

SPORT ET ART

Formation continue - enseignement secondaire



WORKHSOP BY SLAVEN DIZDAREVIC

OLYMPIAN DECATHLETE AND ARTIST

HOW SPORT & ART SHAPE THE BRAIN

SIDE BY SIDE SIMILARITIES



IMPROVES FOCUS & ATTENTION

Exercise boosts oxygen flow to the brain and activates areas responsible for executive function and concentration (prefrontal cortex).

Artmaking and creative observation activate the same frontal regions linked with sustained attention and mindfulness.

ENHANCES MEMORY & LEARNING

Regular physical activity increases hippocampus volume – improving memory and learning capacity (e.g., Hillman et al., 2019).

Visual art and music training also enlarge hippocampal structures and strengthen memory circuits (Kühn et al., 2014).

STRENGTHENS BRAIN CONNECTIVITY

Movement coordination and motor learning improve communication between brain hemispheres through the corpus callosum.

Drawing, playing instruments, and creative improvisation stimulate inter-hemispheric links – also through the corpus callosum.

BOOSTS MOOD & REDUCES STRESS

Releases endorphins and dopamine; lowers cortisol – enhancing emotional regulation.

Creative flow states trigger dopamine release and calm brainwave patterns similar to meditation.

IMPROVES ACADEMIC PERFORMANCE

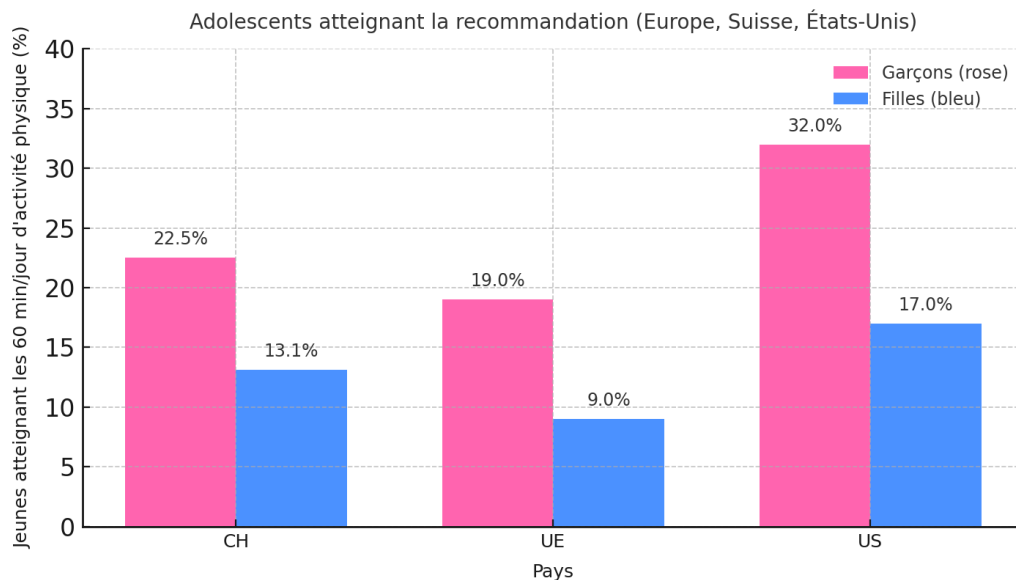
Meta-analyses show active students perform $\approx 10\text{--}15\%$ better in school.

Arts participation correlates with higher grades and stronger problem-solving skills.

**DEVELOPS DISCIPLINE &
GOAL SETTING**

**DEVELOPS IMAGINATION &
DIVERGENT THINKING**

Physical inactivity contributes to obesity, poor mental health, and lower academic and social development. Children who move more show better focus, creativity, and resilience.



Scientific studies confirm what many of us feel — that **sport doesn't steal time from learning**; it actually makes the brain sharper. Active students tend to concentrate better, manage stress more easily, and achieve higher results in school.

WHY TO DO SPORTS - some creative answers

BODY (FASCIA) STORES EMOTIONS

movement releases them, helping the body reset tension and restore natural flow.

