



SECTION 3

OLYMPIC PHYSICAL ACTIVITIES

These cooperative and competitive physical activities were chosen to help reinforce the 12 values and attributes. The concepts of passion, vision and action are also evident within these activities.

By working through these activities, youth will get a better understanding of four core Olympic values:

- Camaraderie
- Challenge
- Competition
- Global unity

In addition, youth will gain experience with the following attributes, which are key elements found in all of the four core values:

- Achievement
- Fair play
- Feedback
- Focus
- Goal setting
- Performance
- Willpower
- Work ethic