OLYMPIC VALUES EDUCATION PROGRAMME

# THE ROAD TO DAKAR 2026

## OLYMPIC VALUES ACTIVITY SHEETS












Developed by OVEP for Olympafrica Centres on the road to the Dakar 2026 Youth Olympic Games™

# THE ROAD TO DAKAR 2026

## OLYMPIC VALUES ACTIVITY SHEETS

These Activity Sheets have been created for use in Olympafrica Centres to strengthen Olympic values teaching and build anticipation for the Dakar 2026 Youth Olympic Games™. They offer simple and adaptable activities that are easy to implement across diverse contexts and learning environments.



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2026
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# WELCOME AND INTRODUCTION

## Welcome to the OVEP × Olympafrica × Dakar 2026 Youth Olympic Games™ Activity Book

This activity book is designed especially for youth leaders across Africa to bring the Olympic values of Excellence, Friendship, and Respect to life through engaging, simple, and adaptable activities. Whether you work in a community centre, manage a classroom, or train in an outdoor space, these activities can be implemented with little or no equipment, for groups of any size, and in a variety of settings.

As we look ahead to the historic Dakar 2026 Youth Olympic Games – the first Olympic event ever hosted on the African continent – this book will help you inspire and engage young people through the power of sport and the Olympic values.

Together, let's empower young people across Africa to live out the Olympic values and become champions both on and off the field of play.

# FOREWORD

## by the President of the International Olympic Committee



Sport has the power to inspire, to unite, and to open hearts and minds. These ideals lie at the very core of the Olympic Movement and they take on special meaning as we look ahead to the Dakar 2026 Youth Olympic Games, the first Olympic event ever to be held on African soil. Dakar 2026 represents much more than a celebration of sport. It is a celebration of youth, diversity and possibility. It reminds us that through the Olympic values of excellence, friendship and respect, we can empower young people to bring positive change to their communities and into the world.

The *Olympic Values on the Road to Dakar* toolkit was created with this purpose in mind. Designed for use across Olympafrica Centres, it provides educators, coaches and youth leaders with practical ways to engage young people through sport and learning. Each activity invites participants to live the Olympic values not only on the field of play, but in how they collaborate, care and create together.

As we move closer to Dakar 2026, I invite all those involved, from athletes to educators and communities, to join us in carrying forward this message of hope. Together, we can ensure that the road to Dakar becomes a journey of inspiration that continues long after the Games conclude.



**Kirsty Coventry**
IOC President

# OLYMPIC VALUES AND THE OVEP PROGRAMME

OLYMPIC VALUES EDUCATION PROGRAMME

## What are the Olympic values?

Excellence, Respect and Friendship are the three core values of Olympism, and are a central focus at the Olympic Games and Youth Olympic Games. These values go beyond sport. They shape how we learn, how we treat others, and how we grow as individuals and communities.

### EXCELLENCE

Excellence means doing the best we can, on the field of play or in our professional life. The important thing is not winning, but taking part, making progress and enjoying the healthy combination of body, will and mind.

**ENCOURAGE EFFORT – STRIVE FOR EXCELLENCE**



### RESPECT

This includes respect for yourself and your body, for other people, for rules and regulations, for sport and for the environment.

**PRESERVE HUMAN DIGNITY – DEMONSTRATE RESPECT**




### FRIENDSHIP

Friendship is at the heart of the Olympic Movement. It encourages us to see sport as an instrument for mutual understanding between individuals, and between people all over the world.

**DEVELOP HARMONY – CELEBRATE FRIENDSHIP**



# OLYMPIC VALUES AND THE OVEP PROGRAMME

## What is OVEP?

The Olympic Values Education Programme (OVEP) helps bring these values into classrooms and communities through activity-based learning. It's designed to:

- Encourage participation in sport and physical activity
- Support positive behaviour, teamwork and respect
- Improve academic motivation and effort
- Strengthen emotional, social and physical wellbeing
- Build stronger, more united communities

You don't need to be an athlete to benefit from OVEP. Its lessons are for everyone – helping young people face challenges, dream big and become active citizens.

OVEP is more than a programme – it's a movement that empowers the next generation to live out the Olympic values every day – in sport, in school and in life.




"Sport has the power to change the world. It has the power to inspire... It speaks to youth in a language they understand."

– Nelson Mandela

# DAKAR 2026 YOUTH OLYMPIC GAMES™ OVERVIEW

## Dakar 2026 Youth Olympic Games™

The fourth Summer Youth Olympic Games in Dakar mark a historic first, as the very first Olympic event ever hosted in Africa. Designed for young athletes aged from 15 to 18, these Games are more than just a sporting event: they celebrate youth, culture and education while placing young people at the heart of Africa's future.

Athletes from around the world will gather in Dakar, Diamniadio and Saly to compete in 25 Olympic sports and share moments built on friendship, respect and excellence. Dakar 2026 aims to inspire unity, peace and opportunity across Africa and beyond.

## MORE THAN JUST SPORT! DAKAR 2026 REPRESENTS:

### SUSTAINABILITY:

Eco-friendly transport and use of existing venues

### CULTURE AND ART:

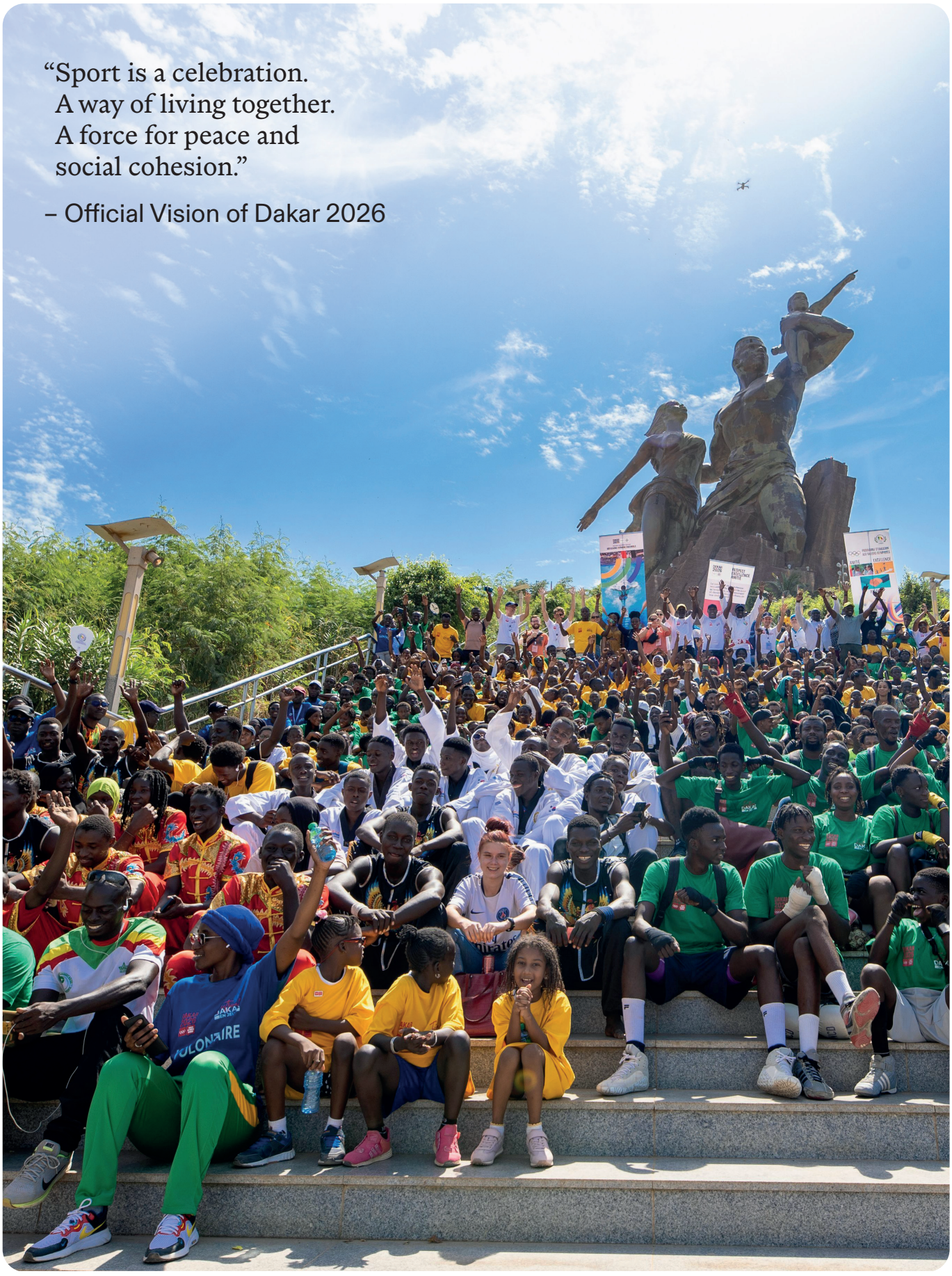
Showcasing African creativity and heritage

### PEACE AND UNITY:

Connecting young people from diverse backgrounds

### INSPIRATION:

Empowering young people to shape a better future


“Sport is a celebration.
A way of living together.
A force for peace and
social cohesion.”
– Official Vision of Dakar 2026

# HOW TO USE THIS BOOK

## PURPOSE:

This activity book is designed to build excitement for Dakar 2026 Youth Olympic Games while helping children discover the Olympic Movement and the importance of values such as Respect, Friendship and Excellence. Through fun and active learning, children are invited to move, play and connect with the spirit of the Games.

## ACTIVITY CATEGORIES:

The book contains 15 adaptable activities, divided into three categories:

- **Dakar Inspired (5 activities)**
  Immerse yourself in the Olympic values and learn more about Dakar's traditions, art and history
- **Olympic Symbols and Olympic Movement (5 activities)**
  Learn about the Olympic values, symbols and the legacy of the Olympic Games
- **Sports of Dakar 2026 Youth Olympic Games (5 activities)**
  Experience activities inspired by the sports that will take centre stage at the Dakar Games

## VALUES-BASED LEARNING:

Each activity in this book brings the Olympic values to life, helping children not only understand but also experience the principles of Olympism in fun and engaging ways.

## FLEXIBLE AND CUSTOMISABLE:

- You are invited to adjust each activity to fit your time, space and group size
- Modify activities based on available resources and the number of participants
- You can run multiple activities at once in stations, with children rotating between activities to ensure variety and fun. Activities can be completed in a single day or spread across multiple sessions, depending on your learning objectives

## STEP-BY-STEP GUIDE FOR A SUCCESSFUL FULL-DAY EVENT:

1. **Plan your activities:**
   Select at least two activities from each category for a mix of sports, art and values learning.
2. **Set up stations:**
   Prepare materials and assign facilitators.
3. **Create rotations:**
   Divide children into groups and rotate them through stations.
4. **Incorporate learning moments:**
   Use the Dakar 2026 Youth Olympic Games fact sheet (page 58) and African Olympians' stories (page 56–57) for short educational breaks. Create additional storytelling moments to highlight the success of athletes from your country: whether in international competitions, in their post-athletic careers, or in their personal lives.
5. **Include printable activities:**
   On page 52–55, you'll find colouring sheets, crosswords and word hunts that can be used to fill downtime or be taken home for extra fun.
6. **Set aside time for reflection:**
   Wrap up each session by discussing the learnings and linking them to the Olympic values. Invite children to talk about what they discovered or enjoyed most.



# TIPS FOR BRINGING OVEP ACTIVITIES TO LIFE

## MAKE IT YOUR OWN:

Adapt activities to your group's age, interests, space and materials. Creativity is key!

## KEEP IT ACTIVE AND FUN:

Movement, teamwork and freedom help children learn best while enjoying themselves.

## BUILD POSITIVE RELATIONSHIPS:

Create a safe, supportive space where every child feels included and respected.

## EMBRACE CURIOSITY:

Let children ask questions, share ideas, and explore.

## WORK WITH WHAT YOU HAVE:

Big gym or small classroom – all spaces can work. Simple tools often spark the most imagination.

### QUICK CHECKLIST:

- ☐ Adapt activities to your group's needs and resources
- ☐ Keep energy high and learning playful
- ☐ Encourage respect, inclusion and positive behaviour
- ☐ Listen to and value children's ideas
- ☐ Use space and materials creatively

## FOCUS ON SKILLS FOR LIFE:

Activities build teamwork, problem-solving, communication and respect – skills that children carry into their everyday life.



