us produce the champions of the future and, importantly, a healthier and fitter population.

But as well as being a wonderful sporting and cultural festival, the Games would also deliver practical benefits for the capital and the country. They would drive the environmentally-friendly regeneration and rejuvenation of East London, give a huge boost for tourism across the UK and provide thousands of new opportunities for work and volunteering.

London's bid to host the 2012 Olympic Games and Paralympic Games is outlined in this brochure.

The proposals are truly exciting and take full account of the needs and views of athletes, local communities and the Olympic Family. They provide an excellent foundation for Barbara Cassani and her team to convince the world of the strength and attractiveness of London's bid.

I am proud to support the bid and to give the Government's full backing to London 2012.

Tony Blair

Rt Hon Tony Blair MP



Task

1. Complete table below

2. Challenge: What makes an effective information leaflet?

ANALYSING TEXT TYPES

Purpose <ul style="list-style-type: none">▪ What is its purpose?▪ Who is it for?▪ How will it be used?▪ What kind of writing is therefore appropriate?	
Text Level <ul style="list-style-type: none">▪ Layout (e.g. large fonts, diagrams/illustrations, headings, subheadings)▪ Structure/organisation (e.g. bullet points, paragraphs)▪ Sequence (e.g. chronological, non-chronological)	
Sentence Level <ul style="list-style-type: none">▪ Viewpoint (e.g. first person, third person)▪ Main tense (e.g. past, present, future)▪ Typical sentence structure and length (e.g. short and clear, long and complex)▪ Typical connecting devices (e.g. words showing chronological order: first, next, etc)	
Word Level	

- | | |
|---|--|
| <ul style="list-style-type: none">▪ Specialised vocabulary▪ Elaborate or simple vocabulary choices | |
|---|--|