



Curriculum Ring 5: Striving for Excellence

”Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion, the potential for greatness lives within each of us.”

Wilma Rudolph (Olympic Champion)



Ring 5

STRIVING FOR EXCELLENCE

Olympic Medallist Stories

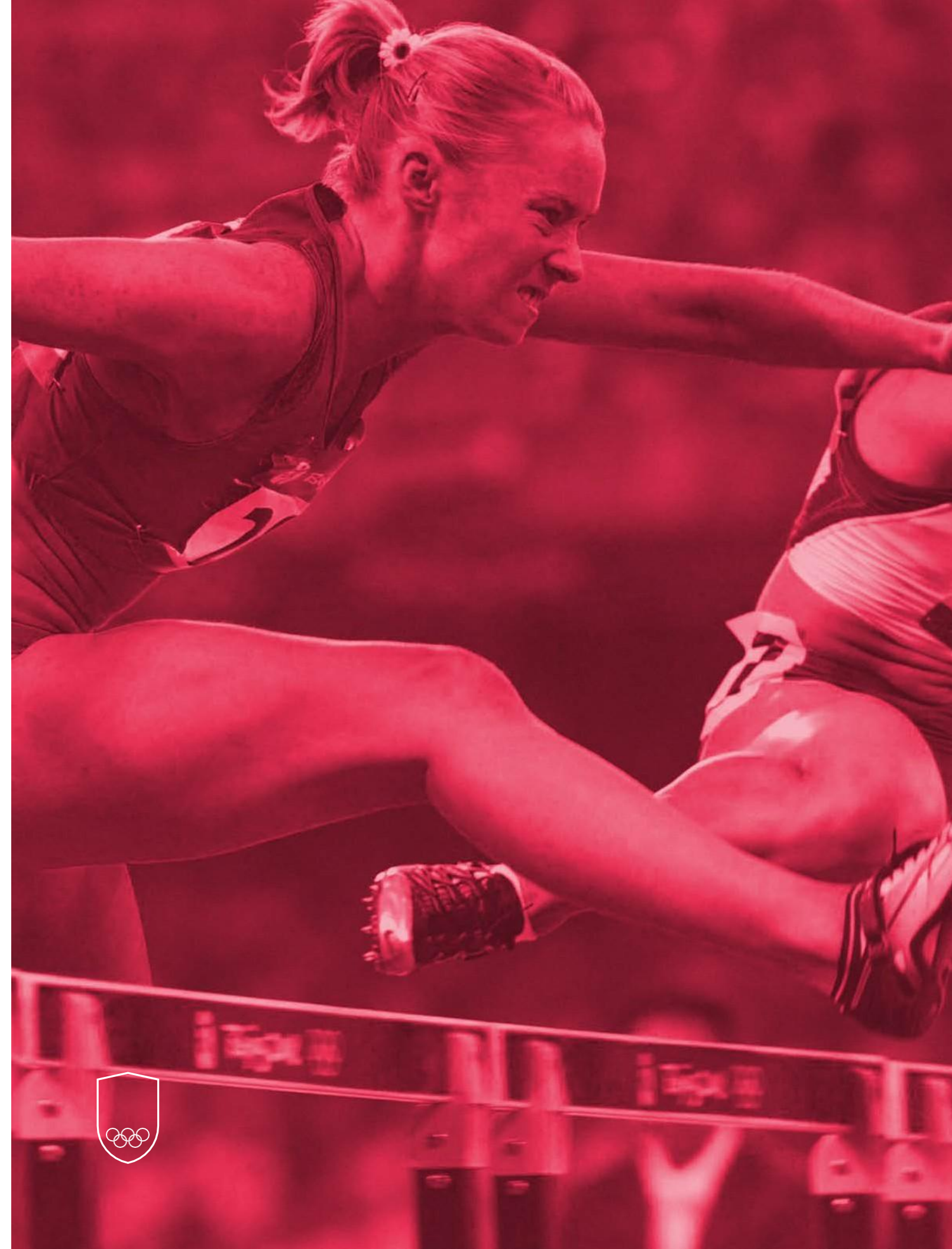
Olympic Size Dreams

Dare To Dream + Goal setting

**Ideal Day + In Control/Out of
Control**

Growth Mindset + Resilience

Olympic Values Quiz







Annaliese Murphy
Silver Medalist Laser Radial Sailing
RIO 2016





What's Your Olympic Dream?

