

TOKYO OLYMPICS – STARTER RESOURCE

One year later than planned – Tokyo 2020 finally took place this summer. Take a look at the video below before answering the questions shown around the page.

Unfortunately, there were no fans present for the vast majority of events at Tokyo 2020. How do you think this impacted the performance of those taking part?

Consider the following in your answer:

- Adrenaline
- Home Support
- Motivation
- Atmosphere
- Type of Sport



Almost all athletes at the Games took part in a large amount of their training during lockdown. How do you think this had an impact on performance?

Consider the following in your answer:

- Team v Individual Sports
- Facilities
- Support Team
- Enjoyment
- Focus

Extension Task

Great Britain received 65 medals at the Tokyo Olympics. 22 of these medals were Gold. You have been tasked with improving this total in future Olympic Games.

Create a detailed plan which outlines how you will improve the medal count amongst British athletes.