MUSCLES ARE HORMONE FACTORIES

when we move, we make happiness, releasing endorphins and other feel-good chemicals.

MOVEMENT CREATES ENERGY

boosting circulation, mood, and mental clarity rather than draining us.

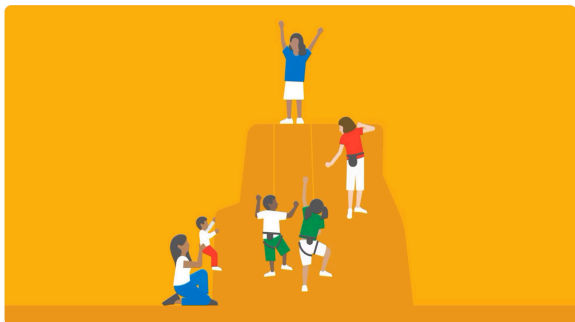
SPEED OR HIGH-INTENSITY EXERCISE SPARKS GROWTH HORMONE

SPORT IS A CANVAS FOR MOVEMENT

use your body and paint

OLYMPIC VALUES EDUCATION PROGRAMME (PEVO)

Le manuel du PEVO est un ensemble de ressources gratuites visant à enrichir tout programme éducatif avec des activités sur le thème olympique, des stratégies d'enseignement et du contenu inspirant. Il se compose de trois ressources principales disponibles dans plusieurs langues, auxquelles vous pouvez accéder ci-dessous.



MANUEL DES FONDAMENTAUX DE L'ÉDUCATION AUX VALEURS OLYMPIQUES : UN PROGRAMME FONDÉ SUR LE SPORT

Ce document constitue la principale ressource du programme et la principale base de connaissances du PEVO. Il sert d'introduction à l'éducation fondée sur les valeurs olympiques et explore les principes de l'Olympisme et les thèmes de l'éducation olympique. En outre, il fait le lien entre les éléments qui font le cœur des Jeux Olympiques et des opportunités éducatives fondées sur les valeurs.



MISE EN ŒUVRE DU PLAYBOOK PEVO : GUIDE PRATIQUE DE L'ÉDUCATION AUX VALEURS OLYMPIQUES

Ce guide fournit une aide pour la mise en œuvre du Programme d'éducation aux valeurs olympiques (PEVO). Il met en lumière les compétences des apprenants et les stratégies d'enseignement du XXI^e siècle, et donne des instructions sur la manière de planifier, d'enseigner et d'évaluer l'éducation aux valeurs dans la pratique.



FEUILLES D'ACTIVITÉS DU PEVO : EXERCICES DE SOUTIEN À L'ÉDUCATION AUX VALEURS OLYMPIQUES

Chaque feuille d'activité peut être imprimée et regroupe un ensemble d'exercices autour des thèmes, des symboles et des traditions olympiques visant à donner lieu à des activités créatives et stimulantes.

Les feuilles d'activités ont été conçues pour être utilisées et adaptables en fonction des capacités de développement des élèves du primaire au secondaire. Elles peuvent être utilisées dans l'ordre souhaité ou modifiées pour s'adapter à l'environnement d'apprentissage.

Core values: Excellence, Respect, Friendship

Purpose: Use sport + Olympism to teach values and life skills

Method: Experiential learning, creative activities, linking to real-life and culture

Adaptable: Works in schools, clubs, workshops — can be linked with art

Broader impact: Social inclusion, personal growth, cultural diversity

Toolkit includes: Fundamentals manual / Practical guide / Activity sheets / Resource library



OVER

BREATHE LIKE A CHAMPION

Focus & Calm in Minutes

DID YOU KNOW?

Just 2 minutes of slow, deep breathing can reduce heart rate and stress hormones by up to 20% (Stanford University Research)

The “Physiological Sigh” is the fastest scientifically proven way to relax the body - 30sec

Breathing changes brain chemistry - controlled breathing increases alpha waves of the brain responsible for calm and creativity

Teachers benefit, too - breathing alongside students not only models emotional regulation but also reduces burnout and improves classroom harmony — it’s contagious calm.

