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Ring 5: Excellence

Quote: “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)

- Irish Olympic + Paralympic Success
- Olympic Dreams /Dare To Dream
- Goal setting /Ideal Day
- In Control/Out of Control
- Growth Mindset + Resilience
- Olympic Values Quiz

Slide #4-6: Irish Olympic + Paralympic Success

 **VIDEO:** *Irish Olympic medallists ~3mins21s. (Doesn't include Tokyo medallists)*

 **CLASS QUESTION:** *How many medallists can you name?*

 **VIDEOS:** *Behind the Dream ~2min21s. Irish Olympic medallists from talking about who supported them*
Irish Paralympians ~1min43sec

Slide #7: Olympic Dreams

Quote: “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 above. What is your Olympic-sized dream or Vision? What action can you take today to make it into a reality?*

Slide #8: Dare to Dream

 **CLASS ACTIVITY:** *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 _____

Slide #9: 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?

Slide #10: Ideal Day



CLASS ACTIVITY:

On the slide is an example of an Olympian's day. 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!!

Slide #11-13: In control / Out of control

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?



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.



CLASS QUESTION:

What's a mantra that you like or would like to live by? Discuss in small groups.

Slides #14-16: Growth Mindset



VIDEO:

Growth Mindset ~4m56s



CLASS ACTIVITY:

Often we have a 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. Identify in your worksheets the activities that you've developed a fixed or growth mindset for.

Tips on developing a growth mindset.

Slide #17: Success Iceberg



CLASS 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.

Slide #18: 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.

Slide #19: Olympic Values Quiz

QUIZ

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

- 1. Your team won the match by a large margin.**
 - A. You laugh at the losers with your teammates.
 - B. You tell the opponents that luck was on your side.
 - C. You focus on the next match. This one is no longer important.
- 2. You lost the match.**
 - A. You learned a lot and swear to be better next time!
 - B. You blame the coach, or the referee, or the field, or the weather, or your parents!
 - C. You feel guilty. You should have trained more!
- 3. You have to play a hockey match and you now the opponents are quite aggressive. What should your team do?**
 - A. Play as aggressively as them.
 - B. Try to negotiate a fair play match beforehand.
 - C. Play your own match and trust the referee
- 4. A fellow teammate tells you they are gay.**
 - A. From then on, you keep your distance.
 - B. You really think they should leave the club.
 - C. You ask them how you can give him your support..
- 5. Your new tennis partner is the most unpopular kid in the class.**
 - A. You take the opportunity to get to know them better.
 - B. You ask the coach to change partner.
 - C. You don't say anything and mock them even more behind his back.
- 6. Together with fellow supporters, you visit an international basketball derby. Some of them whistle during the national anthem.**
 - A. It's fun! You take part as well.
 - B. It's a disgrace and you tell them.
 - C. You feel ashamed and try to walk away from them.
- 7. In your club, your friend is bullied.**
 - A. You can't do anything but hope you won't be the next victim.
 - B. You sympathize with your friend.
 - C. You ask the coach to order the bullies to stop.
- 8. The competition is taking place in a fairly old gymnasium.**
 - A. Here or anywhere else, it doesn't make any difference.
 - B. You scratch the paintwork to show your friends how shoddy it is.
 - C. You take particular care not to damage anything further.
- 9. You play tennis with your little brother, who is a beginner.**
 - A. You let him win.
 - B. You give him tips to progress.
 - C. Cool, it will be an easy victory!

Fill in A, B or C for each question

1. 2. 3. 4. 5. 6. 7. 8. 9.
[] [] [] [] [] [] [] [] []

Question	A	B	C
1	0	1	2
2	2	0	1
3	1	0	2
4	0	0	2
5	2	1	0
6	0	2	1
7	0	1	2
8	1	0	2
9	1	2	0

Add Up Your Points & Read Your Feedback

0 – 5 points

You don't show much friendship or respect to people. Maybe you also think that a disrespectful joke is acceptable. You probably don't always get respect from other people either. Did you know that you get more respect when you're respectful? Try it out and don't forget that perseverance is the key to success!

6 – 11 points

You usually respect other people, but you don't want to be over-the-top. You also like some people more than others and demonstrate it clearly. Maybe you don't care that much about other people's situations. You probably know that showing respect produces respect. Don't forget this in everyday life!

12 – 18 points

You show a lot of respect to other people. It's natural for you. You don't like biased comments. Perhaps you are too friendly for this difficult world. Remember that it's not possible to be liked by everyone or to always be respectful.

Score Total



REFLECTION QUESTIONS:

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?

BOOK AN OLYMPIC AMBASSADOR:

Survey: Please review the programme to book an ambassador visit to your school!

<https://forms.gle/YrSX4GqBi4Pf3pjG6>