“*“Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world”*

– Joel A. Barker



Class Activity

Reflect on the quote.



*What is your Olympic–sized dream or Vision?
What action can you take today to make it into a reality?*

Dare to Dream



Class Questions & Discussion

Writing down goals is proven to help you attain them.

Make a list of 20 things or more you want to become true in the next 10 years. Your dreams are only limited by your imagination.

The cool thing about success is that we all get to decide what that means for us. Think about what society says success is and compare that with your own definition!

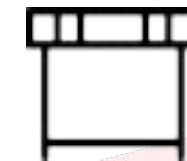
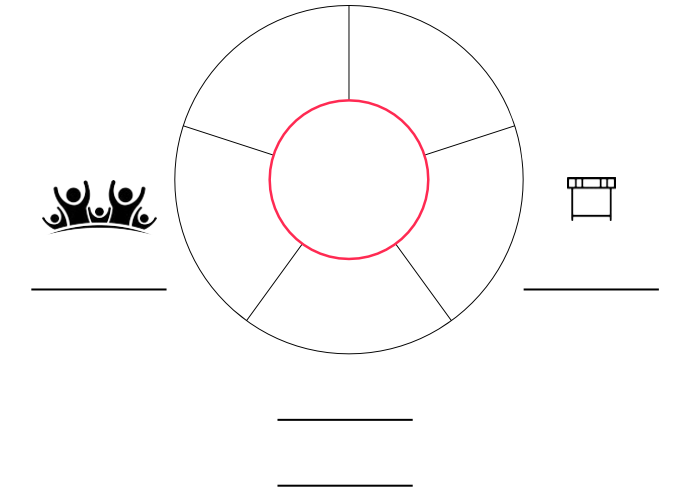
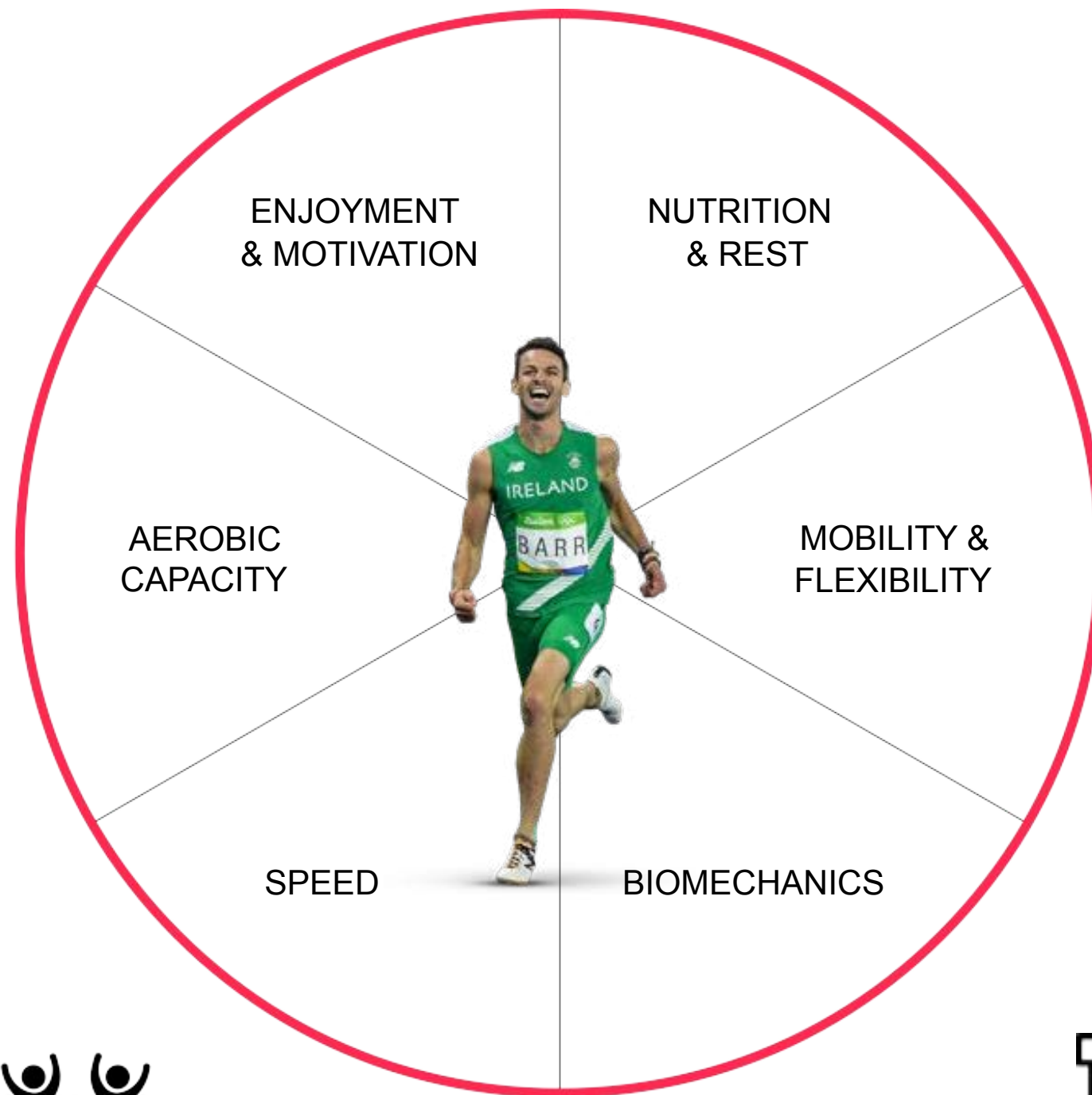
Thought Starter: To me, success means:

Being _____ *Pursuing* _____

Becoming _____ *Having* _____

Feeling _____

Goals Build Dreams



Class Activity

1. 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).
2. Write the "ingredients" to achieve your goals in the spokes.
3. Write the reasons for your goals below the wheel.
4. What obstacles will you face and how will you overcome them? (Hurdles)
5. Who will help you achieve your goal?

Ideal Day

Class Activity

Here is an example of an Olympian's day and a video of an athlete training with the hopes of qualifying for the Olympics.

What does your future ideal day look like? Think about what you would do, who would you see, how would you feel etc.

Have fun with this!!

Athlete's Day International Hockey Player Shane O'Donoghue

8:00am - Wake Up

8:15am - Breakfast

9:30 - 10:30 - Training

Session 11a m (Gym)

11:30am - Snack

*12:00 - 12:45pm -
Group Video Session*

1:00 - 3:00pm - Rest

*3:15pm - Pre-Training
Lunch*

*4:30 - 6:30pm
Training Session 2
(Squad Training)*

7:30pm - Dinner

My Ideal Day

In control / Out of control

Athlete

Athletes often talk about focusing on the things they can control in order to conserve mental and emotional energy and keep moving forward. Are there any things you would add to these circles?



In control / Out of control

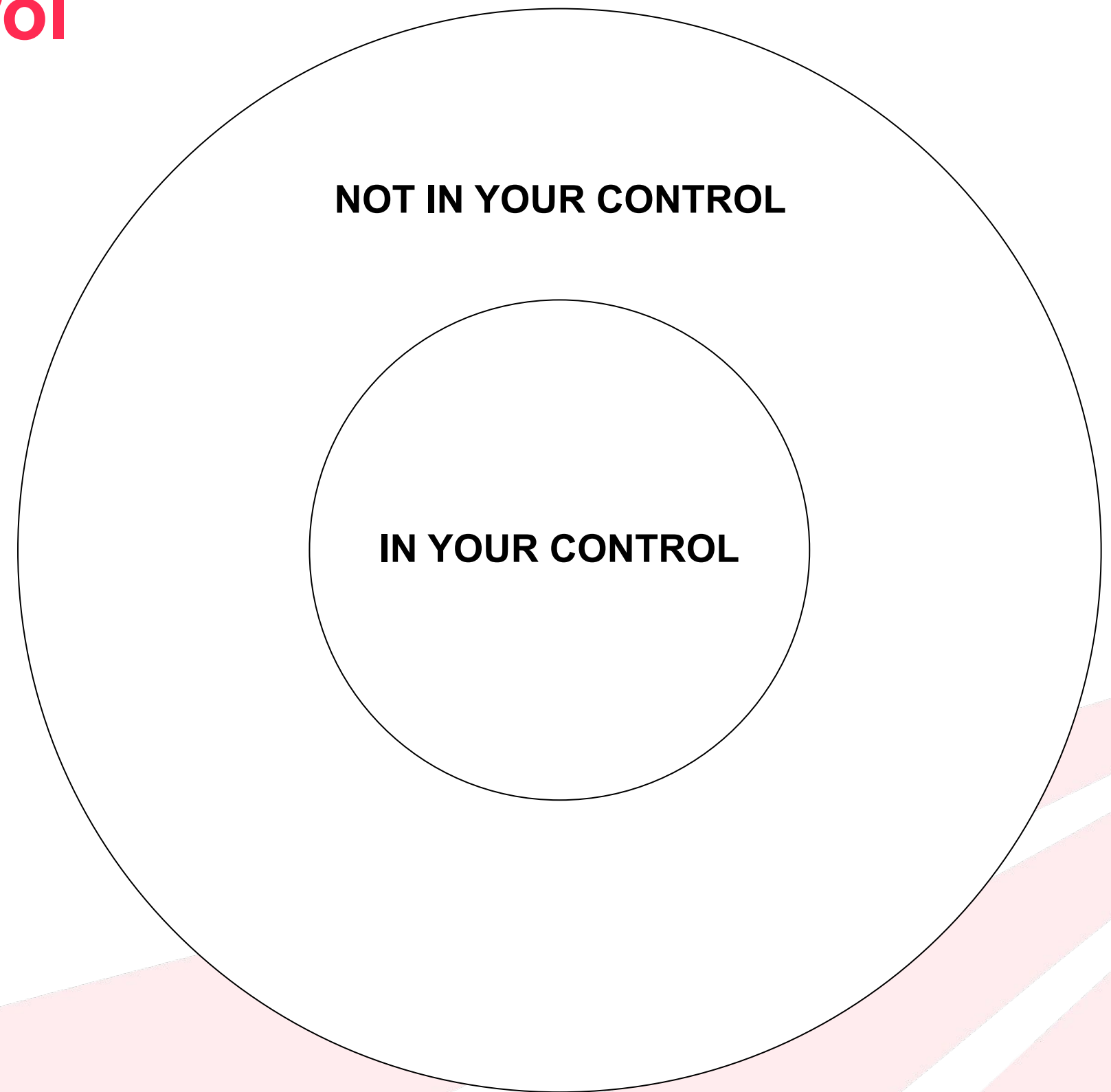


Class Activity

What about you as a TY student?

What are the things in your control and the things that aren't in your control?

Discuss your answers in pairs or as a class.



Pro Tip: “Control the Controllables”

You’ll often hear elite athletes talk about the philosophy they live by or the mantra (short statement) they remind themselves of throughout their sporting careers especially during stressful times.

This is effective because it reminds the athlete to focus on what they can control and not waste their precious energy on complaining or worrying about things they can’t change , eg. the weather, their opponents etc.