# 1
# DAKAR-INSPIRED ACTIVITIES

## EXPLORING CULTURE, RHYTHM AND TEAMWORK


**01** Jappalantei 16

**02** The Medina Labyrinth 18

**03** The Dakar Palette 20

**04** Catching the Lion of Teranga's Tail 22

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## ACTIVITY SHEET 01

# JAPPALANTEI

### OLYMPIC EDUCATIONAL THEMES

- Respect for others
- Friendship
- Joy of effort

## CONTEXT FOR ACTIVITY

"Jappalantei" is a Wolof word meaning "to help each other" – a perfect reflection of the Olympic value of friendship. This activity encourages children to work together, communicate effectively, and support one another to complete a shared challenge. It shows how success is sweeter when it's shared, and how sport can bring people closer through cooperation and respect.

## LEARNING OBJECTIVES

- Develop and strengthen the value of friendship and teamwork
- Learn to communicate effectively within a team
- Practise helping and supporting each other in a shared challenge
- Learn from mistakes and how to make quick adjustments to achieve the best results

## LEARNING OUTCOMES

- Children experience the importance of working together toward a goal
- Teams display supportive behaviour and shared problem-solving
- Educators promote active listening and empathy in physical activities

## EQUIPMENT

- 5 tennis balls (or hand-made paper balls)
- PVC tubes (or locally available alternatives: cut plastic bottles, bamboo or paper rolls)
- Scarves or coloured cloths to distinguish teams
- 2 buckets or containers
- Boundary markers (cones, chalk or rocks)
- Whistle (optional)

## ACTIVITY

1. Split the group into two teams. Give each team a bucket, a ball and a set of tubes.
2. Mark a start point (A) and endpoint (B) with the bucket at the finish.
3. Each team must pass their ball through the course using only the tubes – no hands or touching the ball directly.
4. The ball must be passed from one tube to the next, forming a continuous path.
5. If the ball falls, the team starts again from where it dropped.
6. Teams must communicate and strategise as they go.
7. Optional: Add simple obstacles or turns for added difficulty.
8. The team that completes the course first – or most successfully – wins!



# ACTIVITY SHEET 01 JAPPALANTEI

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Communication
- Teamwork
- Creative problem-solving

## SUGGESTED GROUP SIZE

- 2 teams of 8–12 children each
- Adaptable to larger groups by rotating roles or creating more teams

## LINK

- Hart Sport Australia (YouTube) www.youtube.com/shorts/HPeatgK7C28

## ADAPTATIONS

**For Younger or Less Confident Children:**

Reduce course length, use wider/shorter tubes, allow verbal guidance or light touch support

**For Older or More Experienced Children:**

Add time limits or small obstacles, or use one hand per child

**For Larger Groups:**

Run simultaneous rounds, rotate inactive teams, and encourage cheering and observation

## REFLECT

**What did you learn about working with others?**

**Was it difficult to coordinate with your teammates? Why?**

**How did your team communicate? Did it help you succeed?**

**What does “helping each other” mean in sport? In life?**



ACTIVITY SHEET 02

# THE MEDINA LABYRINTH (GUIDED PATH)

OLYMPIC EDUCATIONAL THEMES

- Respect for others
- Balance
- Joy of effort

## CONTEXT FOR ACTIVITY

Facing the unknown takes courage – and trusting others builds strong friendships and self-confidence. Inspired by the winding alleys of Dakar's Medina, "The Medina labyrinth" has children guide blindfolded partners through a maze using only verbal instructions. This teaches trust, patience and clear communication while immersing participants in Dakar's local culture.

## LEARNING OBJECTIVES

- Encourage courage through the experience of being blindfolded
- Build trust and confidence between partners
- Improve listening and communication skills

## LEARNING OUTCOMES

- Children gain confidence in being guided and guiding others
- Children learn to give and follow instructions carefully
- Pairs show respect and responsibility in a teamwork setting

## EQUIPMENT

- Scarves or strips of cloth for blindfolds
- Cones, stones or chalk to mark boundaries
- Ropes, string or ribbons to build a simple maze
- Whistle (optional)

## ACTIVITY

1. Set up a simple maze using ropes or chalk lines on an open patch of ground.
2. Divide the children into pairs. One is blindfolded; the other will guide their partner using only their voice.
3. Pairs take turns entering the maze. The blindfolded child must follow the partner's step-by-step instructions.
4. After one successful attempt, the children switch roles.
5. The guide must not touch the blindfolded child and must speak clearly to lead them.



# ACTIVITY SHEET 02 THE MEDINA LABYRINTH

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Verbal communication
- Patience and empathy
- Body awareness and balance

## SUGGESTED GROUP SIZE

- 10 pairs (2 children per pair)
- Works well with groups of 20–40 by rotating the pairs through the maze

## LINK

- Camp Maverick: Rec N' Read (YouTube)
  www.youtube.com/watch?v=2rn9vLC6zsk

## ADAPTATIONS

**For Younger or Less Confident Children:**

Simplify maze, allow holding hands or reduce blindfold time

**For Older or More Experienced Children:**

Increase maze complexity, add time limits or require detailed instructions

**For Larger Groups:**

Use multiple maze stations, rotate pairs or allow observers to cheer

## REFLECT

**How did it feel to be blindfolded?**

**Was it easy or hard to trust your partner? Was your partner's support useful or distracting? What was that?**

**What made you a good guide or listener?**

**Why is trust important in teams, sports and friendships?**



## ACTIVITY SHEET 03

# THE DAKAR PALETTE

**OLYMPIC EDUCATIONAL THEMES**

- Respect for others
- Balance
- Excellence

## CONTEXT FOR ACTIVITY

Dakar is a city rich in colour – its vibrant markets, fabrics, street art and coastal landscapes reflect a dynamic culture. In "The Dakar palette" children explore these local colours and connect them with the Olympic rings, which symbolise the unity and diversity of the world. Through art, this activity fosters cultural pride, creativity and appreciation for global togetherness.

## LEARNING OBJECTIVES

- Discover the colourful culture of Dakar
- Stimulate creative expression through drawing and colour
- Understand the symbolism of the Olympic rings and their connection to the continents and unity

## LEARNING OUTCOMES

- Children express themselves using colour as a language
- Children relate local identity to global Olympic values
- They demonstrate understanding of diversity, harmony and balance through art

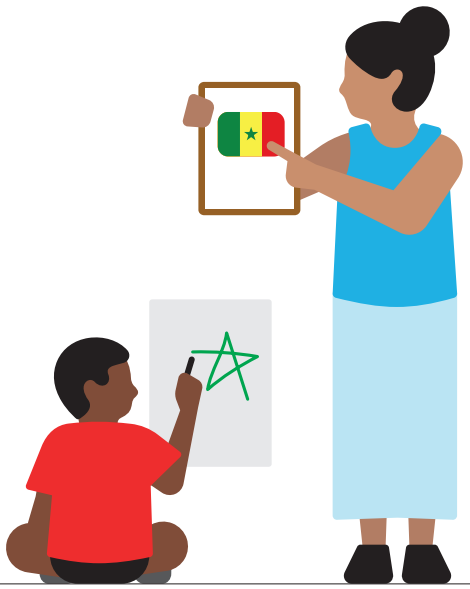
## EQUIPMENT

- A4 or A3 paper
- Coloured pencils, markers and pastels
- Printed/colourful images of Dakar:
  - Markets, fabrics, ocean, nature, murals and landmarks
  - Images of the Olympic rings (Annex 1)
  - A simple shelter or stand (tent, shade)

*Note: Materials can be rotated in stations or shared in groups when supplies are limited.*

## ACTIVITY

1. Introduce Dakar as a city of vibrant colour. Show and pass around images. Ask: *What colours do you see? What do they remind you of?*
2. Introduce the Olympic rings and their five colours: blue, yellow, black, green, and red – each representing a continent.
3. Children create a drawing based on what inspires them:
   - A Dakar scene using local colours
   - An abstract piece using both Dakar's colours and the Olympic rings
   - A symbolic image of unity or celebration
4. While they are drawing, encourage the children to talk about their colour choices.
5. Afterwards, the children who want to can present their artwork and explain their design.



# ACTIVITY SHEET 03 THE DAKAR PALETTE

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Visual analysis
- Cultural storytelling through art
- Interpretation of symbols

## SUGGESTED GROUP SIZE

- 20 children (ideal), adaptable for larger or smaller groups
- Can be done indoors or outdoors under a simple shelter

## ADAPTATIONS

**For Younger or Less Confident Children:**

Pre-drawn colouring pages (page 54–55)

**For Older or More Experienced Children:**

Design a “Dakar 2026 Youth Olympic Poster” with an explanation

**For Larger Groups:**

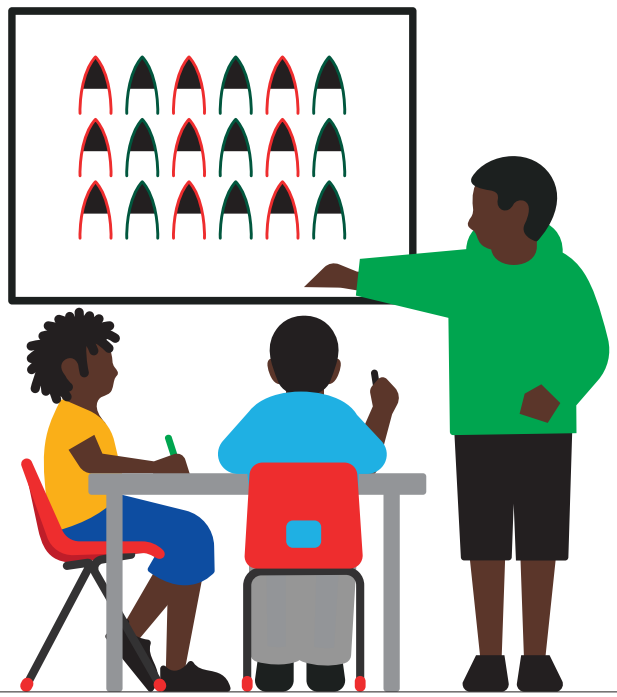
Rotate through art stations, display a mini-exhibition or create a large communal art mural or graffiti

## REFLECT

**Which colours did you choose and why?**

**How do the Olympic rings connect to Dakar’s culture?**

**How do both art and sport both bring people together?**



## ACTIVITY SHEET 04

# CATCHING THE LION OF TERANGA'S TAIL

**OLYMPIC EDUCATIONAL THEMES**

- Respect for others
- Balance
- Excellence

## CONTEXT FOR ACTIVITY

This energetic team game encourages children to focus on goals, persevere and work together. It also creates a space to discuss gender equality and inclusion – challenging stereotypes and helping children reflect on their personal goals, no matter who they are. A "Lion of Teranga" with a clear goal and strong teamwork moves forward – just like athletes striving for excellence.

## LEARNING OBJECTIVES

- Develop goal orientation and persistence
- Encourage gender equality by reflecting on goal-setting and stereotypes
- Strengthen teamwork, balance and coordination

## LEARNING OUTCOMES

- Children understand that goals are for everyone, regardless of gender
- Children learn to collaborate physically and strategically
- Children begin identifying personal goals and action steps

## EQUIPMENT

- 2–4 scarves or strips of cloth
- Open space (playground, field or garden)

## ACTIVITY

1. Divide children into teams of 5–7. Each team forms a line holding the shoulders of the person in front – the "lion."
2. The first person is the head, the last person is the tail (with a scarf tied on).
3. Objective: the head must catch the tail without letting go of the line.
4. If someone loses grip, pause and restart.
5. When the head catches the tail, swap head/tail roles and continue.
6. Optional: Multiple lions compete or merge; create mixed-gender teams to explore teamwork and inclusion.



# ACTIVITY SHEET 04 CATCHING THE LION'S TAIL OF TERANGA

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Goal-setting
- Collaboration and role switching
- Self-reflection and group dialogue

## SUGGESTED GROUP SIZE

- 1–4 groups of 5–7 children per group
- Flexible and ideal for groups of 15–30 participants

## LINK

- Dragons' Tails – Fun Team Building Tag Game! (YouTube) www.youtube.com/watch?v=oVxvMAcfiRQ

## ADAPTATIONS

**For Younger or Less Confident Children:**
Shorter lines, slower pace, allow hand-holding

**For Older or More Experienced Children:**
Add obstacles, time challenges, rotate roles quickly

**For Larger Groups:**
Run multiple lions in parallel, have observing teams reflect

## REFLECT

**How did teamwork help your lion succeed?**

**How did it feel to lead or follow?**

**What personal goal will you set for yourself today?**



ACTIVITY SHEET 05

# RHYTHMS OF DAKAR

OLYMPIC EDUCATIONAL THEMES

- Respect for others
- Friendship
- Joy of effort

## CONTEXT FOR ACTIVITY

"Rhythms of Dakar" celebrates the musical heartbeat of Dakar, from the bustling markets to the lively streets and coastal rhythms. This activity encourages children to explore music and movement together, express themselves and discover how rhythm, like sport, can bring people closer through cooperation, joy and cultural sharing.