EFFECT

Kapalabhati (Coffee Breath)

Sharp exhales, passive inhales — fast rhythm.

- ☞ Activates the sympathetic system → boosts alertness & oxygen flow.
- ⚡ Lowers CO₂ → mild hyperventilation → increases energy, focus, clears brain fog.
- ☀ Use in the morning.

Focus, energizing

Bhastrika (Bellows Breath)

Strong inhale + strong exhale — active both ways.

- 🔥 Raises body heat, heart rate, and oxygenation.
Reduces sluggishness, releases tension, increases blood flow and vitality.
- 🚀 Best before activity or creative work.

**Focus, energizing
and activating**

Nadi Shodhana (Alternate Nostril)

Inhale left → exhale right → inhale right → exhale left.

- ✿ Balances sympathetic & parasympathetic systems.
Calms cortisol, steadies blood pressure, increases mental clarity.
- 🌙 Use to reset or before sleep.

Calming

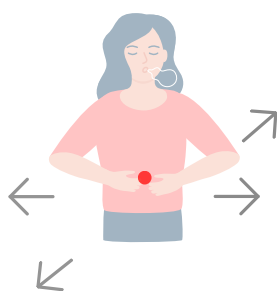
Physiological Sigh (Extra Sip Breath)

Inhale deeply through the nose → add a short second inhale → slow full exhale through the mouth.

- 💧 Fills the lungs completely, reinflates collapsed air sacs, and signals the body to release stress.
 - ❤️ Activates the parasympathetic system – lowering heart rate, calming the nervous system, and reducing anxiety within seconds.
 - 🌙 Use anytime stress rises, after activity, or before sleep.
- Effect: Calming, grounding, nervous system reset.

Calming

REMINDER FOR BREATHING



Breathe with your belly not the upper part of the lungs, always try to fill the air expanding the lower part of the lungs first and make sure upper chest and arms do not move upwards, rather ribs expanding to the back and to the side. Same as if you were filling a cup with a water, from down up.

**“TWO MINUTES OF BREATHWORK CAN CALM AN ENTIRE CLASS
FASTER THAN ASKING FOR SILENCE FIVE TIMES.”**

 Linkinbreathing

OCULAR WARM-UPS

Activating Vision & Brain Before Sport or Art session

| | | EFFECT |
|---|--|------------------------|
| Thumb-Focus Drill (Near-Far Shift) | Feet together, arms forward, thumbs up. Focus on thumbs → distant point → thumbs again (5–10×). | Focus, attention |
| Head-Rotation with Fixed Eyes (VOR Activation) | Eyes stay on thumbs, slowly turn head left ↔ right. Keep eyes still as head moves. | Stability, posture |
| Moving-Finger Circles (Ocular Tracking) | Keep head still, follow one moving thumb as it traces a circle (L thumb left / R thumb right). Keep the motion smooth and slow. | Focus, attention |
| Horizontal & Vertical Saccades | Move eyes left↔right between two points (no head movement). Then up↕down between top/bottom targets. | Speed, decision-making |
| Diagonal “X” Tracing | Hold one thumb in front of you and move it diagonally from bottom-left → top-right, then bottom-right → top-left (like drawing an X). Keep head still; follow with eyes only. | Coordination, timing |
| Figure-8 (Infinity Loop) | Move thumb in a sideways 8 (∞ shape) about 30 cm from eyes. Follow smoothly, eyes tracing both loops. | Coordination, timing |

ABOUT RUNNING

Barefoot vs. Shoes

“Shoes protect, but they also disconnect. Run like you’re barefoot – the ground is your coach”

DID YOU KNOW?

75–80 % of modern runners heel-strike in shoes.

0 % of habitual barefoot runners heel-strike on hard surfaces (Harvard study).

The human foot has 26 bones, 33 joints, 19 muscles, and is built for dynamic movement

Kids in unshod cultures develop 20–30 % stronger foot arches by adolescence.

