





**DARE TO
BELIEVE**



Olympic Values Programme

Primary School Curriculum Manual



Welcome,

Dear Teacher, We are delighted to present our newly updated Dare to Believe Olympic Schools Primary Programme.

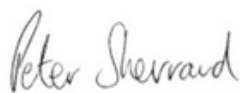
Our exciting new curriculum is based on the Olympic and Paralympic values. The curriculum has been developed in partnership with our athletes and with the assistance of teachers and children who we aim to inspire and assist. **We are making the curriculum available for all to enjoy,**

Through the curriculum we aim to show the value of striving for excellence, goal setting, the joy of effort, friendship, social responsibility, healthy mind and body, courage, determination, responsibility, respect and much more besides. These values, which are particularly relevant for the athletes in reaching their goals, are applicable to all aspects of life for the students involved, reaching far beyond sport and into education, family and friendship.

We have designed the course and curriculum to provide fun, enriching and exciting material for you as teachers, and importantly for the young students who are only setting out in their life journey. Our aim is to bring the Olympic spirit into the classroom and light the imaginations of the young people of Ireland. Who's to know what fires that could create in future generations.

It is their time to Dare to Believe.

It is our sincere hope that this project will impact extremely positively on your students.



Peter Sherrard

Chief Executive Officer
Olympic Federation of Ireland

P.S. Stay tuned for the opportunities to apply for Olympians visits and Olympians LIVE! events throughout the year to have the opportunity to hear from our incredible Irish athletes who exemplify the Olympic values everyday.

Olympic Values

The 'Dare To Believe' philosophy

The original values of Olympism, as expressed in the first Olympic Charter in 1908, were to 'encourage effort', 'preserve human dignity' and 'develop harmony'.

The Olympic and Paralympic movements now describe their core values as the joy and

courage of effort, respect for others, fair play, pursuit of excellence, mind/body balance and equality of opportunity for all.

These principles are equally reflected in our Dare To Be philosophy which is that:

- Olympians and Paralympians are made, not born.
- Sport is for all because everyone can benefit from healthy minds and bodies.
- Sport has the power to change the world. Our athletes, as positive role models, can help lead that change.
- Olympism and Paralympism are not just about sport. They are about art, culture and important values like teamwork and community spirit.
- Children can be motivated to 'Dare To Believe', to follow their dreams and goals, not just in sport but in life.
- Sport is a vehicle for teaching important values such as respect, friendship, excellence, the joy of effort, courage and fair play.
- Sport has a huge role in the Sustainable Development Goals and sport participation is shown to have a positive effect on personal, social and societal wellbeing.



How The Programme Works



FREE
AVAILABLE TO ALL
FLEXIBLE
CROSS CURRICULAR

Olympic Values & Wellbeing Curriculum

[Access Now](#)

Curriculum

REGISTRATION

- 1 Register :** Teachers sign up on our registration page
www.daretobelieve.ie/register

OLYMPIC CURRICULUM

- 2 Access the Modules:** Go to Programmes- Primary where teachers get FREE instant access to our 5 Ring Olympic Values curriculum . Teachers work through our lessons that includes presentations, activities, quizzes & movement breaks. We will continue to add lessons!

REVIEW & CERTIFICATES

- 3 Upload photos:** Teachers upload photos of the student's activities



- 4 Review:** Teachers review the programme & give feedback. [HERE](#)



- 5 Certificates:** Teachers can download the Olympic Values Certificates & award them to students who exemplify the values!



APPLY FOR VISIT
FREE
1.5HR VISIT
In-person & Virtual
100 + VISITS/YEAR

Olympian & Paralympian Visits

[Apply Now](#)

Olympian Visits

APPLICATION

- 1 Apply:** Teachers can apply for an ambassador visit [here](#).
- 2 Selection:** Visits are awarded at beginning of every school term. Schools will be notified if they won a visit.

PREPARATION

THE VISIT

REVIEW

[More Info](#)



PRIMARY SCHOOL CORE OVERVIEW

Rings are fun, interactive modules that bring Olympic values to life through lessons, activities, quizzes, and movement breaks. Teachers can either follow them in sequence or mix and match as they like!

1

OLYMPISM

Ancient Games Lesson: Learn about the Ancient Olympic Games: Where & when they were held, the rules, the events. Learn about Olympic motto.

Modern Games Lesson: Outline the history of the Modern Games and its relevance today. Learn about key Olympic information.



2

EXCELLENCE

Team Ireland Lesson: Discuss the history of Team Ireland at the Olympics. Name Irish Olympic medalists & learn about some of Ireland's most successful Olympic Sports



3

RESPECT

The Paralympics Lesson: Outline the history of the Paralympics and its relevance today. Name the Paralympic categories & Irish Paralympic athletes.



4

FRIENDSHIP

Art in Sport Lesson: Identify the role art and design plays at the Olympics.



5

HEALTHY MIND, BODY & SOCIETY

The Role of Sport in Society Lesson: Discuss the important role sport plays in society. Outline the benefits of sport.





The Dare to Believe Olympic Values curriculum is freely accessible and flexible, use it in order or select specific lessons. Activities are designed for junior and senior primary students. Print this page for your convenience.

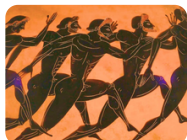


SHOW & TELL
Upload images of student playing the game to our Dare to Believe Gallery.

