

Team

Olympic Games

The Olympic Games is a big sporting event that takes place every four years. Sports fans from all over the world come together to celebrate sport and the world's greatest athletes. Different world cities take it in turns to host the Olympic Games.



Female and male athletes compete against each other in different sports. Winners receive a medal. A gold medal is awarded for first place, silver for second place and bronze for third place.



Medal winners at the 2008 Olympics in Beijing

Paralympic Games

The Paralympic Games is a big sporting event that happens every four years, immediately after the Olympic Games, and uses the same sports venues. It is a sports competition for elite athletes with disabilities. There are many Paralympic sports.



boccia



wheelchair basketball



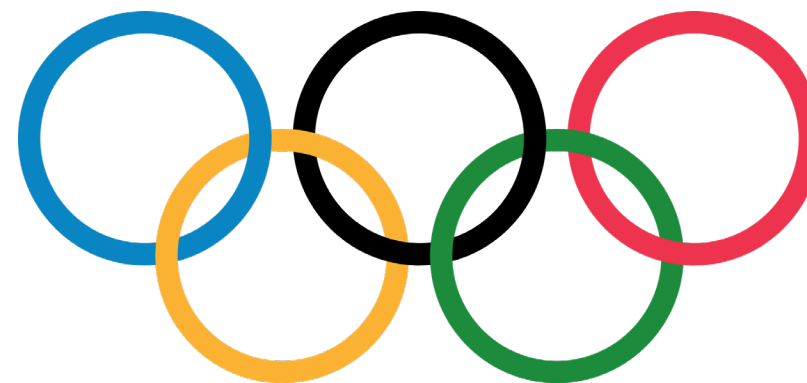
athletics



table tennis

Olympic rings

The Olympic symbol is a picture of five, linked rings in five different colours.



Opening and closing ceremonies

The Games begin with an opening ceremony inside a stadium. There is one for the Olympics and another for the Paralympics. The ceremonies feature athletes from each country parading with their country's flag and dancers perform entertaining routines. The Olympic or Paralympic flag is raised and a special Olympic torch is lit.



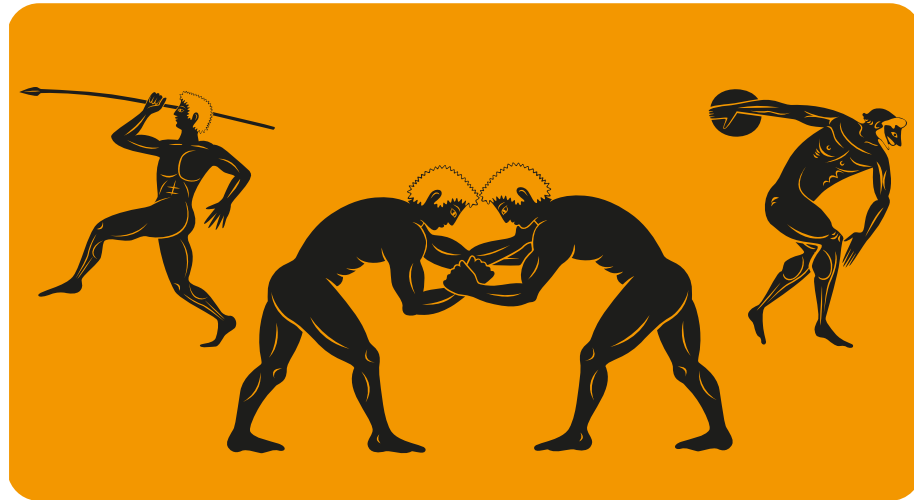
Olympic torch at the 2012 Olympics in London

The closing ceremony marks the end of the Olympic or Paralympic Games. It's an event where athletes come together in the stadium to celebrate the achievements of everyone who competed. The Olympic or Paralympic flag is lowered and the flames from the Olympic torch are extinguished.



Ancient Olympic Games

The first Olympic Games was held in ancient Greece in 776 BC. Male athletes took part in events like running, wrestling, long jump, javelin, discus and chariot racing. Women were not allowed to compete.



Olympic sports

There are many different Olympic sports. Athletes compete against each other either as individuals or in teams. They try to achieve the highest score, fastest time or furthest distance. Athletes in a team must work together to achieve a shared goal.



individual show jumper



team of artistic swimmers

Team routines

Artistic swimming and the group event in rhythmic gymnastics are Olympic team sports that involve synchronised routines. Team members perform balances and movements at the same time. Teamwork and lots of practice are essential to perform synchronised routines.



rhythmic gymnastics



artistic swimming

Team kits

Athletes in a team wear the same kit to show that they belong to the same group and that every member is important. Team kits worn by Olympic athletes include the colours and sometimes symbols or shapes taken from a country's flag.



Jamaica's team kit



Jamaica's flag

Team mascots

A mascot is an animal, person or object owned by a sports team to bring them luck. It can be a person on the side lines at a sports event dressed in a costume. They encourage supporters to cheer for their teams. There is a new mascot for each Olympic Games.



2016 Olympic mascot



2020 Olympic mascot

Glossary

athlete	A person who is good at sport and competes in sports events.
boccia	A ball sport that is played at the Paralympics.
disability	An injury, illness or condition that makes a person unable to do some things that other people can do.
routine	A sequence of balances and movements performed to entertain others.
synchronise	To move at the same time and speed as other people.