The modern Olympic games

**Introduction**

The Olympic games are an international sporting event that happens every **Olympiad.** The Olympics are an opportunity for the world to come together, an opportunity for athletes from both near and far to compete in the summer and/or winter games alike. Their achievements are watched from both near and far by hundreds of millions of spectators. The five rings on the Olympic flag represent the international nature of the Games. The Games are held at intervals but are part of a broader framework which is that of the Olympic Movement. The purpose of the Olympic Movement is to promote the practice of sport all over the world and disseminate the Olympic values. It is in this spirit that the Olympic Games are held.

**Founder**

Pierre de Coubertin of France founded the modern Olympic games and the IOC, most commonly known as the International Olympic Committee, in 1894 in Paris. It’s been happening every Olympiad since.

**Who can take part in the games?**

Anyone any age can take part in the games from all over the globe ranging from Australia to Canada, as long as youhave massive dedication, a huge talent and a lot of training. Also, a lot of perseverance. Just remember that you have an equal opportunity, and it is the struggle that matters not the winning.

**What sports?**

Unlike the ancient games the modern games have over 300 events and 28 sports including running which varies from 100m to 10km, swimming which takes place in the Olympic 50m pool and field events like long jump. Very different from the limited amount in the Ancient Olympics where there were only 8 events.

**Prizes**

Originally winners received a sacred olive wreath and a feast in their honour. Pre 1904 – Winners received Olive wreaths silver medal. Runners up Bronze medal and laurel wreath. 1928 medals were made to be similar to each other until the 2000 Sydney games when the reverse of the medal was only modified for each Olympiad.

The Olympics have been going for over 200 years now and hopefully will continue for another 1500 years just like the ancient Greek Olympics did.

Glossary Olympiad:

Every four years we have an O games and that’s called an Olympiad

Did you know?

In one of the ancient events the participants had to race in armour!