## LEARNING OBJECTIVES

- Discover and explore Senegalese percussion instruments and rhythms
- Develop coordination and body expression through music and movement
- Foster appreciation for cultural diversity and teamwork

## LEARNING OUTCOMES

- Children can replicate simple rhythms individually and in groups
- Participants express themselves creatively through movement and sound
- Children put into practice cooperation, turn-taking and respect for others

## EQUIPMENT

- Percussion instruments (djembes, balafons and shakers) – or low-cost alternatives:
  - Plastic bottles with rice as shakers
  - Tin cans or boxes as drums
  - Sticks and wood for percussion
  - Clapping, stomping or tapping on the body as instruments
- Bluetooth speaker or music playback device
- Coloured fabrics to decorate the activity space

## ACTIVITY

1. Gather children in a circle and introduce Dakar as a vibrant city of music and rhythm.
2. Show the instruments (or homemade alternatives) and allow children to explore the sounds freely. Encourage children to think outside the box and use objects that they can find around them – including sports equipment.
3. Guide children through simple rhythms, using claps, taps or instruments, and practise repeating them together.
4. Play a short piece of Senegalese music and invite children to move, dance and express themselves to the rhythm.
5. Encourage children to create their own rhythm sequences in small groups, taking turns and listening to each other.
6. Conclude with a short discussion:
   *Which rhythms did they enjoy? How did it feel to make music together?*

# ACTIVITY SHEET 05 RHYTHMS OF DAKAR

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Listening and rhythm replication
- Creative expression and movement
- Teamwork and cooperation

## SUGGESTED GROUP SIZE

- 15–20 children per group
- Adaptable for larger groups by rotating children through the rhythm stations

## ADAPTATIONS

**For Younger or Less Confident Children:**

Focus on simple clapping and stomping rhythms, with less emphasis on instruments

**For Older or More Experienced Children:**

Introduce more complex rhythms, small-group “rhythm battles” or composition of their own sequences

**For Larger Groups:**

Rotate children through multiple stations; use small teams to lead each rhythm

## REFLECT

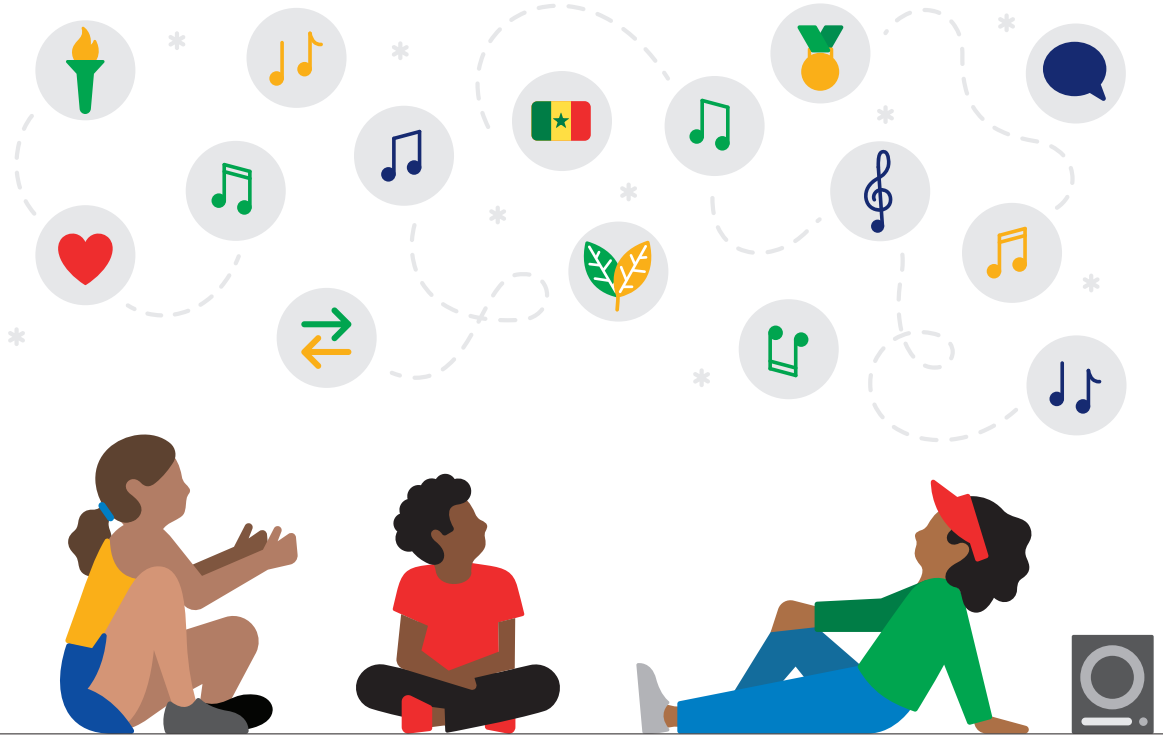
**Which tools did you use to create music? Did you use any unusual objects?**

**How did it feel to play and move together as a group?**

**What did you learn about listening and cooperating with others?**

**How can both music and sport both bring people together?**

**Which rhythm or movement made you feel most joyful or confident?**



# 2 OLYMPIC SYMBOLS AND TRADITIONS

## LEARNING THROUGH CREATIVITY

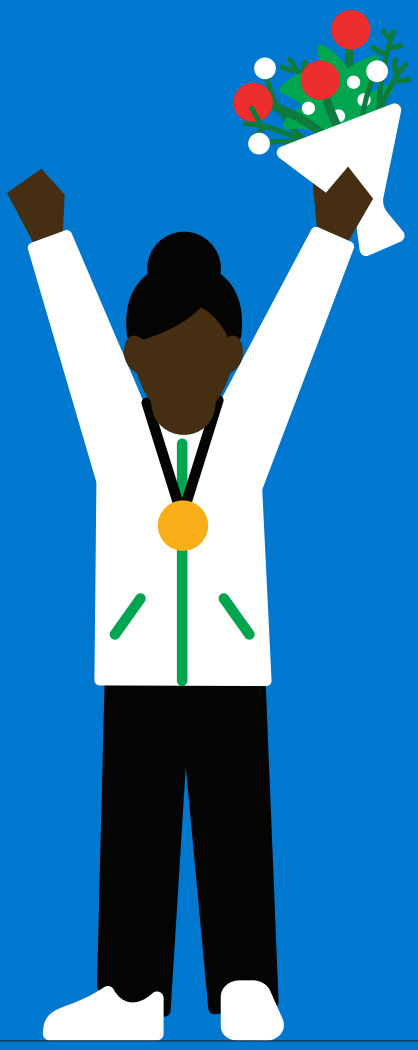

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**07** Flying the Flag 30

**08** The Olympic Flame 32

**09** Olympic Medals 34

**10** The Olympic Games Opening Ceremony 36



## ACTIVITY SHEET 06

# THE OLYMPIC SYMBOL

**OLYMPIC EDUCATIONAL THEMES**

- Respect for others
- Excellence

## CONTEXT FOR ACTIVITY

The Olympic rings are a symbol of unity, representing the five continents and the universality of Olympism. Learning about these symbols helps children appreciate values such as excellence, respect and global connection. Exploring symbols through art and discussion encourages creativity, reflection and teamwork.

## LEARNING OBJECTIVES

- Understand the significance of the Olympic rings
- Explore how symbols represent values and unity
- Express creativity linked to the Olympic values

## LEARNING OUTCOMES

- Children can describe the meaning of the Olympic rings
- Children create visual representations of the Olympic values
- Children demonstrate teamwork and reflection in group discussion

## EQUIPMENT

- Paper or card
- Colouring pencils, markers and paints
- Optional: images of the Olympic rings (Annex 1)

## ACTIVITY

1. Show the Olympic rings and explain what each colour represents and their significance (Annex 1).
2. Primary ages (5–8): Colour in pre-drawn Olympic rings and discuss what they represent (page 54).
3. Intermediate ages (9–11): Draw a large set of Olympic rings on paper. Fill each ring with pictures, words, or symbols that show the Olympic values of respect, friendship, and excellence.
4. Share your artwork with a partner or small group, explaining why you chose each image or word.



# ACTIVITY SHEET 06 THE OLYMPIC SYMBOL

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Art-based learning and creativity
- Enquiry and reflection
- Group discussion and personalisation

## SUGGESTED GROUP SIZE

- 10–25 children
- Adaptable for larger groups

## ADAPTATIONS

**For Younger or Less Confident Children:**
Provide templates with simple colouring tasks

**For Older or More Experienced Children:**
Design a poster that combines Olympic symbols and values

**For Larger Groups:**
Display creations in a mini-exhibition for peer discussion

## REFLECT

**What do the Olympic rings mean to you?**

**How can symbols communicate values?**

**Which Olympic value is most important to you and why?**



ACTIVITY SHEET 07

# FLYING THE FLAG

OLYMPIC EDUCATIONAL THEMES

Respect for others

## CONTEXT FOR ACTIVITY

The Olympic flag represents international unity and the Olympic spirit. Carrying, raising and designing the flag helps children explore identity, respect and teamwork. This activity encourages discussion on inclusion, pride and what it means to represent a group or community.

## LEARNING OBJECTIVES

- Understand the symbolic importance of the Olympic flag
- Explore teamwork and creativity through flag design
- Develop respect for nations and values

## LEARNING OUTCOMES

- Children can explain the meaning of the Olympic flag
- Participants create a flag design and present it
- Children demonstrate cooperation and communication

## EQUIPMENT

- Poster paper or card
- Paint, markers and crayons
- Wooden poles or sticks
- Tape or string

## ACTIVITY

1. Introduce the Olympic flag and explain its significance (Annex 2).
2. Ask children to design their own Olympic flag on paper or card.
3. Attach the flag to a stick or pole.
4. Hold a small parade or display, allowing each child to present their flag.
5. Encourage the children to explain why they designed the flag in this way.



# ACTIVITY SHEET 07 FLYING THE FLAG

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Discussion and storytelling
- Creative arts
- Team collaboration

## SUGGESTED GROUP SIZE

- 10–25 children
- Adaptable for larger groups

## ADAPTATIONS

**For Younger or Less Confident Children:**
Use simple colours or stickers to decorate the flag

**For Older or More Experienced Children:**
Include symbols representing the Olympic values or local culture

**For Larger Groups:**
Split into teams for a parade or display

**Low-resource option:**
Create handheld flags with sticks and paper only

## REFLECT

**How did it feel to carry and present your flag?**

**Why is the Olympic flag important?**

**How can symbols reflect identity and values?**

## ACTIVITY SHEET 08

OLYMPIC EDUCATIONAL THEMES

Respect for others

# IGNITING THE SPIRIT: THE OLYMPIC FLAME

### CONTEXT FOR ACTIVITY

The Olympic flame travels from Olympia, Greece, to the host city, symbolising hope, peace and shared values. Creating a personal torch helps children explore culture, creativity and the meaning of symbols while connecting to the Olympic tradition.

### LEARNING OBJECTIVES

- Understand the significance of the Olympic flame
- Explore creativity through torch design
- Connect local culture to global Olympic values

### LEARNING OUTCOMES

- Children create their own Olympic torch design
- Participants explain the meaning behind their torch
- Children develop cultural awareness and artistic skills

## EQUIPMENT

- Cardboard tubes (paper towel rolls)
- Tissue paper (red, yellow and orange)
- Paint, markers, glue and scissors
- Optional decorative items: beads, feathers and stickers

## ACTIVITY

1. Show an example of the Olympic torch and explain its journey and symbolism (Annex 3).
2. Invite children to design and build their own torch using cardboard and tissue paper for the flame.
3. Decorate the torch handle to reflect personal or community culture, or include symbols of the Olympic values.
4. Children present their torch to the group and explain their design choices.

