

OLYMPIC EDUCATION IN RUSSIAN FEDERATION

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ABSTRACT

Nowadays the ideas of the Olympic Games traditions and their pedagogical values for children and youth are topical. International and National Olympic Committees must propagate the Olympism and Olympic education according to the Olympic Charter. Olympic education is determined as a system of Olympic movement knowledge diffusion. It is widely known all over the world that Olympic education is an important part of upbringing, as it helps to form harmonious developed personality and promotes the idea of a healthy life-style. Examples of Olympic winners and heroes influence children positively and effectively. Different national systems of education suggest keeping "Olympic days", "Olympic lessons" and other extracurricular activities. How can we get school children to know about Olympism? At physical education! We have created a complete set of physical education study-books, which are recommended to 6-10-year-olds and their parents. The Olympic Games information is presented in three doses (chapters, items inside chapter and Olympic facts or pictures) and in three types of presentation (description, photos and Olympic examples). First-graders get to know about exciting moments of Olympic Games that arise children's interest to sport and Olympism. The concept of Olympic Games, their ideas and their programme are introduced to second year schoolchildren. In third and fourth year schoolbooks we continue to describe Olympic programmes and non-sporting part of the Olympic Games, their symbols and ceremonies. The connection between ancient and modern Olympic Games is shown. Special attention is paid to the Fair Play principles. The complete set of study-books was published in 2013. Russian children will start using them this year. We hope our system will bring positive results.

Key words: Olympic Games, Olympic education, Primary school, Physical education.

INTRODUCTION

Nowadays the ideas of the Olympic Games traditions and their pedagogical values for children and youth are topical. It is widely known all over the world that Olympic education, which is determined as a system of Olympic movement knowledge spreading, helps to form harmonious developed personality and promotes the idea of a healthy life-style. Examples of Olympic winners and heroes influence children positively and effectively. We can foster in persistence, boldness, purposefulness and other merits of character at children. Olympic champion with strong character and great acts resembles fairy-tail hero for children. Every child dreams to become like his favorite hero: strong and brave as he is. Therefore Olympic education is an important part of children upbringing.

METHODS

During our work we investigated 5 systems of Olympic education. For revealing of successful systems in Russia we studied the literature and the Internet sites concerned to Olympic education and Olympic Games. For studying traditional and student's Olympic education systems we visited Olympic conferences for 7 years and analyze our own experience of participants and organization of students' competitions in theoretical knowledge.

RESULTS

In Russian Federation there are a lot of Olympic education systems. Different national systems of education suggest a keeping of "Olympic days", "Olympic lessons" and other extracurricular activities. The main systems of Olympic education in Russia are:

- Olympic education for sport students;
- SpArt-system;
- SOCHI-2014;
- One school is one land;
- Traditional Olympic education system.

Olympic education for sport students is system for future trainers and teachers of physical education. It includes conference, students' competition in theoretical knowledge and contest of jokes in sport. The conferences is named Olympic session, it consist of three levels. The first level is regional, where jury choose 10 winners with best scientific reports, and these students can participate in all-Russian level, and only two best young scientists of second level will participate in the international Olympic session in Olympia (Greece) or Lausanne (Switzerland). The competition of students in theoretical knowledge has only one regional level. It is team championship, which consist of 5 or 6 tasks, such as crossword, test, questions to the pictures and other. The contest of jokes is team championship too. Olympic session is held every year. Only students of universities and colleges can participate. There are 12 Olympic Academies in Russian Federation, which realize Olympic education.

The next system of Olympic education is SpArt-system [1, 3]. It includes Olympic lessons, competitions and other forms. This system is aimed to harmonious development of children, youth and adults. The positive moment is chance of school, colleges and universities students to participate in this system. Every year Open Moscow student's games are held.

The system of Olympic education "SOCHI-2014" [4] includes three levels – popular, academic and professional. At popular level all people get to know information about Olympic Games by mass media. Academic Olympic education is aimed at students of schools, colleges and universities. The main form of this level is Olympic lesson. In professional level volunteers and specialists learn sport in details, methodology of organization of Olympic Games and Paralympics. They receive training in professional Olympic education and then they will work at carrying out of Olympic Games.

An interesting system of Olympic education named "One school is one land", which is aimed at school students. In this system primary school children learn national games, songs and dance of countries, which they have chosen. The secondary school students study geography and traditions, also they get to know with sport and youth movements. Then school students can invite and meet children from chosen countries and discuss questions of Olympic Games.

Traditional system includes three levels. First level have been realizing in schools since 1996. Children get to know at theoretical lessons of physical education. And there is special book – "Your Olympic study-book", but it is suitable only for the secondary school students. There aren't any popular books for primary school. And there is "Olympic study-book of students" recommended for students of non-sporting colleges and universities.