Biomechanics — Shoes vs Barefoot

Foot contact

Stride length

Impact peak

Sensory input

Joint loading



Benefits

Strength, balance, proprioception
Efficient form, lighter steps
Mindful connection to ground

Consider Before Starting

Transition gradually
Soft surfaces first
Strengthen feet & calves
Rest between sessions



When Running in Shoes

Land under hips
Keep cadence high
Soft knees, light contact
Feel the ground through the shoe

IDEA Allow students to record slow motion videos of running and analyze it.



Barefootrunner



The Earthing Movie (full documentary)

CORE EXERCISES

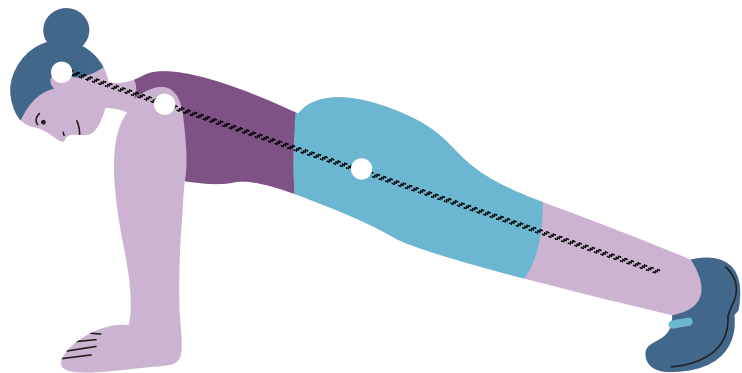
How to do it technically correct

Mantra to remember: “Shoulders down. Long neck”

DID YOU KNOW?

The world record for holding a plank is over 9 hours — but just 30 seconds with perfect form is far more effective than 5 minutes with poor posture.

Static holds activate more than 20 muscles at once — not just abs, but shoulders, glutes, and even neck stabilizers.



Key Technique Principles

Alignment

Imagine a straight line from ears → shoulders → hips → ankles.

Long Neck, Shoulders Down

Think “ears as far from shoulders as possible.”

Core Engagement, Not Tension

Gently draw the navel toward the spine; don’t hold your breath.

Glutes and Legs On

Lightly squeeze glutes and thighs to stabilize the pelvis and prevent sagging hips.

Breathe Steadily

Inhale through the nose, exhale through the mouth

IMAGINATION AND VISUALISATION

in the training process

PRE-PRACTICE RELAXATION + IMAGERY (2-3 MINUTES)

Ask students to sit or lie quietly, breathe in for 4 counts, out for 6, for cca1 minute until body feels calmer.

Then guide them: “Imagine you are on our sports field. You feel the ground beneath you, the ball in your hands/foot under your control. See yourself performing the pass/kick/throw exactly how you want it, feeling strong and smooth.”

Then ask them to open eyes and perform that movement physically.