# ACTIVITY SHEET 08 IGNITING THE SPIRIT: THE OLYMPIC FLAME

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Discussion and enquiry-based learning
- Creativity and design
- Peer teaching and presentation

## SUGGESTED GROUP SIZE

- 10–25 children
- Adaptable for larger groups

## ADAPTATIONS

**For Younger or Less Confident Children:**
Use pre-cut tissue flames for easier assembly

**For Older or More Experienced Children:**
Design more detailed torches and write a short story or description

**For Larger Groups:**
Create a “torch-making station” and rotate children through the activity

## REFLECT

**What does the Olympic flame represent?**

**How does your torch show your creativity or culture?**

**How can symbols inspire hope and connection?**



## ACTIVITY SHEET 09

# THE OLYMPIC MEDALS

**OLYMPIC EDUCATIONAL THEMES**

- Respect for others
- Excellence

## CONTEXT FOR ACTIVITY

Medals celebrate excellence and achievement in the Olympic Games. Creating medals encourages children to reflect on effort, personal goals and respect for others while exploring artistic expression and creativity.

## LEARNING OBJECTIVES

- Understand the symbolism of Olympic medals
- Explore the values of excellence and respect
- Develop creativity and personal expression

## LEARNING OUTCOMES

- Children create their own Olympic medal
- Participants recognise effort and values in themselves and peers
- Children demonstrate teamwork and reflection

## EQUIPMENT

- Cardboard or thick paper
- Paint, glitter, beads and feathers
- Ribbon or string
- Scissors, glue and markers

## ACTIVITY

1. Introduce the Olympic medals and explain its significance (Annex 4).
2. Provide a cardboard or paper template for a medal (page 55).
3. Children decorate their medal with paint, glitter, beads or other items.
4. Tie the medal to a ribbon and wear it proudly.
5. Share and distribute medals to peers based on the Olympic values.



# ACTIVITY SHEET 09 IGNITING THE SPIRIT: THE OLYMPIC FLAME

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Arts and crafts
- Peer recognition
- Collaboration and discussion

## SUGGESTED GROUP SIZE

- 10–25 children
- Adaptable for larger groups

## ADAPTATIONS

**For Younger or Less Confident Children:**
Pre-cut medal shapes and simple decoration

**For Older or More Experienced Children:**
Design detailed medals and write short explanations

**For Larger Groups:**
Hold a mini awards ceremony

## REFLECT

**Which Olympic value does your medal represent?**

**How does it feel to celebrate someone's effort or values?**

**How can these values be applied in everyday life?**

## ACTIVITY SHEET 10

# THE OLYMPIC GAMES OPENING CEREMONY

**OLYMPIC EDUCATIONAL THEMES**

- Respect for others
- Balance
- Fair play
- Excellence

## CONTEXT FOR ACTIVITY

The Olympic Games Opening Ceremony is a spectacular celebration that combines sport, culture and art. It welcomes the athletes of the world, showcases the history and traditions of the host country, and highlights the values of Olympism. By recreating an Opening Ceremony, children can explore the symbolism of rituals, flags, parades and speeches, while learning how ceremonies express cultural identity and shared values. Props created in earlier activities (such as flags and the Olympic flame) can also be reused to bring the ceremony to life.

## LEARNING OBJECTIVES

- Understand the meaning and purpose of the Olympic Opening Ceremony
- Explore how rituals and symbols communicate values, culture and identity
- Develop creativity and collaboration through role-play and performance

## LEARNING OUTCOMES

- Recognising the power of Olympic symbolism
- Learning how the Olympic Games Opening Ceremony can be used to make a statement about the culture, history and spirit of the host
- Children demonstrate respect, teamwork and fair play through their presentations

## EQUIPMENT

- Costumes or simple props for role-play
- Art supplies (paper, paints, markers and fabric) for flag-making or props from previous activities (flags, Olympic flame and banners)
- Optional: music for parade background
- Optional: Internet access (for images/videos of past Opening Ceremonies)

## ACTIVITY

1. Begin with a short discussion on what happens in the real Olympic Opening Ceremony (parade of nations, cultural displays, welcome speeches and lighting of the cauldron) (Annex 5).
2. As a group, plan and stage your own mini Opening Ceremony. Assign roles such as flag-bearers, torch carriers, cultural/historical figures and speakers.
3. Use props created in earlier activities (flags, Olympic flame and posters) to add authenticity.
4. Parade around the classroom, playground or hall as “athletes of the world,” while others cheer them on.
5. Invite selected “characters” or student representatives to deliver short welcome speeches focusing on the Olympic values (excellence, respect, balance and fair play).
6. End the ceremony with a symbolic act such as raising the flags, displaying artwork or passing the Olympic flame around the group.

# ACTIVITY SHEET 10 THE OLYMPIC GAMES OPENING CEREMONY

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Enquiry and discussion
- Creativity and role-play
- Forum theatre and performance
- Collaboration and presentation skills

## SUGGESTED GROUP SIZE

- 15–40 children
- Flexible for class, year group or whole school

## ADAPTATIONS

**For Smaller Groups:**

Keep the parade simple and focus on speeches

**For Larger Groups:**

Divide into teams (parade, speech, music and props) to create a more elaborate ceremony

**Can be performed indoors or outdoors, depending on space**

## REFLECT

**Why is the Olympic Games Opening Ceremony important?**

**How do flags, speeches and parades communicate values?**

**If you were hosting the Games, what message would you want to share with the world?**



# 3
# SPORTS IN ACTION

## PLAY, LEARN AND INSPIRE


**11** Team Bounce: Basketball Fun 40

**12** Archery Challenge 42

**13** Sprint to Success: Athletics Relay 44

**14** Spike it up: Volleyball Challenge 46

**15** Goal Together: Football Fun 48



ACTIVITY SHEET 11

# TEAM BOUNCE: BASKETBALL FUN

OLYMPIC EDUCATIONAL THEMES

- Friendship
- Joy of effort

## CONTEXT FOR ACTIVITY

Basketball is a fast-paced team sport that teaches communication, strategy and working together to reach a common goal. "Team Bounce" adapts basketball into a fun, inclusive activity that emphasises teamwork, respect and shared achievement without requiring a full court or official hoops.

## LEARNING OBJECTIVES

- Develop teamwork and communication skills
- Understand the importance of cooperation in sports
- Experience the joy of collective effort and success

## LEARNING OUTCOMES

- Children pass the ball and move together efficiently as a team
- Teams demonstrate supportive behaviour and encouragement
- Participants reflect on the role of cooperation in achieving goals

## EQUIPMENT

- 1 ball per team (basketball, football or any soft ball)
- Cones or markers for goals/targets
- Scarves or coloured cloths to distinguish teams

## ACTIVITY

1. Divide children into teams of 5–8. Assign each team a ball.
2. Mark a start and endpoint (or goal area) with cones.
3. Each team must pass the ball among the players to reach the goal area.
4. Players cannot run with the ball; they must pass it to move it forward.
5. If the ball drops, return it to the previous position and continue.
6. The first team to reach the goal successfully wins.
7. Encourage cheering and positive reinforcement throughout.



# ACTIVITY SHEET 11 TEAM BOUNCE: BASKETBALL FUN

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Team communication
- Coordination and movement planning
- Encouragement and positive feedback

## SUGGESTED GROUP SIZE

- 2–4 teams of 5–8 children each
- Adaptable for larger groups through rotation

## ADAPTATIONS

**For Younger or Less Confident Children:**
Allow short dribbles and simpler passes

**For Older or More Experienced Children:**
Introduce timed rounds, obstacle cones or restricted passes

**For Larger Groups:**
Multiple teams compete simultaneously; rotate roles

## REFLECT

**How did your team communicate to succeed?**

**Was it easy to pass and cooperate? Why or why not?**

**How does teamwork in basketball relate to life and school?**



## ACTIVITY SHEET 12

# ARCHERY CHALLENGE

**OLYMPIC EDUCATIONAL THEMES**

- Respect for others
- Excellence

## CONTEXT FOR ACTIVITY

Archery teaches precision, patience and concentration. Inspired by the sport of archery, this activity helps children understand the importance of focus, goal-setting and self-control, while celebrating the Olympic values of excellence and respect. Even without traditional equipment, children can safely experience the challenge and satisfaction of aiming at a target.

## LEARNING OBJECTIVES

- Develop focus and concentration
- Learn to set and achieve goals
- Practise patience, self-discipline and respect for others

## LEARNING OUTCOMES

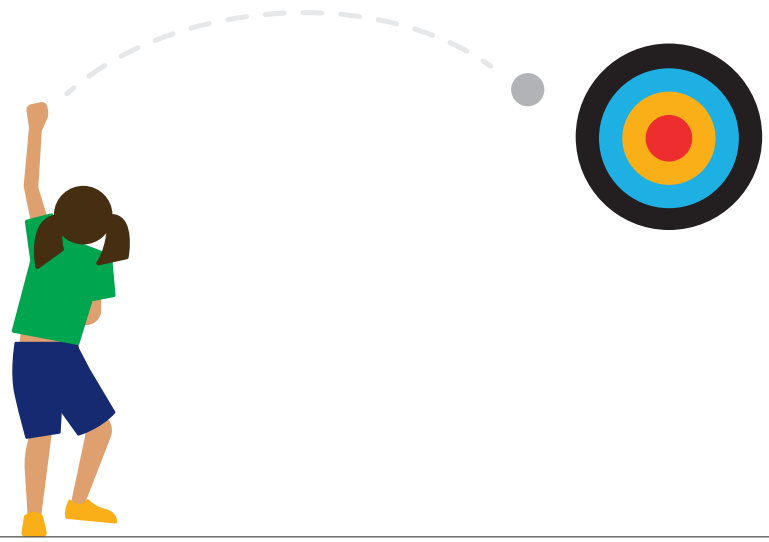
- Children demonstrate improved concentration and careful planning
- Participants show respect by taking turns and observing safety rules
- Children experience the satisfaction of achieving a target with accuracy

## EQUIPMENT

- Recycled paper or cardboard for targets
- Markers or crayons to draw bullseyes
- Rolled-up socks, crumpled paper balls or small beanbags as arrows
- Chalk, tape or rope to mark throwing lines

## ACTIVITY

1. Prepare targets on walls, doors or the ground using cardboard, paper, or chalk bullseyes.
2. Mark a “shooting line” at a safe distance from the target.
3. Give each child a “soft arrow” (rolled sock, crumpled paper or small beanbag).
4. Children take turns aiming at the target and throwing their “arrow”.
5. After each turn, children retrieve their “arrows” and prepare for the next attempt.
6. Keep score by counting how many arrows hit the centre or a chosen area of the target.
7. Encourage children to cheer for each other and celebrate improvement, not just hits.



# ACTIVITY SHEET 12 ARCHERY CHALLENGE

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Focused attention and mindfulness
- Creative problem-solving
- Turn-taking and patience

## SUGGESTED GROUP SIZE

- 10–20 children per session
- Adaptable for larger groups with rotation

## ADAPTATIONS

**For Younger or Less Confident Children:**

Reduce the distance to the target; allow closer aiming

**For Older or More Experienced Children:**

Increase the distance; introduce timed rounds; encourage multiple throws with score tracking

**For Larger Groups:**

Create multiple targets or lanes; rotate children in small teams

## REFLECT

**How did it feel to concentrate on the target?**

**What strategies helped you aim better?**

**Why is patience important in sport and life?**

**How did you show respect for your classmates while taking turns?**



ACTIVITY SHEET 13

# SPRINT TO SUCCESS: ATHLETICS RELAY

OLYMPIC EDUCATIONAL THEMES

- Excellence
- Friendship
- Joy of effort

## CONTEXT FOR ACTIVITY

Athletics builds physical fitness, discipline and perseverance. "Sprint to Success" is a relay activity that teaches children the importance of teamwork and striving for personal and collective excellence.

## LEARNING OBJECTIVES

- Encourage physical fitness and coordination
- Develop teamwork and collaboration
- Promote setting and achieving personal goals

## LEARNING OUTCOMES

- Children participate actively in relay activities
- Teams display supportive behaviour and encouragement
- Participants understand the value of effort and perseverance

## EQUIPMENT

- Batons or simple objects to pass
- Cones or markers for start/finish lines

## ACTIVITY

1. Divide children into teams. Mark a relay track.
2. Explain that each child runs to a marker, passes the baton and returns to the line.
3. Encourage cheering for teammates and maintain safe spacing.
4. Continue until all team members complete the relay.
5. Optional: repeat for multiple rounds to see improvement.
6. After completing the activity, invite children to share how they demonstrated respect, friendship, or excellence during the activity.

