

Among all the Games, the ancient Olympic Games is the foremost one with the most historical value of sports and cultural impact, which is publicly recognized. From BC776 to AD393, the ancient Olympic Games had gone through 1169 years and had been held for 293 times. The Games revealed that under the calling of the holy armistice, all the athletics with different races and status from various city-states of ancient Greece come together at the Olympics. By following each competition rule, they participate in various competitions with fairness. The history and historical remains from holding the ancient Olympic Games had left the precious historical heritage for running the modern Olympic Games.

With the French Pierre de Coubertin's tremendous effort in promotion, the 1<sup>st</sup> modern Olympic Games was held in 1896 at Athens of Greece. The formation of the modern Olympic Games has given rise to the Olympic sports; through the running of the previous Games, the Olympism and Olympic spirit are widely spread across the world, becoming the major sport celebration in the history of human civilization in the contemporary era.

Since the sport culture of the Olympics is widely spread across the world, its proactive influence has perfectly blended and integrated both Eastern and Western sport cultures which have different origin. The Olympic motto "Faster, higher, stronger." and the Olympic quote "The most important thing is not winning but taking part." have become the concept and guideline for the common development and mutual promotion between the modern competitive sports and the sport for all.

As one of the earliest regions for Eastern and Western cultural exchange in China, as early as the end of the 18<sup>th</sup> century, Western sport activities have already taken place in Macao. On 31<sup>st</sup> January 1911, the first Games was held at the former "Tap Seac Stadium" in Macao, which also included the nature of public welfare, and all the profit made at the Games was donated to charitable organizations. The sport events included: Swedish gymnastics (Schools), Chinese broadsword and fencing, pole vaulting, high jump and long jump, artistic cycling and backward running, cudgel performance (Sergeants), 100 meter sprint and 150 meter race walking; hand grenade throwing, swordsmanship contest (Sergeants), wrestling (Sailors), obstacle race, tug of war (Only limited to 8 participants, total weight should not exceed 640 kg).<sup>1</sup>

The Macao SAR Government has been consistently attaching great importance to sport development, and the implementation of "dual development policy" of both competitive sports and sport for all. The objectives are to encourage the public to take part in sport events actively, to foster cultural literacy in sports, to increase the standard of competitive sports and people's physical fitness, as well as to launch sport activities enthusiastically for the public to participate.

"The 1<sup>st</sup> Macao Citizen Sports Day" was first held in 2014, with more than 2000 participants taking part in the track and field competition and swimming contest.

In 2016, the 31<sup>st</sup> Summer Olympics will be held at Rio de Janeiro of Brazil, which will provoke the upsurge of global attention to the Games. At the same time, "The 2<sup>nd</sup> Macao Citizen Sports Day" is also approaching, with competitions including track and field, swimming and table tennis being held, which will bring the entire Macao public into the upsurge of "2016 Games".

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<sup>1</sup>Journal "The Truth", 28<sup>th</sup> January 1911.