DURING THE TRAINING IMAGERY

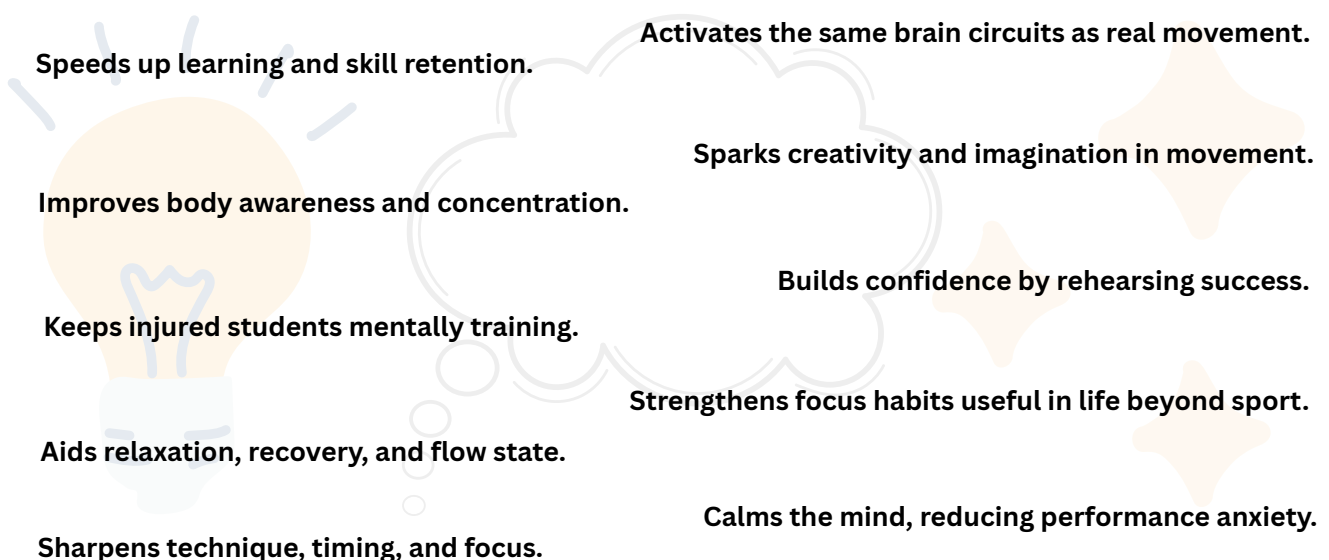
After a drill where they struggled, pause. Ask: “Close your eyes. See yourself doing that move again — slow motion, feel your body, hear the sound, smell the environment. Now imagine doing it perfectly.”

Then pick back up with the movement; compare difference (often they feel calmer, more precise).

AFTER THE TRAINING REFLECTION VISUALISATION

After practice, gather students: “Close your eyes. Review the practice in your mind. Pick one move you did well, imagine doing it again even better. Then pick one you want to improve, imagine doing it differently, better, with confidence.”

WHY TO DO IMAGINE AND VISUALISE



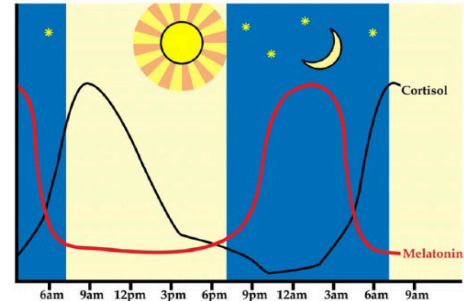
CORTISOL REGULATION

More energy & better sleep

Cortisol is not only a stress hormone — it's an energy and focus hormone that follows a daily rhythm.

YOUR GOAL: HIGH IN THE MORNING → LOW AT NIGHT

When morning cortisol rises properly, melatonin falls — and vice versa. Balanced rhythm = better mood, focus, and sleep.



TO RAISE CORTISOL (Morning)

Morning Sunlight – Go outside within 30–60 min after waking. Natural light triggers your *cortisol awakening response* and sets your body clock.



Hydration – Drink water with minerals upon waking to activate metabolism and adrenal rhythm.



+60min

Delay Coffee – Wait 60–90 min after waking so caffeine supports, not replaces, your natural cortisol spike. (If you rarely drink coffee, it works)



Movement or Exercise – Train or move early. Physical activity boosts energy, dopamine, and supports



Cold Showers – Short cold exposure boosts alertness via adrenaline more than cortisol. Best used in morning.



Food & Timing – Light breakfast with protein/fat helps steady energy. Grapefruit or licorice root can temporarily raise cortisol.

TO LOWER CORTISOL (Evening)

Dim Lights – After sunset, switch to warm or red light. Avoid bright/blue light to let cortisol drop and melatonin rise.



Breath Work – Use slow exhales or *physiological sigh* (two inhales + long exhale) to instantly reduce cortisol.



Avoid Late Caffeine – No coffee or stimulants after noon to keep evening cortisol low.



Evening Movement – Choose calm activities: stretching, slow walks, or creative flow instead of intensity.



Warm Bath / Sauna – In the evening, heat exposure can promote relaxation and help cortisol decline.



Evening Meal – Include complex carbs to help serotonin/melatonin production and ease cortisol drop.



