



Olympic Dreams & Goals

KEY LEARNING:

Olympians and Paralympians learn to set goals in their sport. They have targets they need to hit and achieve in order to make the Olympic Games. Students can learn how to set goals for whatever they would like to do and achieve in their lives.

GOAL OF THE ACTIVITY:

Students will set a goal in the sport/physical activity and school using the Dare to Believe wheel framework.

WHAT YOU NEED:

- Template below
- Pen/pencil, colours

DIRECTIONS:

1. Fill in the templates below



SHOW & TELL

Upload images of student goal sheets to our [Dare to Believe Gallery](#).



My Olympic Sized Dream is.....

If you could be anyone in the world for a day, who would it be? If you had a magic wand, what would you do? Who would you help?

(Brainstorm and write or draw your answers in the space below. Take your time doing this.)



"Imagination is more important than knowledge."

– Albert Einstein



- A.** Write your goal in the center of the wheel. Set goals in more than one area of your life. (school, sport/physical activity, social/ family).
- B.** Write the ingredients to achieve your goals in the spokes.
- C.** Write the reasons for your goals below the wheel.
- D.** Who will help you achieve your goal.
- E.** What obstacles will you face and how will you overcome them?

Thomas Barr / Goal: Olympic 400m Hurdles

C. WHY THOMAS RUNS:

It's fun to put your hard work to the test and to break a personal best for personal satisfaction. The adrenaline rush when races go well is exhilarating and addictive. When races don't go to plan, I want to correct the mistakes. I want to represent and win medals for my country and I want to make all the people who support me proud



Coaches Physio and massage therapist
Training group My managers / agents
Athletics Ireland and Sport Ireland The
Olympic Federation of Ireland Sponsors



Injury Illness Bad weather
Low motivation
Outside pressure to perform
Work/life balance Nerves
before races

School

B.

A.

D. _____

E. _____

C. Why: _____



Build Your Own Goals

Sport

B.

A.

D. _____

E. _____

C. Why: _____

