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# THE OLYMPICS AWARD

# Who am I

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Hello friends, my name is Jessica Lewandowski

and I am based in Leeds

North Yorkshire in the North of England.

I enjoy challenges and this is why I like the

Olympics. I wanted to present on fitness however

That was already done so Olympics was a second

Perfect fit for me. Hope you enjoy.



# Outcome:

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- 1) What are the Olympic games?
- 2) When and where did they originate?
- 3) Learn about the two types of Olympics;
- 4) Learn what the Olympic colours stand for;
- 5) The Olympics' motto and creed;
- 6) Learn about the torch and flag;
- 7) Learn about II Timothy 4:7 and what it means;
- 8) Learn about I Corinthians 9:24-26;
- 9) What is our spiritual fitness plan?

# What are the Olympics?

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International sporting event

Competitions between countries

inspired by the ancient Olympic Games

Summer and winter sports

Held every 4 years

Alternate between summer and winter games every two years

Winners are ranked 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>

# How did the Olympic games begin?



The first Olympic games date back to 776 BC at a site called Olympia in Southern Greece.

The Olympics were a Religious event, the athletes competed to Honour Zeus, the King of the Ancient Greek gods.

Duelling city states would declare truces so their athletes could take part in the Olympics.

Events include: sprinting, wrestling, chariot racing, pankration which is an ultimate fighting style sport.

Only men were allowed to compete, however there was a smaller festival for women athletes. The women's games were dedicated to Zeus's consort, Hera.

The ancient games ended in AD 394, when the Christian Emperor Theodosius I ended all pagan festivals.

# Do we still have Olympic games?

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Yes we do!!

In **1896** the games were revived in **ATHENS**

In 1924 the winter Olympics were introduced (figure skating, hockey, bobsleighbing and many more)

Today we alternate between the winter and summer Olympics ever two years. Which means we have the Olympics every four years.



Here are some of the summer games.  
Can you guess any of the games below?



# And some examples of Winter Games. Can you guess any of these games?

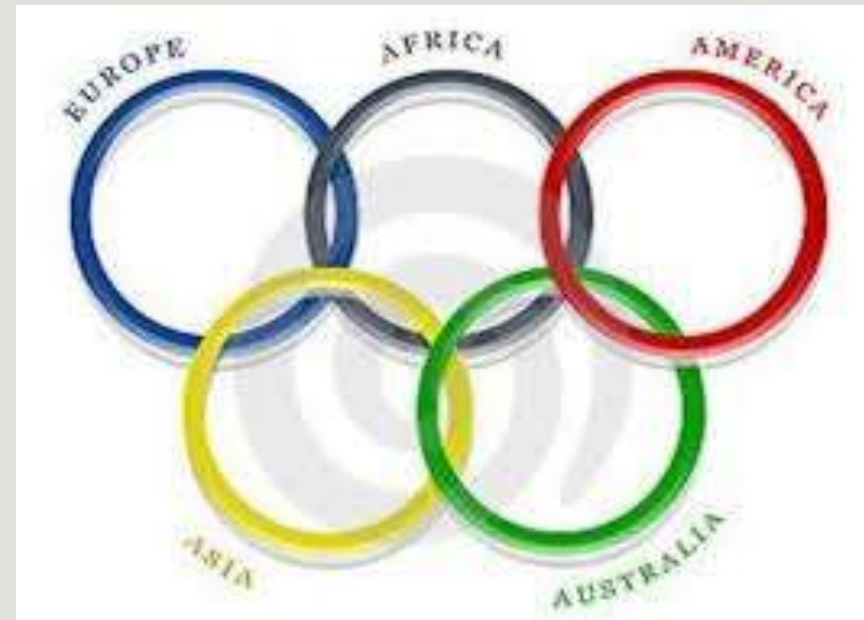
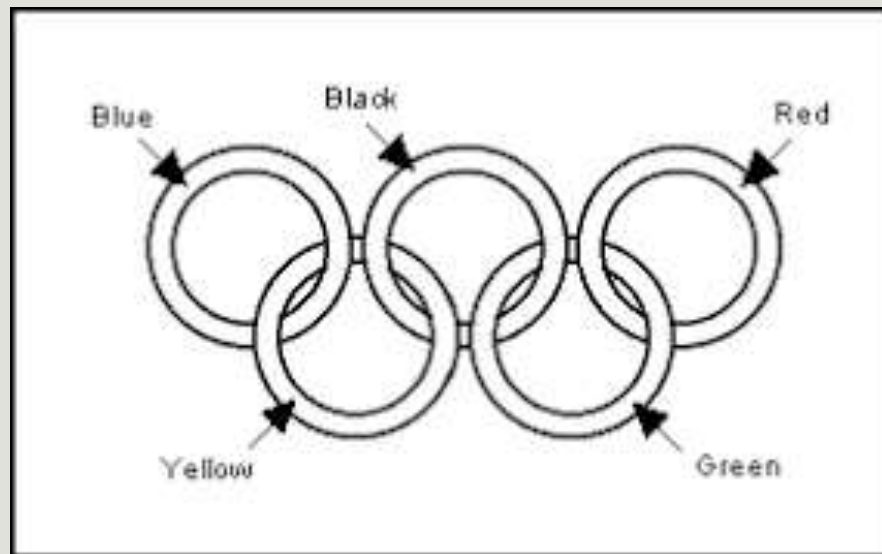