# ACTIVITY SHEET 13 SPRINT TO SUCCESS: ATHLETICS RELAY

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Relay strategy and planning
- Team support and encouragement
- Goal setting and reflection

## SUGGESTED GROUP SIZE

- 2–4 teams of 4–8 children each

## ADAPTATIONS

**For Younger or Less Confident Children:**
Shorter distances, fewer baton exchanges

**For Older or More Experienced Children:**
Timed relays, obstacle courses or reverse direction

**For Larger Groups:**
Multiple relay tracks or staggered starts

## REFLECT

**How did your team support each other?**

**What challenges did you face and overcome?**

**How does athletics teach perseverance in life?**



ACTIVITY SHEET 14

# SPIKE IT UP: VOLLEYBALL CHALLENGE

OLYMPIC EDUCATIONAL THEMES

- Respect for others
- Friendship

## CONTEXT FOR ACTIVITY

Volleyball emphasises communication, timing, and teamwork. “Spike It Up” adapts the game to be inclusive and safe while teaching children respect for teammates, coordination and shared effort.

## LEARNING OBJECTIVES

- Develop hand-to-eye coordination and teamwork
- Improve communication in a group setting
- Promote respect for others while playing

## LEARNING OUTCOMES

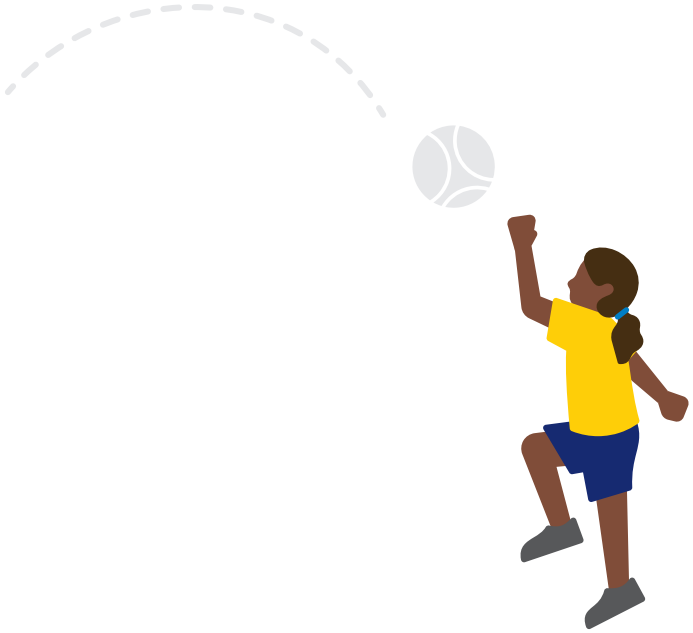
- The children work together to keep the ball in play
- Participants demonstrate cooperation and encouragement
- The children show respect for rules and teammates is practiced

## EQUIPMENT

- Ball or balloon for safety
- Net, rope or marked line as a boundary

## ACTIVITY

1. Divide children into teams. Set up a net or boundary line.
2. Demonstrate hitting, passing and safe movement.
3. Teams try to keep the ball in the air while sending it over the net.
4. Encourage teamwork and cheering. Ask children to share tips and recommendations with the other players.
5. Rotate players regularly to ensure participation.



# ACTIVITY SHEET 14 SPIKE IT UP: VOLLEYBALL CHALLENGE

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Communication and coordination
- Turn-taking and collaborative problem-solving
- Positive reinforcement and encouragement

## SUGGESTED GROUP SIZE

- 2–4 teams of 4–6 children

## ADAPTATIONS

**For Younger or Less Confident Children:**
Use a balloon and a lower net or boundary

**For Older or More Experienced Children:**
Introduce scoring, timed games or multiple hits per team

**For Larger Groups:**
Multiple mini-games with rotation

## REFLECT

**How did your team communicate to succeed?**

**What was challenging about keeping the ball in play?**

**How do volleyball skills relate to cooperation in life?**







ACTIVITY SHEET 15

# GOAL TOGETHER: FOOTBALL FUN

OLYMPIC EDUCATIONAL THEMES

- Respect for others
- Joy of effort

## CONTEXT FOR ACTIVITY

Football teaches strategy, coordination and teamwork. "Goal Together" allows children to practise passing, scoring, and collaboration while reinforcing respect and friendship, regardless of skill level.

## LEARNING OBJECTIVES

- Develop coordination and teamwork skills
- Encourage fair play and respect for all participants
- Promote enjoyment and effort in physical activity

## LEARNING OUTCOMES

- Children pass, defend and score collaboratively
- Teams show positive encouragement
- Participants demonstrate respect for rules and each other

## EQUIPMENT

- Football or soft ball
- Cones for goals
- Scarves or coloured cloths to distinguish teams

## ACTIVITY

1. Divide children into teams. Mark goals with cones.
2. Explain the rules: No physical contact, safe play at all times, and passing is required. For a goal to count, every team member must make at least one pass before scoring. Teams attempt to pass and score in a collaborative way, focusing on including all teammates.
3. Motivate children to cheer for each other and rotate positions so everyone experiences different roles.
4. After the game, discuss how teamwork, inclusion and fair play connect to the Olympic values.



# ACTIVITY SHEET 15 GOAL TOGETHER: FOOTBALL FUN

## SUGGESTED TEACHING STRATEGIES AND LEARNING SKILLS

- Communication and movement strategy
- Collaboration and turn-taking
- Encouragement and problem-solving

## SUGGESTED GROUP SIZE

- 2–4 teams of 5–8 children

## ADAPTATIONS

**For Younger or Less Confident Children:**
Smaller field, simplified rules, fewer players per team

**For Older or More Experienced Children:**
Introduce timed matches, more advanced rules or mini-tournaments

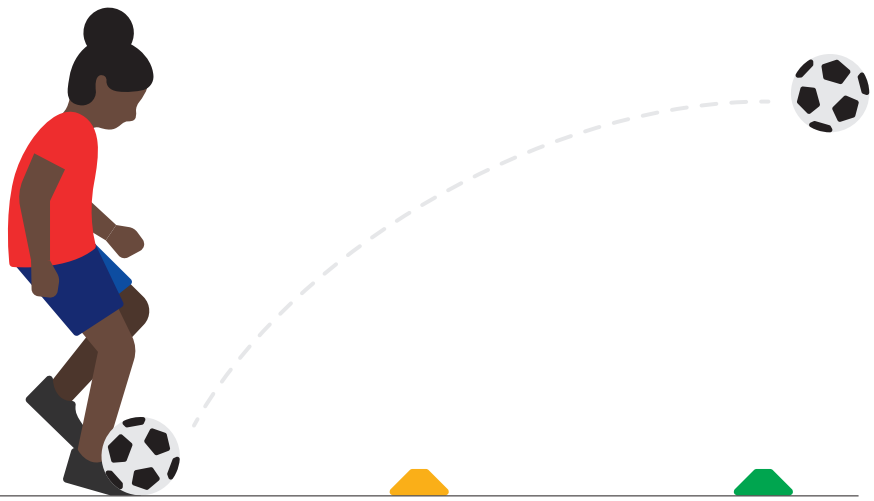
**For Larger Groups:**
Multiple fields, rotations or skill stations

## REFLECT

**How did your team work together to score goals?**

**What did you learn about teamwork and respect?**

**How can football skills apply to school, home or community life?**



# FURTHER RESOURCES


Puzzles and Colouring Sheets 52

Africa at the Olympics 56

Dakar 2026 Youth Olympic Games – Fast Facts 58

Annexes 60



## PUZZLE 1

# DAKAR WORD HUNT

**General Objective:**

Discover and become familiar with vocabulary related to the Dakar 2026 Youth Olympic Games (YOG) and the culture of Dakar.

**Specific Objectives:**

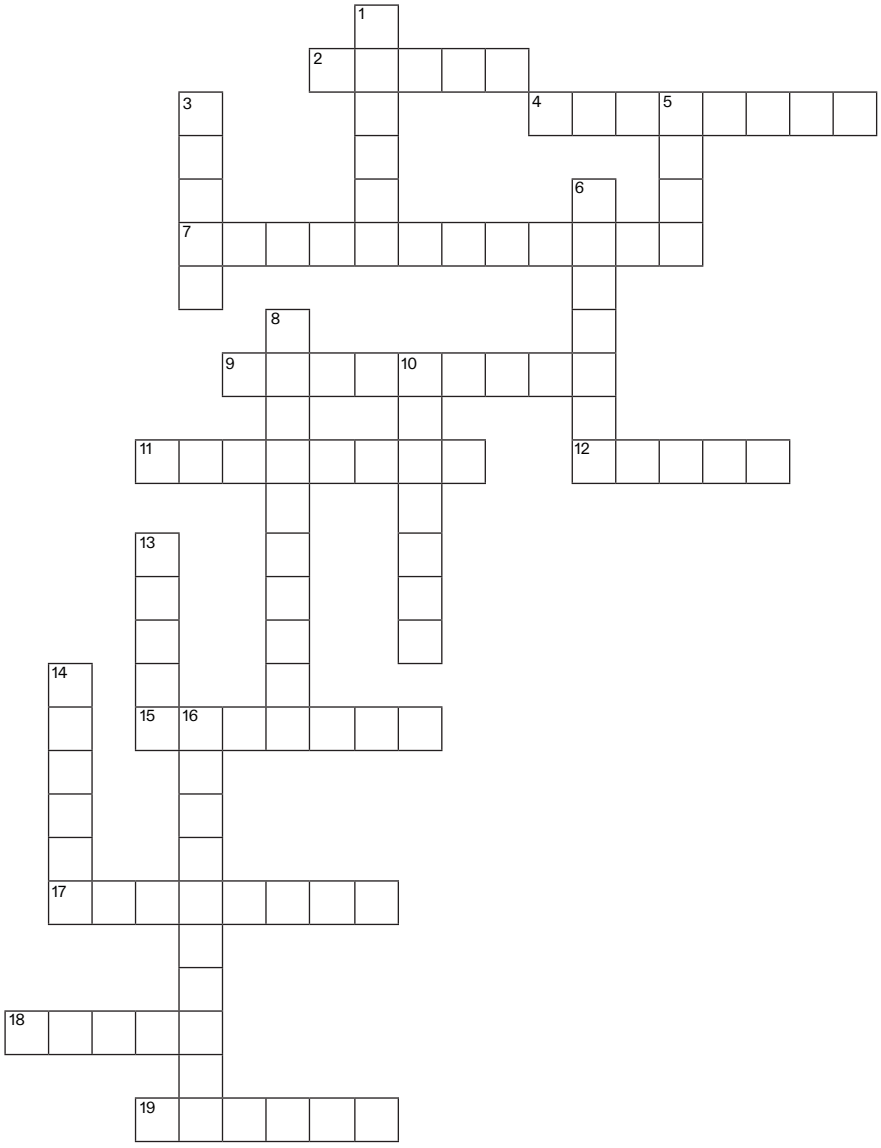
- Identify key words related to the Dakar 2026 Youth Olympic Games
- Learn words linked to Senegalese geography and culture

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

- ☐ DAKAR
- ☐ SENEGAL
- ☐ AFRICA
- ☐ YOUTH
- ☐ OLYMPIC
- ☐ SPORT
- ☐ ATHLETES
- ☐ EXCELLENCE
- ☐ FRIENDSHIP
- ☐ RESPECT
- ☐ COMPETITION
- ☐ HERITAGE
- ☐ TERANGA
- ☐ LIONS
- ☐ WRESTLING
- ☐ BAOBAB
- ☐ THIEBOUDIENNE
- ☐ MUSIC
- ☐ MANE

