



!! TOKYO OLYMPICS 2020!!



DIVIDED BY BOUNDARIES
UNITED BY OLYMPICS



EVS PROJECT



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CLASS - 3D





INTRODUCTION

The Olympic Games are an international sports festival held every four years. Summer Olympics and Winter Olympics are held separately. The Japanese Capital, Tokyo was selected as the host for the Summer Olympics, 2020. It was an international multi-sport event held from 23rd July to 8th August, 2021. The ultimate goals are to unite through sports and promote world peace.

TOKYO OLYMPICS

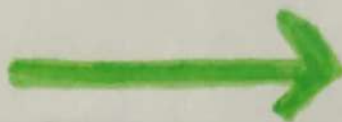


SPORTS EVENTS AT TOKYO OLYMPICS



Tokyo Olympics saw 339 events in 33 sports which are the most in the Olympic history. 3 sporting events that were a part of the Tokyo Olympics are :-

1) ARCHERY :-



It is the art, practice or skill of shooting with bow and arrow.



Archery

2) KARATE :-



It is a form of self-defense without any weapon using hands and legs.






3) 3X3 BASKETBALL

It is a variation of basketball with 3 players in each team.






Basketball





HEALTH BENEFITS



Playing organized and well-structured sports has a wide range of physical and mental benefits.





HEALTH BENEFITS OF:-

3x3 BASKETBALL

1. STRENGTH TRAINING:-




It involves jumping, shooting, passing, dribbling and running for rebounds which strengthen the muscles and bones.

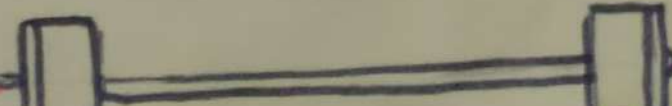




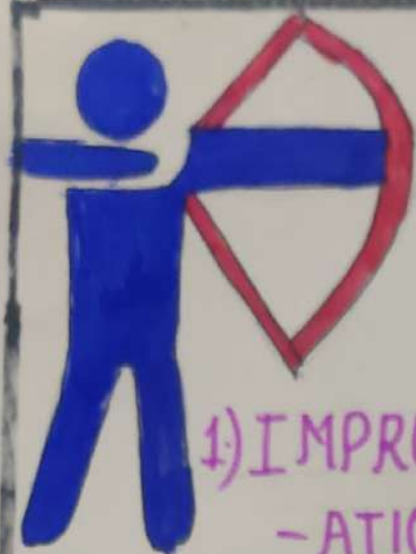
basketball

2. CARDIOVASCULAR HEALTH:-

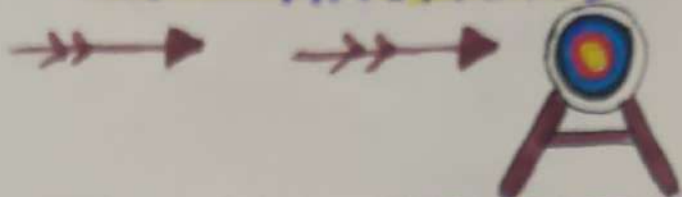


The different pace of activities that take place while playing basketball are great for heart health and prevent strokes and heart attacks.





HEALTH BENEFITS OF ARCHERY



1) IMPROVES HAND-EYE COORDINATION :-

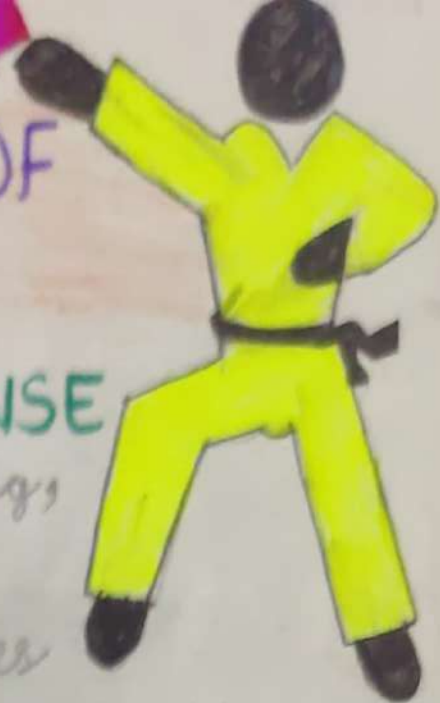
In Archery, while aiming at the target, the eyes provide feedback to the brain and the brain instructs the hands and core muscles to perform shooting. It improves the hand-eye coordination which is an integral part of our daily activities.