# The Official Olympic Flag / Banner

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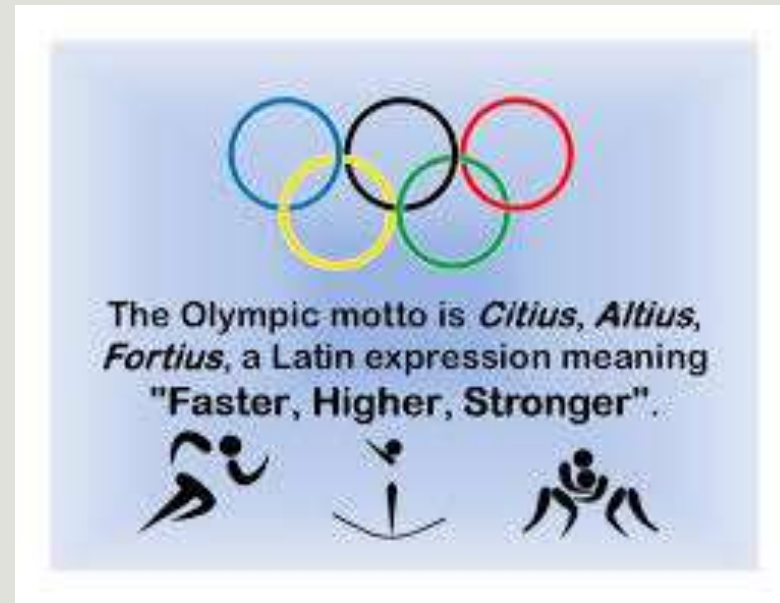
The Olympic flag has five rings that loop around each other. The rings sit on a white background. The five rings represent five continents and are linked together to represent the friendships from these international competitions. The rings, from left to right, are blue, yellow, black, green, and red. The colours were chosen because at least one of them appeared on the flag of every country in the world. The Olympic flag was first flown during the 1920 Olympic Games



# The Olympic Motto and Creed

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The **motto**, introduced in 1924, it is meant to encourage the athletes to embrace the **Olympic** spirit and perform to the best of their abilities.



The **Olympic motto** consists of the Latin words Citius, Altius, Fortius , which means "Swifter, Higher, Stronger."

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Olympic Motto

**Swifter, Higher, Stronger**

Olympic Creed

The most important thing in the Olympic games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.

# Do you know what the Olympic Torch means?

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The Olympic Torch is a practice continued from the ancient Olympic Games

A flame was lit by the sun and then kept burning until the closing of the Olympic Games.