## PUZZLE 2

# DISCOVERING DAKAR 2026



### ACROSS

**2.** A joyful way Senegalese people celebrate.

**4.** The spirit that unites all athletes around the world.

**7.** What is the traditional dish of Senegal?

**9.** Name a sport that is traditional and popular in Senegal.

**11.** Who is the new IOC president

**12.** What is the nickname of Senegal's national football team? (a feline)

**15.** Name an Olympic value.

**17.** What do you call participants in sports competitions like the YOG?

**18.** How do athletes prepare for the games

**19.** What the Games will leave behind in Senegal?

### DOWN

**1.** What is the emblematic tree of Senegal?

**3.** Who is the target audience of this event?

**5.** He played for Liverpool and is a famous Senegalese football player. Who is he? (Sadio...)

**6.** Which country is hosting the next Youth Olympic Games (YOG)?

**8.** Name an Olympic value.

**10.** Give a word that defines Senegalese hospitality.

**13.** What is the host city of the next Youth Olympic Games?

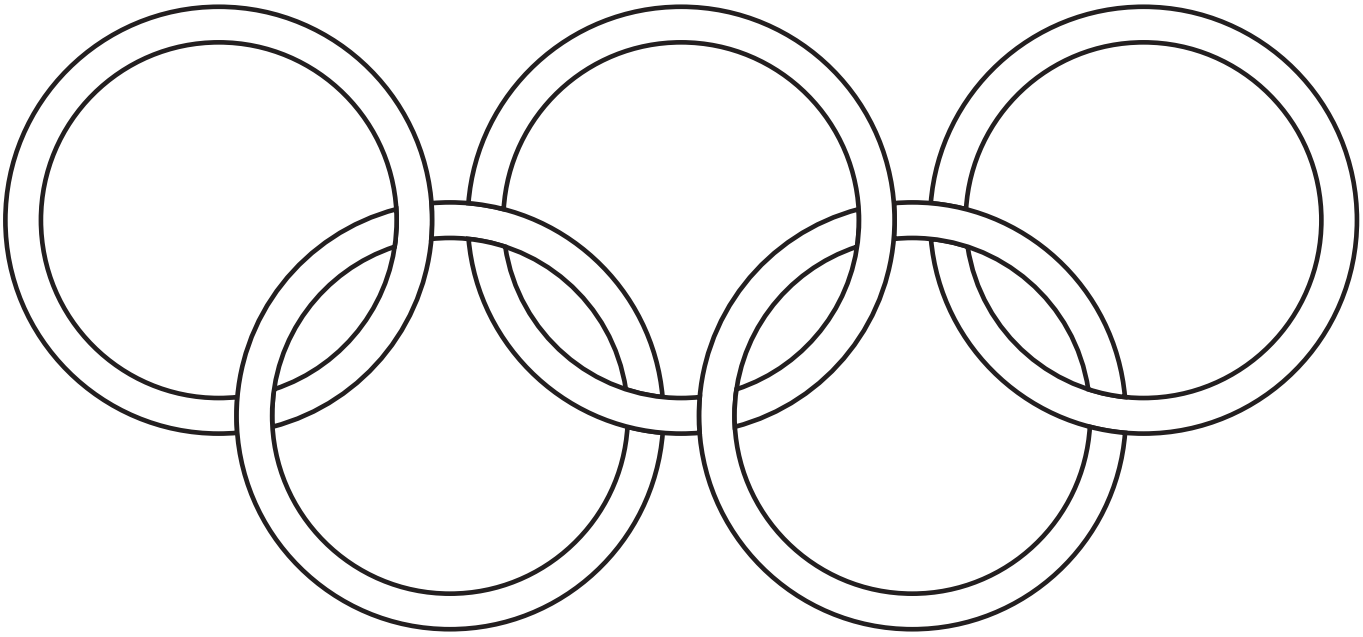
**14.** Which continent is hosting the Youth Olympic Games for the first time?

**16.** Name an Olympic value.

COLOURING SHEET 1

# THE OLYMPIC RINGS

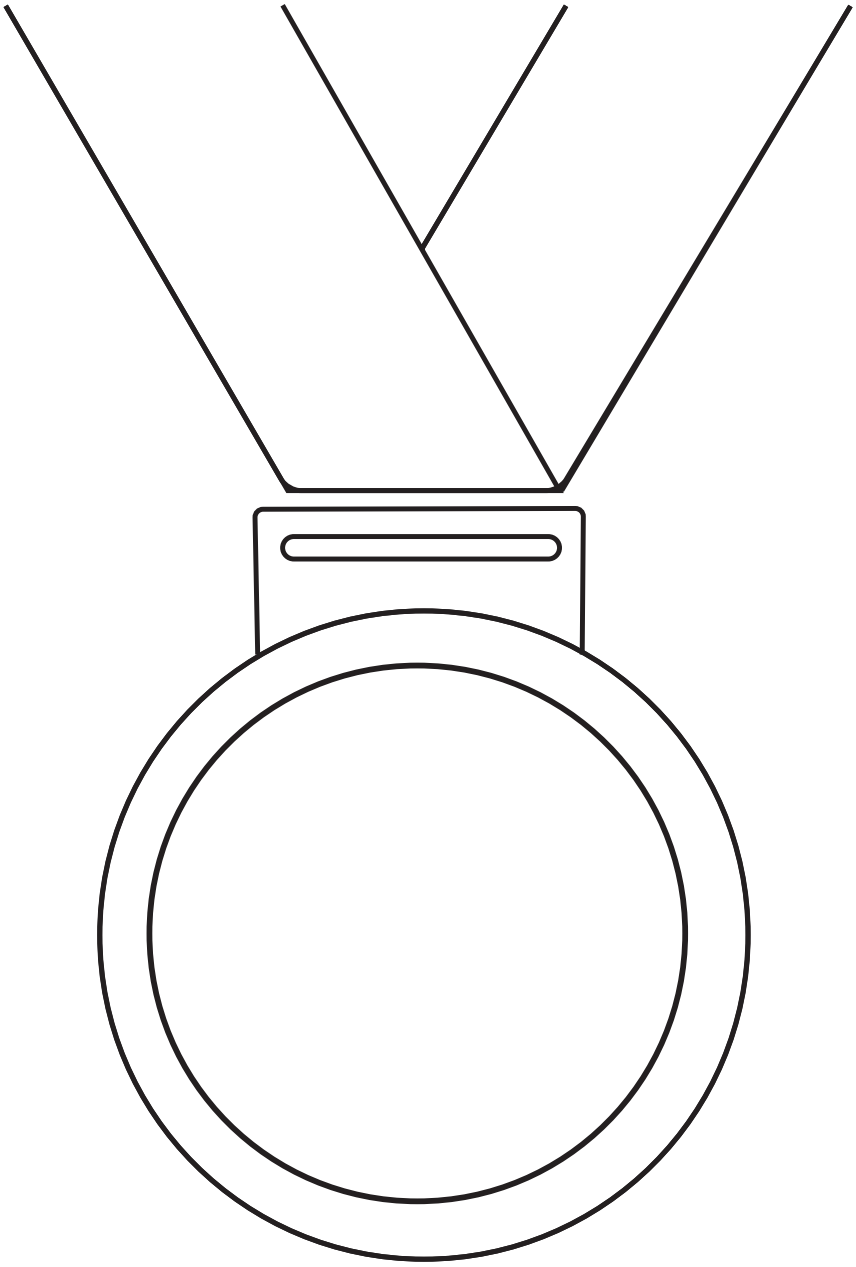
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COLOURING SHEET 2

# THE OLYMPIC MEDAL

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# AFRICA SHINES AT THE OLYMPIC GAMES

## Celebrating inspiring athletes from across the continent

Africa has a proud and powerful history at the Olympic Games. From record-breaking runners to courageous swimmers, African athletes have shown the world the true meaning of excellence, determination and unity. Here are just a few stories that show how Africa continues to shine on the Olympic stage:

### HICHAM EL GUERROUJ

**Morocco – Athletics**

Known as one of the greatest middle-distance runners ever, El Guerrouj won double gold in the 1,500m and 5,000m at Athens 2004. His world records still stand today!




### ERIC MOUSSAMBANI

**Equatorial Guinea – Swimming**

At the Sydney 2000 Olympics, Eric had only just learned how to swim and had never seen a full-sized pool before. When his competitors false-started, he swam alone – slowly, but bravely. The world cheered for his effort and courage.





### KIRSTY COVENTRY

**Zimbabwe – Swimming**

She is Africa's most successful Olympian, having won four silver medals, two golds and one bronze in swimming at the Athens 2004 and Beijing 2008 Olympic Games. She is also the first woman and first African to be elected President of the International Olympic Committee (IOC), a position she holds today.

## ABEBE BIKILA

**Ethiopia – Athletics**

The first person to win two Olympic marathons back-to-back – and he ran the first one barefoot! Bikila won gold at Rome 1960 and Tokyo 1964, becoming a symbol of strength and resilience.

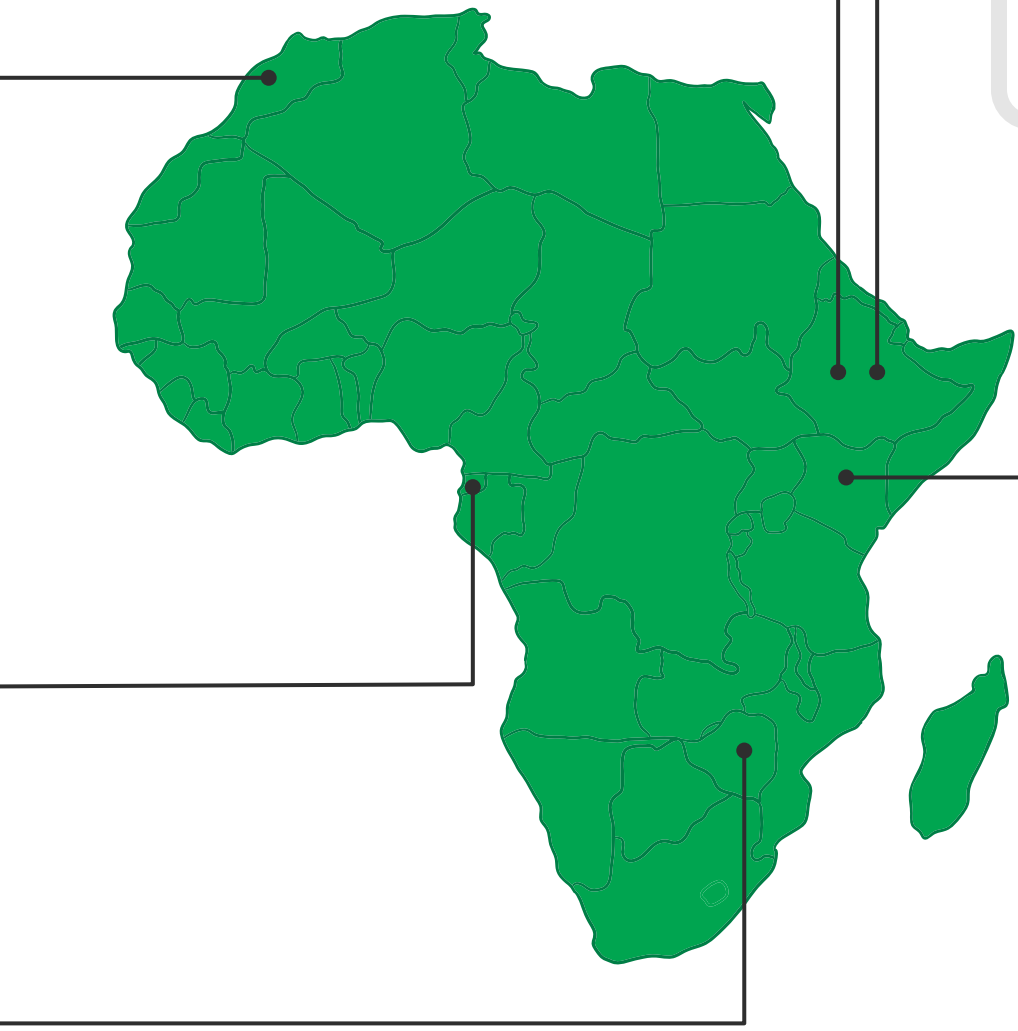


## DERARTU TULU

**Ethiopia – Athletics**

In Barcelona 1992, Tulu became the first Black African woman to win Olympic gold, in the 10,000m. At the finish line, she shared a symbolic victory lap with her white South African rival, Elana Meyer – a moment of peace and hope.





## BEATRICE CHEBET

**Kenya – Athletics**

At Paris 2024, Chebet made history by winning gold in both the 5,000 m and 10,000 m. She is only the third woman in Olympic history to achieve this incredible double win!



