

# PHYSICAL EDUCATION CHALLENGES

## - **FIRST** CHALLENGE **JUGGLING**

CAN YOU GET?:

1. VIDEO 1 (<https://www.youtube.com/watch?v=aYk7paFVvQw>)
2. VIDEO 2 (<https://www.youtube.com/watch?v=y5NThF1Tt2E>)
3. VIDEO 3 (<https://www.youtube.com/watch?v=YIWqhgfpoYU>)

## - **SECOND** CHALLENGE: **SKIP THE ROPE**

- 1- 50 TIMES IN 30 SECONDS
- 2- 100 TIMES IN A MINUTE

## - **THIRD** CHALLENGE: **OLYMPIC GAMES QUIZ**

**1. What do the five rings on the Olympic symbol represent?**

- a) the five oceans
- b) the five continents
- c) the five planets
- d) five Greek Gods

**2. The five rings of the Olympic symbol are in five different colours. Red, Green, Yellow, Blue and \_\_\_\_\_**

- a) Indigo
- b) Violet
- c) Orange
- d) Black

**3. Olympic games were held in ancient Greece in the honour of Greek God \_\_\_\_\_**

- a) Zeus
- b) Uranus

- c) Apollo
- d) Jupiter

**4. Which team leads the procession of athletes at the opening ceremony of the Olympic Games?**

- a) Hosting nation
- b) Greece
- c) Hosting nation of the next Olympic games
- d) Hosting nation of the previous Olympic games

**5. In which year were the first modern Olympic Games held?**

- a) 1900
- b) 1896
- c) 1904
- d) 1892

**6. In which year did women participate for the first time in modern Olympic Games?**

- a) 1900, Paris
- b) 1908, London
- c) 1904, St Louis
- d) 1920, Antwerp

**7. Who of the following is known as the Father of Modern Olympics?**

- a) Le Marqués de Samaranch
- b) Pierre de Coubertin
- c) Demetrius Vikelas
- d) Ferenc Kemény

**8. Who of the following athletes has won the 3áximum number of individual gold medals at a single Olympics?**

- a) Mark Sptiz
- b) Michael Phelps
- c) Carl Lewis
- d) Matt Biondi

**9. Who of the following was the first person to complete the 100 m event in under 10 seconds?**

- a) Jim Hines
- b) Jesse Ownes
- c) Usain Bolt
- d) Ben Johnson

**10. Which language other than English is the Official language of the International Olympic Committee?**

- a) Chinese
- b) French
- c) Spanish
- d) German