The flame itself represents a number of things, including purity and the trying for perfection.

The Olympic flame is lit at the ancient site of Olympia by women wearing ancient-style robes and using a curved mirror and the sun. This flame begins its Olympic Torch Relay by touring Greece.

The flame is normally taken to the country where the games will be held.

The Olympic flame is lit at the ancient site of Olympia by women wearing ancient-style robes and using a curved mirror and the sun. This flame begins its Olympic Torch Relay by touring Greece. The flame is normally taken to the country where the games will be held (usually by airplane).

The flame is then put out during the closing ceremony. A new Olympic torch is designed for each of the games.





# Is there another type of Olympics?

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# What does Paralympics Mean?

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The word “**Paralympic**” comes from the Greek word “para” (beside or alongside).

Its **meaning** is that **Paralympics** are the parallel Games to the Olympics and show how the two games exist side-by-side.



When were the Olympic games due to be held?

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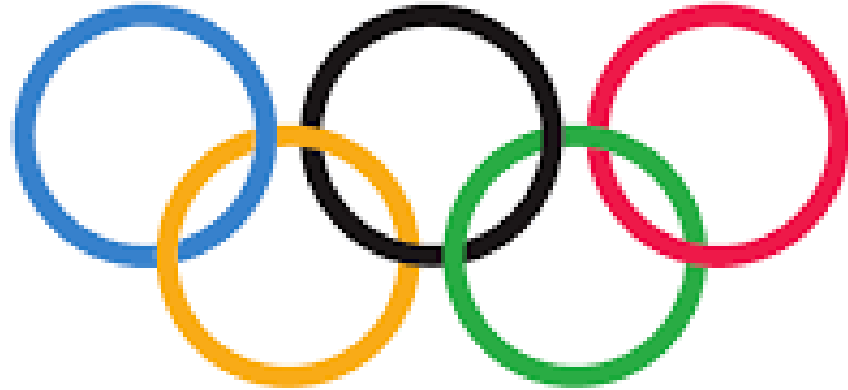
Did we have the Olympics this year?

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Which country was due to host?

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**TOKYO 2020**



# Create your own Olympic games at home

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The Egg and spoon race

Relay

High jump

Long jump

Swimming

Backward race

and many more fun exciting games.

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Do you remember what colours make up the Olympic ring? Answers in the chat please

At home you will need to make your own paper colour chain. You are perhaps use the chain as the ribbon across the finishing line on one of the races at home. Or you could use it as a garland to decorate the winner of their home-made Olympics!

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# How about the Bible? Can you find a text that talks about races?

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## **II Timothy 4:7 KJV**

*I have fought a good fight, I have finished my course, I have kept the faith;*

*What fight is God talking about?*

*What race has been finished?*

*What does He mean by keeping the faith?*

Answers in the chat please..



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Who in the New Testament talks about running a race?

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# How about I Corinthians 9:24-26

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Write in the comments your understanding of the verse