We suggest a new Olympic education system for primary school. We have created a complete set of physical education study-books, which are recommended to 6-10-year-olds and their parents. It concerns to Russian educational system "Perspective primary school". In our book we tell about health, healthy life-style, physical abilities, sport, etc.

The Olympic Games information is presented in three portions (large – chapters, medium – items inside chapter and small – Olympic facts, examples or pictures) and in three types of presentation (description, photos and Olympic examples). We have told some

aspects of the information. This is Olympic Games, their traditions and symbols, programme of Olympic Games, development of moral and strong-willed qualities. Besides there is information which can help children to develop abilities and choose their favorite sport. Distribution of information and its portion during years of education you can see in the table 1. The quantity of chapters or items is designated in brackets.

Table 1 Distribution of Olympic Games information on years of education

	The 1 st year	The 2 nd year	The 3 rd year	The 4 th year
Programme of Olympic Games	Items (2)	Chapter (3) Items (2)	Chapter (3) Items (1)	Chapter (1) Items (3)
Olympic traditions and symbols	Items (1)	Chapter (1) Items (1)	Chapter (2)	Chapter (1)
Development of morally-strong-willed qualities	Items (1) Facts (6)	Facts (8)	Facts (9)	Chapter (1)
Aim at development of physical abilities	Items (2)	Chapter (2) Facts (4)	Chapter (1) Facts (9)	Chapter (1) Items (3) Facts (4)
Favorite sport	Chapter (2)	Chapter (2)	Chapter (2)	Chapter (2)

In all study-books there are beautiful pictures and photos, which have important information.

In first book we are aimed at the solution of educational tasks, such as acquaintance and inculcation of interest to sport and Olympic Games and creation of positive image of the athlete with strong character and harmonious physical condition.

First-graders get to know about interesting moments in small portions, for example about Olympic Torch relay or physical and moral qualities of athletes in different kinds of sport. For attraction of children to sports and Olympic Games we use excellent pictures of Olympic champions and young athletes. In first study-book pupils can read about sports, which children can start to be engaged in 6-7 years old.

The concept of Olympic Games, their ideas and programme of Olympic Winter games are introduced to second year schoolchildren. At this stage all sizes of portions are used. There are examples and facts about Olympic champions and we acquaint children with disciplines of different kinds of sport in middle portions, for example, running and pole-vaulting in track-and-field. Study-book tells children about Olympic Games, Olympic programme and symbols by whole chapter. As well as in the first book there is information about sports for 7-8-year-olds.

In third year we continue to describe Olympic programmes and non-sporting part of the Olympic Games, their symbols and ceremonies. Some parts of study-book are devoted Olympic symbols and talismans. The connection between ancient and modern Olympic Games is shown by whole chapters and items inside chapters. We use pictures and photos of Olympic champions in the new skills teaching. We continue to tell about kinds of sports, which appropriate for age of children.

In the fourth form we acquaint children with Antique Olympic Games and their heroes and winners. The disciplines of Olympic kinds of sport are considered in details. Special attention is paid to the Fair Play principles and to education of personal qualities. The sport for 9-10-year-olds is introduced as in previous years.

DISCUSSION

In Russian Federation there are different systems of Olympic education, but they all have some disadvantages. Russian Federation is big state with 89 regions with their own traditions. It requires many expenses and human capital for realization ideas of systems. Spartan Olympic education system, "SOCHI-2014" and "One school is one land" function in some regions. Traditional Olympic education system work in considerable part of regions, but there aren't Olympic books for primary school. The SpArt-system is popular in only some regions. Every student can participate in these systems, but all competitions are intended for secondary school student.

Internet sites devoted to Olympic Games can help spreading of Olympic education, but the majority of such sites are intended for an adult audience. So children don't read sites because they are not interesting. But children's sites about Olympic Games will not solve the problem, because it is not useful for children. Besides, not all children and their parents will know about such sites.

For effective Olympic Education we must regularly teach children of whole country. It is possible only by school system. We can get school children to know about Olympic Games at physical education lessons. The system of Olympic education should be directed on children of a primary school, because they are more susceptible to education. And we should speak to parents, as they play the most important role in children's education.

Our system can be completed by other system of Olympic education. We can include the information about Olympic education, and we also can direct children to various systems in their city if such systems exist. Remarkable, "Perspective primary school" is one of the most popular educational systems in Russian Federation; therefore the majority of regions get our study-books.

CONCLUSION

Olympic education plays the important role in upbringing of children, particularly, primary school students. But effective Olympic educations need a good system.

Our complete set of study-books was published in 2013. Russian children started using them this year from the 2nd of September. We hope our system will bring positive results.

Surely, if one will be interested in our system we will translate and adapt it for different countries.

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