2) IMPROVES UPPER BODY STRENGTH

The arms, core, chest and shoulders are all used when performing archery. The repetitions of holding the strings and arrow leads to muscle and bone development.



HEALTH BENEFITS OF KARATE



1. TEACHES SELF-DEFENSE

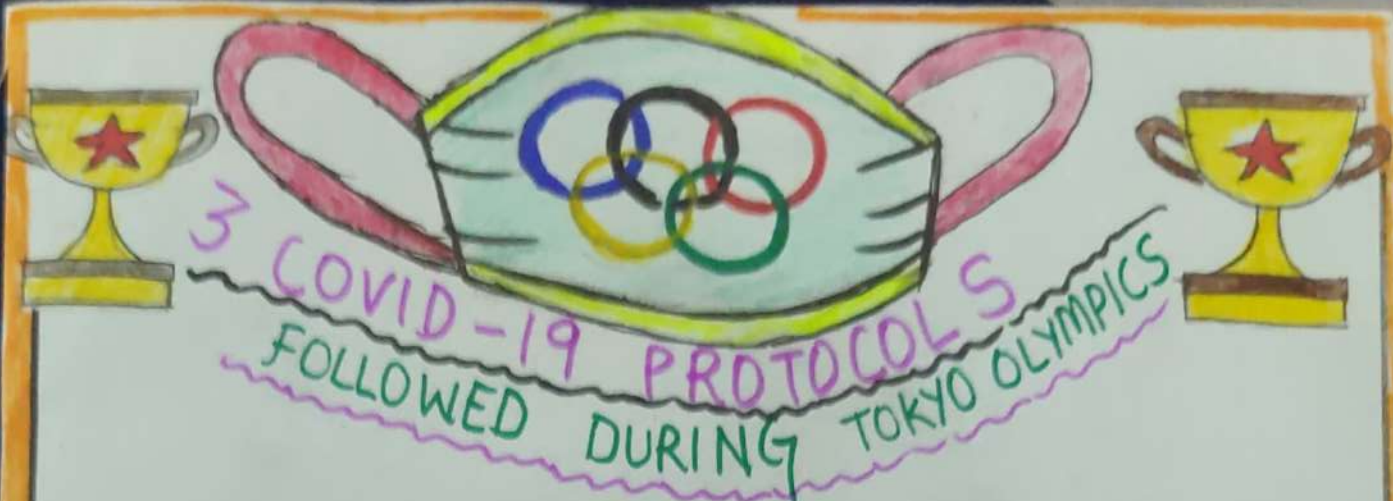
Karate teaches punching, kicking, blocking and evading which prepares us to defend ourselves from aggressors in dangerous situations.

2.) IMPROVES WEIGHT

LOSS:- As karate is a full body workout with movement in arms and legs, tons of calories can be burnt in every class. It dissolves undesired fat keeping us healthy, flexible and agile. It consists of offensive and defensive techniques using all parts of the body.



KARATE



Olympic games are the biggest sporting event across the globe but this year the challenges were severe due to the ongoing Covid-19 pandemic situation. The threat of the virus could not be eliminated. There were certain Covid-19 protocols followed during Tokyo Olympics which were:-

TESTING OF ATHLETES:-

The athletes had to undergo RT-PCR test on two separate days within 96 hours before their arrival to Japan. On reaching Tokyo, they had to take saliva test at the airport. The athletes had to undergo another Covid-19 test 72 hours before their arrival to the Olympic village. They had to self-isolate in case of symptoms.



2.) AVOID 3 C's :- The athletes had to avoid closed, crowded places and close contact with anyone. They were restricted from visiting any shops and had to wear masks always.



SPECTATORS AT VENUES:-

The president of the games, Seiko Hashimoto, decided to completely bar spectators from the Olympic events to create a safe environment and combat the spread of the virus.