<sup>24</sup> Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

<sup>25</sup> And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

<sup>26</sup> I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

# The spiritual fitness plan:

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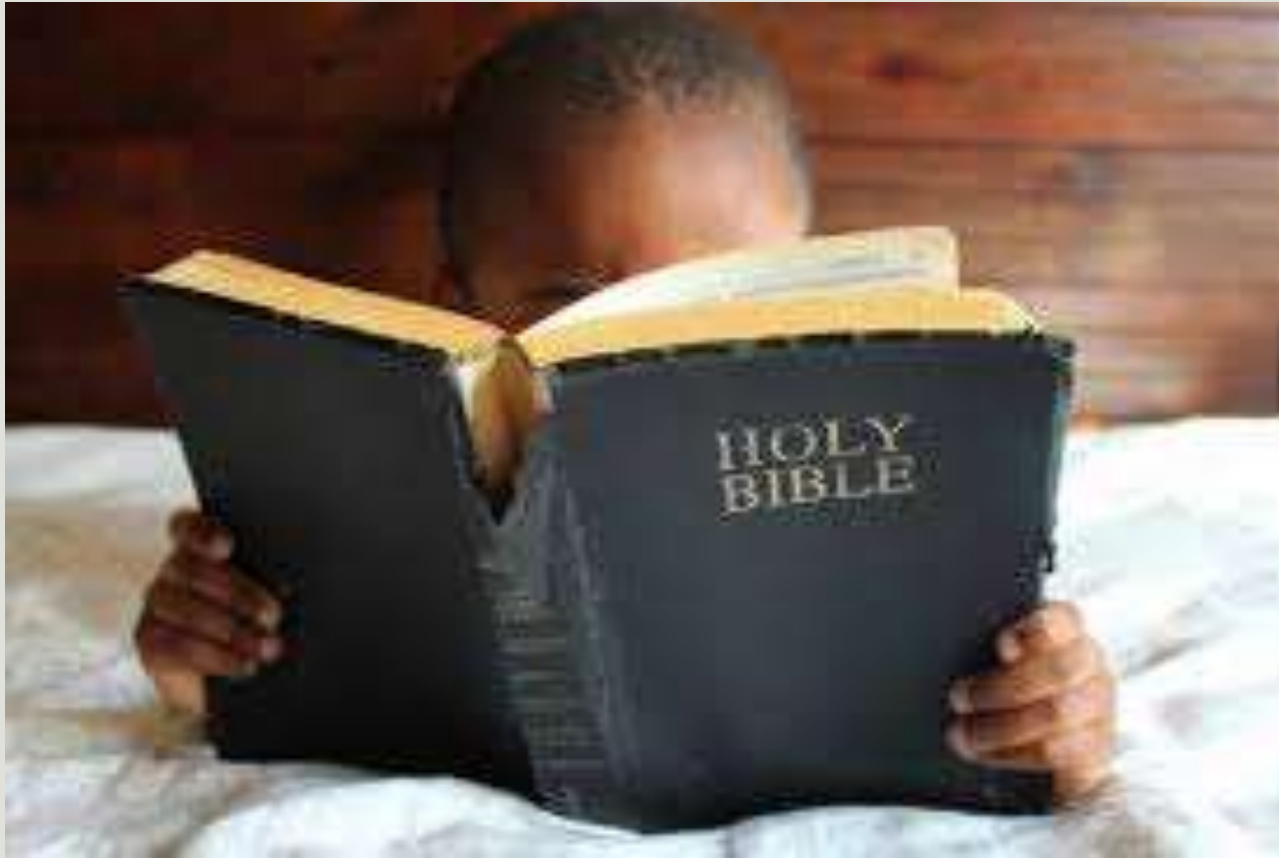
In the Bible, Paul writes about athletes who train hard. The athletes don't just want to be fit. They want to win! Use the five spiritual fitness steps to train yourself spiritually.

What are some ways you can be fit both physically and spiritually? Answers in the chat



1) Read your Bible and think about what God says.

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2) Spend time in prayer every day.

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3) Pray for others who need special help.

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4) Do at least one loving thing for someone each day.

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5) Try to please God in everything you do.

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# Recap!

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- What are the Olympics?
- Where were they were first held?
- When were they first held?
- Where will the next Games be held?
- Name 5 games that are played at the Olympics?
  - Winter games and Summer Games

# Memorize II Timothy 4:7 and fill in the blanks

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I have ..... the good ....., I have finished the ....., and I have

remained .....

# Who in the New Testament talks about running a race?

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The name starts with the letter



# What does I Corinthians 9:24-26 say?

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*24 Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.*

25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.

26 Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air.

# Can you remember the 5-part spiritual fitness plan?

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Read your Bible and think about what God says.

Spend time in prayer every day.

Pray for others who need special help.

Do at least one loving thing for someone each day.

Try to please God in everything you do.



Thank you for listening and completing your Olympics Award. God Bless x

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