“CONSISTENCY MATTERS MORE THAN PERFECTION”



Andrew Huberman



Huberman Lab

HISTORY OF THE ART COMPETITIONS AT THE OLYMPIC GAMES

AN OLYMPIC VISION BEYOND SPORT

At the heart of Baron Pierre de Coubertin's vision for the modern Olympics was the idea that sport and art should coexist as they had in ancient Greece. Coubertin believed the Games should celebrate both body and mind, creating a "Pentathlon of the Muses" with competitions in **architecture, sculpture, painting, literature, and music**.

In 1906, he gathered artists and intellectuals at the **Comédie Française** in Paris, where they approved the inclusion of these five artistic disciplines in the Olympic programme. The works had to be inspired by sport – connecting creativity and physical excellence.

FROM IDEA TO REALITY (1912–1948)

The first Olympic art competitions took place at the 1912 Stockholm Games, where Coubertin himself secretly won a gold medal in literature under the pseudonym Georges Hohrod and Martin Eschbach for his poem Ode to Sport.

1912 Stockholm – 35 artists from 10 nations.

1924 Paris – 189 works from 23 nations.

1928 Amsterdam – over 1,150 artworks displayed, attracting 100,000 visitors.

1932 Los Angeles – 31 nations, 1,100 works, and 384,000 visitors at the Los Angeles Museum.

1936 Berlin – 740 works exhibited amid strong political tension.

1948 London – final edition, hosted at the Victoria & Albert Museum.

In total, between 1912 and 1948, 51 countries and more than 1,500 artists competed for Olympic medals in art.

WHY THE COMPETITIONS ENDED

By 1948, criticism had mounted:

- The quality of submissions declined.
- Many participants were professional artists, clashing with the amateur Olympic ideal.
- Juries struggled with subjective evaluation.
- Public interest waned, especially after WWII.

In 1949, the IOC replaced competitions with art exhibitions. By 1954, it was decided that every host city would organize a non-competitive fine arts exhibition. This evolution led to the creation of the Cultural Olympiad, formally introduced at the 1992 Barcelona Games, blending exhibitions, concerts, film, dance, and education around the Olympic spirit.

LEGACY

Though official competitions ended, the spirit of the arts lives on through the IOC's Cultural Olympiad, the Artists-in-Residence Program, and the Olympic Art Project featuring Olympian-artists

ALFRED THOMSON

The London Amateur Boxing Championship



The last painting to win a gold medal in the Olympic art competitions: at the 1948 London Games.

JEAN JACOBY

Rugby



Jean Jacoby from Luxembourg is the only individual to win two Olympic art-gold medals.

BRINGING SPORT SPIRIT INTO THE ART CLASS

OLYMPIC VALUES THROUGH ART

Art can transmit **Excellence, Respect, and Friendship** — the core Olympic values — without painting Olympic symbols. Students can experience these values through creativity itself: effort, teamwork, focus, and joy in expression.

SPORT-INSPIRED ART THEMES

Teachers can use **sport as inspiration**: *The Moment Before the Jump, Courage in Motion, Team Rhythm, or The Energy of a Start..*

Encourage students to **express sport words** like speed, strength, power, balance, or self-discipline in abstract or expressive ways — through colours, lines, rhythm, or composition.

The best timing is around local or global sporting events, especially the Olympic Games.

Tip: Organise a school exhibition inspired by sport — a creative parallel to the competition field.

PAINTING TECHNIQUES INSPIRED BY SPORT

Painting Sprint

Fast, time-limited painting (e.g., 1–3 min). Students move quickly, focusing on flow, reaction, and emotion, not perfection — like athletes in action.

Painting Endurance

The brush (or any tool) must stay in contact with the canvas until finished. One continuous movement builds patience, rhythm, and concentration, similar to long-distance effort.

USING SPORTS TOOLS TO CREATE ART

Try applying colours with tennis or basketballs, or stamping with cut-out pieces of sports gear — shoe soles, racket mesh, tape, or fabric.

These playful methods connect the materials of sport with the creativity of art, showing students that both rely on energy, curiosity, and discipline.