? *What's a mantra that you like or would like to live by?*

Discuss in small groups.







Class Activity

Write in your notebook:

Often we have growth mindset in some areas but fixed in others.

When thinking about your own life, what mindset do you have for the topics listed below.

eg. I'm terrible at maths. vs. I know when I practice I improve.

	Fixed Mindset	Growth Mindset
<i>Ability in sport</i>	☐	☐
<i>Public speaking</i>	☐	☐
<i>Art</i>	☐	☐
<i>Maths</i>	☐	☐
<i>Writing</i>	☐	☐
<i>Reading</i>	☐	☐
<i>Ability to concentrate</i>	☐	☐
<i>Fashion Sense</i>	☐	☐

DEVELOPING A **GROWTH MINDSET**



INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them

? Class Questions & Discussion

The graphic of the iceberg below demonstrates how what we perceive isn't always the reality. *What other areas do you think we are under an illusion and can get perception mixed up with reality? eg. social media etc.*



Resilience

Every Olympic athlete's story includes stories of failures, setbacks and injuries. And every Olympic athlete has had to figure out ways to take the knocks and keep going, keep learning and keep growing which is what resilience is all about.

“Try. Fail. Feel it burn. Then transform Failure into your Fuel.”

– *Abby Wambach - Olympic Champion in Women's soccer*

Take the OLYMPIC VALUES Quiz

(Quiz found in student worksheets)

Choose one option (A-B-C) for each dilemma
(be honest in your responses!)

? **Class Question**

Why is it important to consider the Olympic values “as a whole”?

What would be the consequences, in sport and in life, of only respecting one (e.g. Excellence) and forgetting about the others ?

Why is it important to respect these values? What are the consequences of non-respect?



Proud title sponsor



Congratulations!

**You can now book an Olympic
Ambassador Visit!**

[CLICK HERE](#)