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# DAKAR 2026 YOUTH OLYMPIC GAMES™ – FAST FACTS

The Youth Olympic Games come to Africa for the very first time!

| CATEGORY | DETAILS |
|---|---|
| **Event** | Dakar 2026 Youth Olympic Games |
| **Host Country** | Senegal First Olympic event ever held in Africa |
| **Host Zones** | Dakar, Diamniadio and Saly |
| **Planned Dates** | From 31 October to 13 November 2026 |
| **Athletes** | Around 2,700 young athletes (aged 15–18) |
| **Gender Equality** | 50 per cent girls, 50 per cent boys across all sports |
| **NOCs Participating** | All 206 National Olympic Committees invited |
| **Sports** | 25 official Olympic sports and 10 engagement sports |
| **Volunteers** | 6,000 volunteers from across the country |
| **Infrastructure** | New and upgraded venues + TER train and BRT bus systems |
| **Key Themes** | Sustainability, Youth Leadership, Gender Equality and Education |
| **Cultural Focus** | Celebrating African heritage, art and music |
| **Global Impact** | Building bridges between cultures, communities and generations |
| **Lasting Legacy** | Empowering young people through sport, education and peacebuilding |




DAKAR
2026
DAKAR
EN JEUX

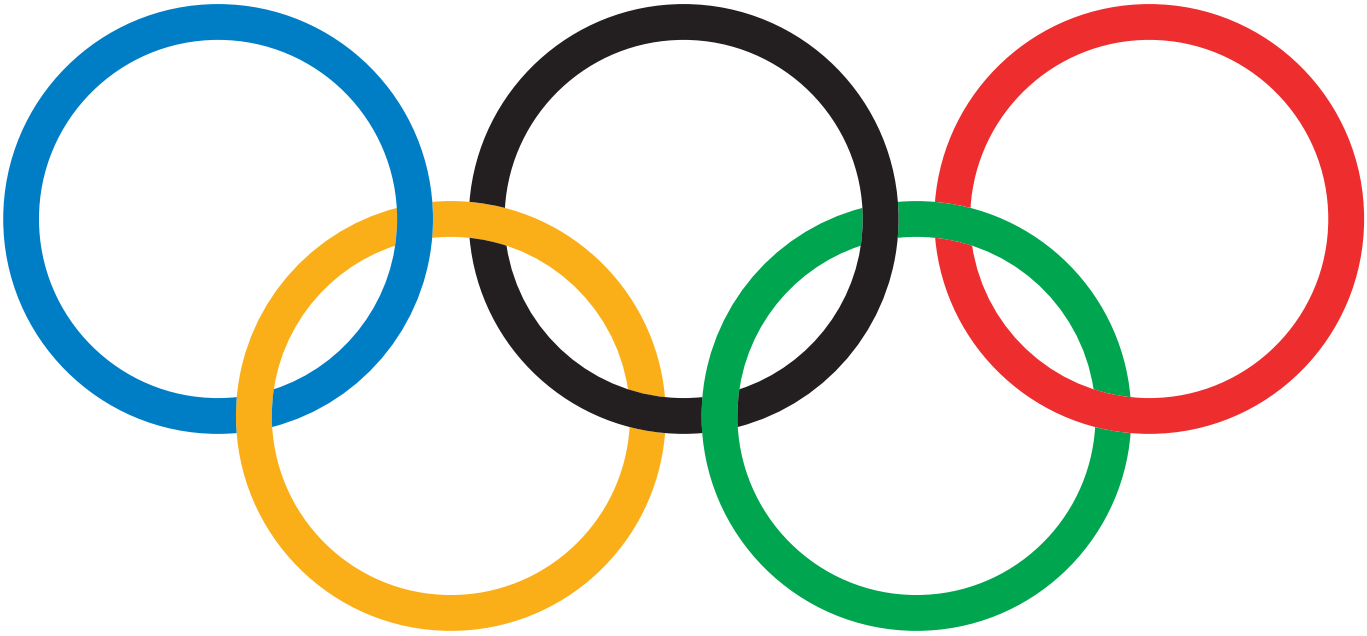
# ANNEX 1:
# THE OLYMPIC RINGS

This section looks at the iconic Olympic rings and explains how the Olympic symbol can be used to introduce and explore the values of the Olympic Movement.




One of the first Olympic flags, which was commissioned by Baron Pierre de Coubertin and was first displayed at the inauguration of the Chatby stadium in Alexandria, Egypt, in 1914. You can see the French words "Alexandrie 5 avril 1914" (Alexandria, 5 April 1914) written on the flag.

# ANNEX 1: THE OLYMPIC RINGS



The five Olympic rings are also referred to as “the Olympic symbol”. The colours are blue, yellow, black, green and red. They are interlinked to symbolise the universality of Olympism.

At least one of these five colours (or the white background) appears on the flag of every competing nation. The rings are often said to represent the five regions of the world involved in the Olympic Games: Europe, Asia, Oceania, Africa and the Americas.

## BEFORE YOU READ – QUESTIONS TO ASK

Have you seen the Olympic rings before? Where? How would you describe them to someone who hasn’t seen them? What do you think they mean?

## READING

Look at the five rings pictured above. They are joined together like a chain. You will see them everywhere on TV and digital media during the Olympic Games. The Olympic rings are referred to as “the Olympic symbol” and are recognised throughout the world. When used in its five-colour version, the rings are interlaced from left to right; the blue, black and red rings at the top, the yellow and green rings at the bottom. The Olympic rings represent the union of five continents and the meeting of athletes from throughout the world at the Olympic Games. What do you think?

# ANNEX 2:
# FLYING THE FLAG

Countries' flags are used to symbolise national pride, while the Olympic flag represents international unity through sport and the Olympic values.

"The eight of us had the extraordinary honour of carrying the flag into the stadium and seeing it being raised for the duration of the Olympic Games. I was honoured to be picked as the one representing the environment... It was an emotional and humbling experience."

Jean-Michel Cousteau

## BEFORE YOU READ – QUESTIONS TO ASK

Have you seen the Olympic flag flying anywhere? Where? Why does the Olympic Movement need a flag?



Salt Lake City 2002: Eight individuals who have made a significant contribution to the world carry the Olympic flag during the Opening Ceremony.

## READING 1

Once all of the athletes have entered the Olympic Stadium during the opening ceremony, everything falls silent. Then, from one end of the stadium, eight people dressed in white enter the arena. Each of them is holding an edge of the Olympic flag, which they then carry carefully around the track. They stop at the flagpole, attach the flag and then begin to raise it. A huge choir sings the Olympic Anthem. It is a very emotional moment.

During each edition of the Olympic Games, Olympic flags are always flown alongside any other national or local flags in the host regions. These flags symbolise that the region is now living under the Olympic spirit. During the closing ceremony, a specific Olympic flag (one for the Winter Games and one for the Summer Games) is handed over to the mayor of the host of the next edition of the Olympic Games.

# ANNEX 2: FLYING THE FLAG

READING 2

## FLAG WAVING FROM A WHEELCHAIR

Sam Sullivan, the Mayor of Vancouver (CAN), uses a wheelchair and has minimal hand movement. He said he didn't want someone waving the Olympic flag – which is nearly five metres in height – on his behalf.

"That's completely against everything I stand for. I want to be able to do it myself," explained Sullivan.

With one billion viewers expected to watch the Closing Ceremony at the 2006 Winter Games in Turin, Sullivan said the symbolism of taking the flag was important.

"There are many people with disabilities who have emailed me and said this is really quite a profound moment for them as well as for me and other people with disabilities in Canada," said Sullivan.

To solve the problem, engineers and volunteers in Vancouver designed a three-angled flag-holder to mount on the armrest of Sullivan's wheelchair. It had to be designed to cope with a number of scenarios.

"That's one big flag. If the wind takes it, do I end up on my face or falling off the edge of the stage?" Sullivan said.

When the then-IOC President Jacques Rogge handed him the flag, Sullivan moved his motorised wheelchair back and forth, to get the flag to wave.



Turin 2006: At the Closing Ceremony, the Olympic flag is passed to Sam Sullivan, the Mayor of Vancouver, host for the Olympic Winter Games 2010.

# ANNEX 3:
# THE OLYMPIC FLAME

Fire, flames, torches and candles have always had a special meaning for human beings. They play an important part in rituals and ceremonies, and have also done so in the ancient and modern Olympic Games.

## READING

Each edition of the Olympic Games has a special flame that travels on a long journey – known as the Olympic Torch Relay – taking it from the ruins of the site of the ancient Olympic Games to the host. The torch-lighting ceremony takes place in front of the ruined columns of the Temple of Hera in Ancient Olympia. The flame is lit by the heat of the sun reflecting off a mirror into the oil of a big cauldron. The Olympic torch is lit from this flame and begins its journey to ignite the Olympic spirit in other parts of the world.

## FOR DISCUSSION

Look at the women in the photo. They are actresses playing the role of Ancient Greek priestesses. The high priestess reflects the light of the sun from a mirror into the oil of a large bowl or cauldron.

- Why do you think the people organising a modern edition of the Olympic Games want to use symbols and ceremonies from the ancient Olympic Games?
- Are there any special events in your own community that use special flames or fires? For example, are there any occasions or ceremonies when you use candles or build fires?
- Why do you think fire and light are so important in ceremonies?



Beijing 2022: High Priestess Xanthi Georgiou lights the 2022 Olympic flame during the Lighting Ceremony of the Olympic flame at Olympia in Greece.

# ANNEX 3: THE OLYMPIC FLAME



The London 2012 Torch Relay reaches the city of Carlisle in England.

"The Athens Olympics will be meaningful even though I cannot participate as an athlete, since I can participate in the Olympic Torch Relay all over the world."

Cathy Freeman, gold medallist, Olympic Games Sydney 2000



Sochi 2014: The Olympic flame arrives at the International Space Station.

# ANNEX 4:
# THE OLYMPIC MEDALS

Gold, silver and bronze medals are awarded to the top three finishers in every event at the Olympic Games.

The gold, silver and bronze medals awarded to competitors at the Olympic and Paralympic Games represent the highest levels of athletic achievement.

**READING**

At the ancient Games, winners were rewarded with an olive wreath (also known as kotinos) rather than the medals they receive today. The first medals were awarded at the Olympic Games in Athens in 1896. Back then, a silver medal went to the winner, a bronze medal went to second place, and nothing was given to third place and below. The tradition of three medal prizes started in St Louis in 1904.

From Athens 1896 to Amsterdam 1928, the medals ceremony traditionally took place during the closing ceremony of the Games. As of Los Angeles 1932, the medals were awarded after each competition.

The design of the medals is the responsibility of the Organising Committee for the Olympic Games (OCOG) and varies with each edition.

However, there are some guidelines and rules that must be observed when it comes to design and production.

For example, the medals must have a minimum diameter of 70mm and be 3mm thick. The medal for first place must be gilded with at least 6g of pure gold. Different visual requirements exist for the Summer and Winter Games. For the Summer Games, medals must include depictions of Nike (the goddess of victory) standing in the Panathinaikos Stadium; the full name of the Games edition; the name of the sport and event; and the OCOG emblem.

For the Winter Games, medals must include the Olympic emblem; the full name of the Games edition; the name of the sport and event; and the OCOG emblem.

While several Olympic hosts have designed medals using partly recycled material, as was the case at Rio 2016, Tokyo 2020 was the first edition in history at which medals were produced entirely from recycled material.

# ANNEX 4: THE OLYMPIC MEDALS




Lillehammer 2016: Team Switzerland pose with their medals after the medal ceremony for the Ice Hockey Women event.




Beijing 2022: Zoi Sadowski Synott holds up her silver medal during the Women's Snowboard Big Air medal ceremony.

**FOR DISCUSSION**

- Do you think all Olympic medallists keep their medal(s)?
- In your opinion, is a medal worth the effort that an athlete puts into preparing for and competing at the Games?

# ANNEX 5:
# THE OLYMPIC GAMES OPENING CEREMONY

The ceremonies and rituals that form an integral part of the Olympic Games distinguish the Olympics from all other international sports events. Through a mix of music, song, dance and fireworks, the opening and closing ceremonies invite people to discover the culture of the country in which the games are taking place.

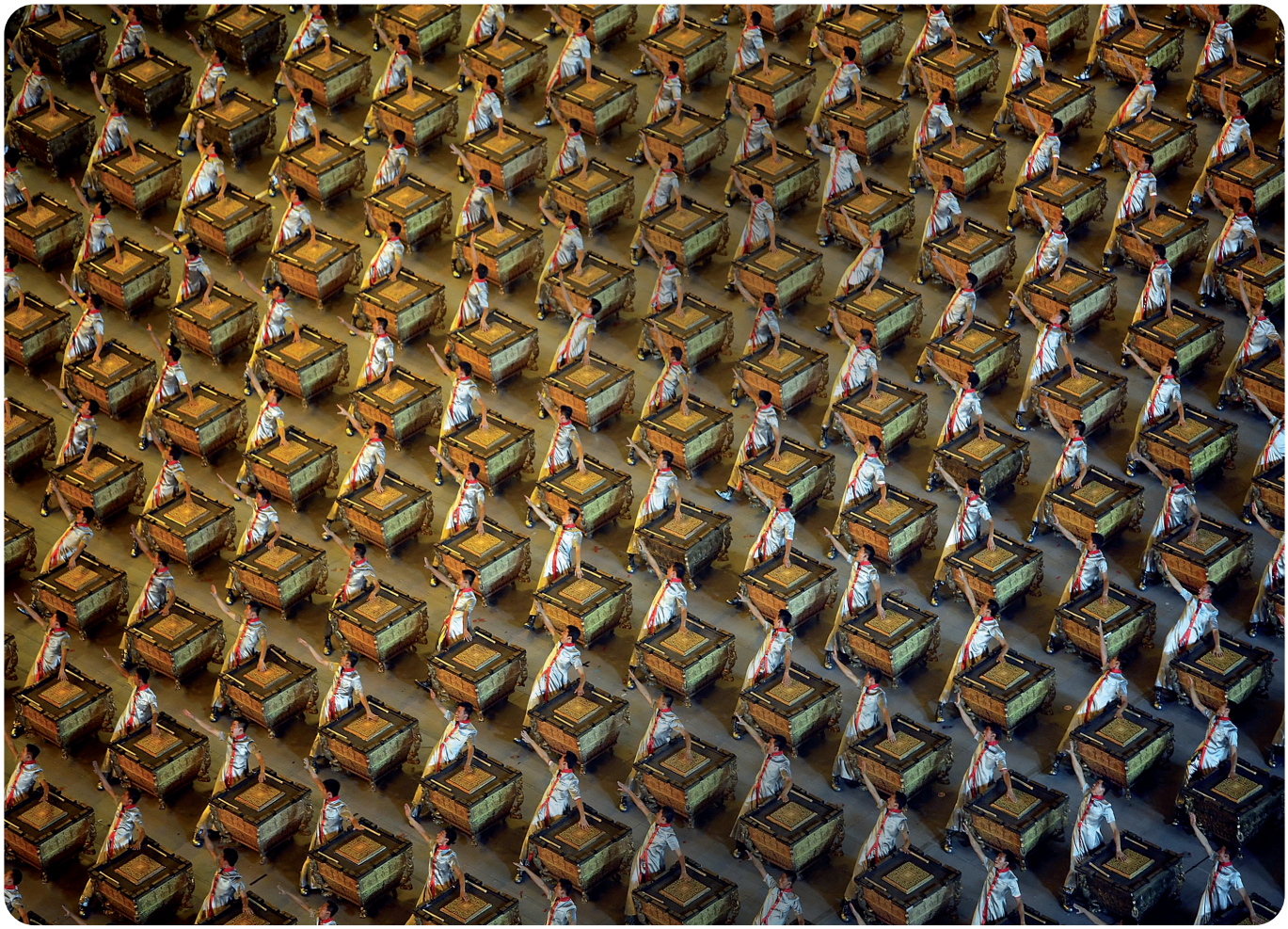
## OPENING CEREMONY

The opening ceremony is an extraordinary and intricately choreographed extravaganza, allowing the host to showcase its uniqueness and is primarily the responsibility of the host Organising Committee.



Sochi 2014: A colourful display of traditional Russian dancers and architecture during the Opening Ceremony of the Olympic Winter Games at Fisht Olympic Stadium.

# ANNEX 5: THE OLYMPIC GAMES OPENING CEREMONY

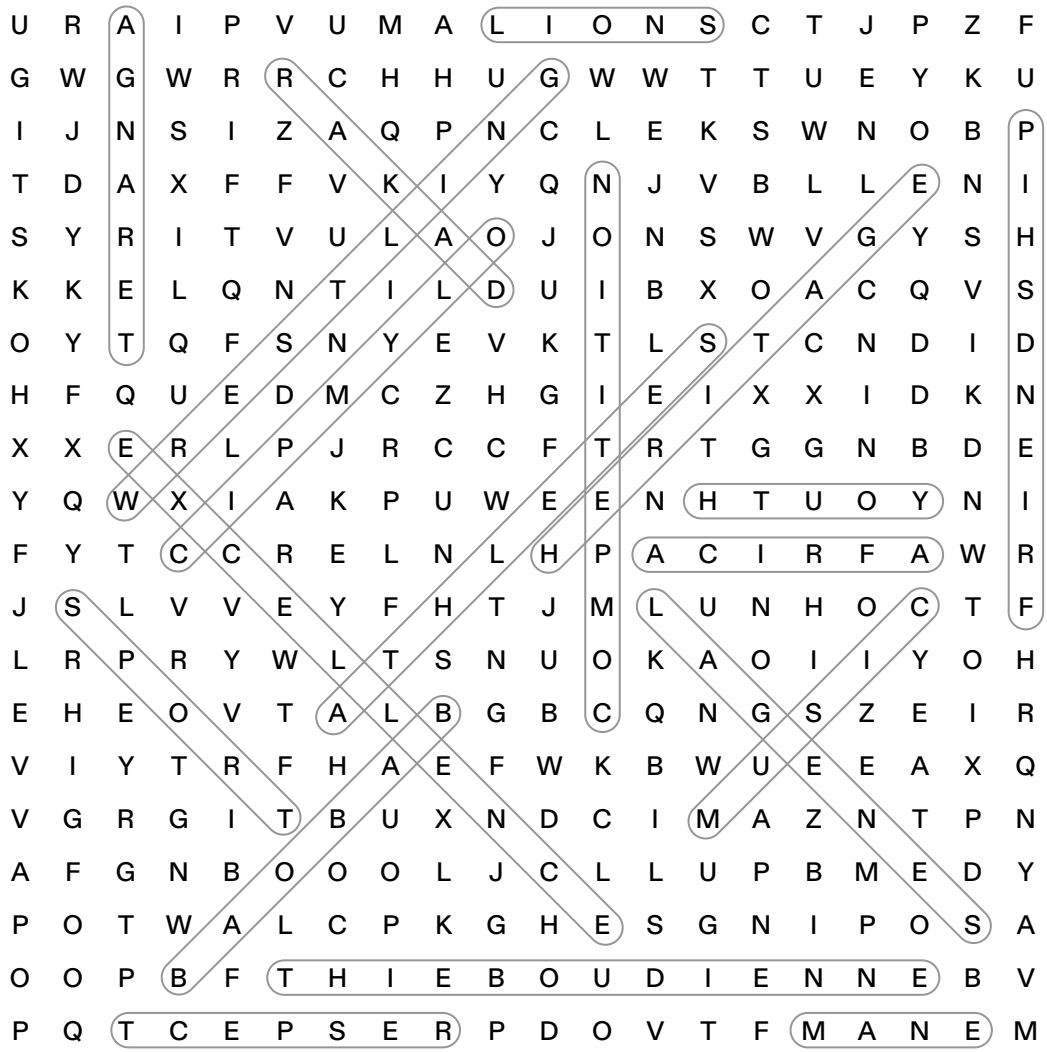


Beijing 2008: Drummers perform during the Opening Ceremony at the National Stadium in the Chinese capital.

**Order of events:**

- The head of state of the host country is received at the stadium by the IOC President.
- The national anthem of the host is played or sung as the host nation's flag is raised.
- The Parade of Athletes – Greece first, other delegations in alphabetical order, future host(s), with the host last.
- A stylised representation of doves is presented as a symbol of peace.
- Speeches by the President of the Organising Committee and the President of the IOC.
- The head of state of the host country officially declares the Games open.
- The Olympic Anthem is played as the Olympic flag is raised.
- An Olympic oath is taken by two athletes, two coaches and two judges or officials.
- The Olympic torch is used to light the Olympic cauldron.
- A programme of entertainment reflecting the culture and history of the host is provided by the Organising Committee.

# ANNEX 6:
# DAKAR WORD HUNT – ANSWERS



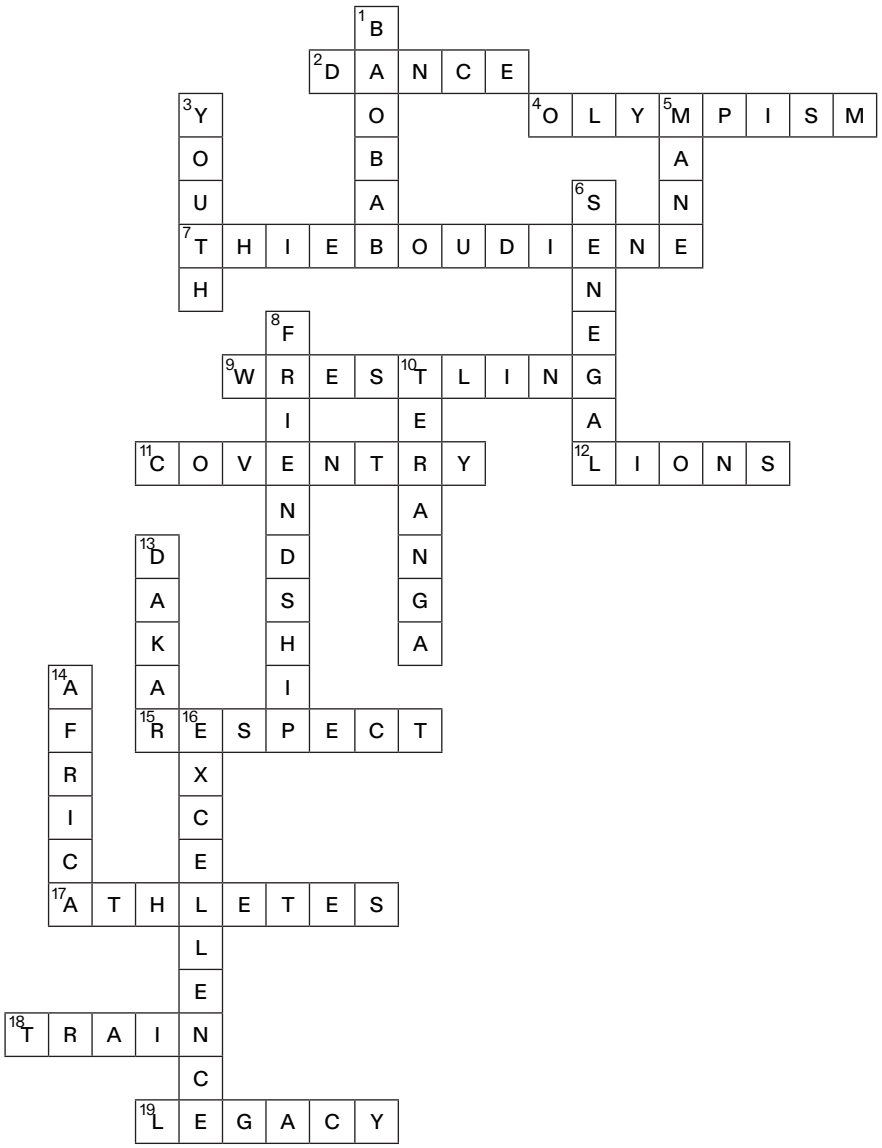

DAKAR
SENEGAL
AFRICA
YOUTH
OLYMPIC

SPORT
ATHLETES
EXCELLENCE
FRIENDSHIP
RESPECT

COMPETITION
HERITAGE
TERANGA
LIONS
WRESTLING

BAOBAB
THIEBOUDIENNE
MUSIC
MANE

# ANNEX 7:
# DISCOVERING DAKAR 2026 – ANSWERS




## ACROSS

**2.** Dance
**4.** Olympism
**7.** Thieboudiene
**9.** Wrestling
**11.** Coventry
**12.** Lions
**15.** Respect
**17.** Athletes
**18.** Train
**19.** Legacy

## DOWN

**1.** Baobab
**3.** Youth
**5.** Mane
**6.** Senegal
**8.** Friendship
**10.** Teranga
**13.** Dakar
**14.** Africa
**16.** Excellence

International
Olympic
Committee

Maison Olympique
1007 Lausanne, Switzerland
www.olympics.com/ioc