OLYMPIC VALUES PROGRAM

Ring One – Olympism

The Ancient Games



Presentation

- [Make an Olympic Victory Wreath](#)
- [Make An Olympic Comic Strip](#)

Activities



Quiz



Movement Break

50-60 mins
[History & English](#)
[PE & Visual Arts](#)

Linkages

The Modern Games



Presentation

- [Make the Olympic Rings](#)
- [Invent your own Olympic Sport](#)

Activities



Quiz



Movement Break

50-60 mins
[History & English](#)
[PE & Visual Arts](#)

Linkages

Ring Two: Excellence

Irish Olympians



Presentation

- [Irish stars colouring sheets](#)
- [Olympic Dreams & Goals](#)
- [Make an Irish Olympian or Paralympian trump card](#)

Activities



Quiz



Movement Break

50-60 mins
[History & English](#)
[PE & Visual Arts](#)

Linkages

Ring Three: Respect

Paralympics



Presentation

- [Design a Paralympic or Olympic torch](#)
- [Match the impairments](#)

Activities



Quiz



Movement Break

50-60 mins
[History & English](#)
[PE & Visual Arts](#)

Linkages

Ring Four: Friendship

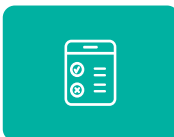
Art In Sport



Presentation

- [Olympic Designs- Olympic poster, a stadium, a medal, a logo, a mascot, an uniform](#)
- [Write an inspirational song, rap or poem for Team Ireland](#)

Activities



Olympic Dingbats



Movement Break

50-60 mins
[History, English, PE,](#)
[Visual Arts & SPHE](#)

Linkages

Ring Five: Healthy, Mind, Body & Society

Sport in Society



Presentation

- [Make a poster of the benefits of sport](#)
- [Write a letter to the Minister of Education to ask for more PE](#)

Activities



Olympic Wordles



Movement Break

50-60 mins
[History & English](#)
[PE & Visual Arts](#)

Linkages

Please share your feedback on the programme!



About Dare to Believe

Sponsored by the International Olympic Committee Solidarity Fund and ptsb, the Olympic Federation of Ireland schools programme, Dare to Believe aims to inspire the young people of Ireland to 'Dare to Believe' in themselves through an interactive curriculum that explores the Olympic Values and includes visits with Team Ireland Olympic and Paralympic role models that bring the values to life. Launched in 2019, the programmes has reached over 350k students through our various programmes and initiatives.

More offerings!



CORE SCHOOLS PROGRAMMES

Olympic Values Curriculum & Olympian Visits
Primary & Post Primary

>100 visits year



OLYMPIC MOVEMENT BREAKS

Classroom video based movement breaks with Olympians

> 280k
>9k teachers



OLYMPIANS LIVE!

Nationwide webinars with Olympians & students all over Ireland

>25k students



PE EXPO

Post Primary Schools PE Project based competition

>1000 students



OLYMPIC SCHOOL CHALLENGES

Virtual Physical & Cultural Challenges

55k students

Sustainable Development Goals

Listed below are the 6 UN Sustainable Development Goals that the Dare to Believe Programme achieves.



Promotion of health & wellbeing is at the core of every Dare to Believe offering- storytelling, curriculum, role models, challenges.



Our most recent initiatives includes adaptations for children with disabilities and also includes children from diverse backgrounds and features paralympic athletes.



Our Olympic values cross curricular educational curricula includes multiple learning modalities and helps achieve Irish educational standards. Teachers advise and input into all of our activities.



All of our initiatives promote the Olympic value of respect and many include the Paralympic value of equality.



Our current roster of 27 Olympic Olympic ambassadors includes 10 males (37%) and 17 females (62%). We are giving athletes opportunities to grow their skills and a platform to promote themselves and their sports.



We have aligned with department of education's Active School Flag and the Minister of Sport & physical for the roll out of the Olympic Movement Breaks. We are also partnering with the teacher led PExpo.

Irish Curriculum Standards

This programme is designed to support and boost the Irish National Primary School Curriculum. We have consulted teachers to ensure that the programme is user friendly and helps teachers achieve their objectives.

RING 1: OLYMPISM

Subject	Strand	Strand Unit
History	Ancient peoples and ancient societies	Greeks
	Story	Stories from the lives of people in the past
English	Oral language, Reading and Writing	Communicating, Understanding, Exploring and Using
Visual Arts	Drawing	Making drawings, Looking and responding
	Construction	Making drawings, Looking and responding
	Fabric and Fibre	Creating in fabric and fibre, Looking and responding
Physical Education	Athletics	Understanding and appreciation of athletics
SPHE	Myself and the wider world	Developing citizenship

RING 2: EXCELLENCE

Subject	Strand	Strand Unit
History	Life, society, work and culture in the past	Life in Ireland since the 1950s
	Story	Stories from the lives of people in the past
English	Oral language, Reading and Writing	Communicating, Understanding, Exploring and Using
Visual Arts	Drawing	Making drawings, Looking and responding
Physical Education	Athletics, Games, Aquatics	Understanding and appreciation of athletics, games and aquatics
SPHE	Myself and the wider world	Developing citizenship
	Myself	Self-identity, Making decisions

RING 3: RESPECT

Subject	Strand	Strand Unit
English	Oral language, Reading and Writing	Communicating, Understanding, Exploring and Using
Visual Arts	Drawing	Making drawings, Looking and responding
	Construction	Making constructions, Looking and responding
	Fabric and Fibre	Creating in fabric and fibre, Looking and responding
Physical Education	Athletics, Games	Understanding and appreciation of athletics and games
SPHE	Myself and the wider world	Developing citizenship
	Myself	Self-identify
	Myself and others	Relating to others, My friends and other people

RING 4: FRIENDSHIP

Subject	Strand	Strand Unit
English	Oral language, Reading and Writing	Communicating, Understanding, Exploring and Using
Visual Arts	Drawing	Making drawings, Looking and responding
	Construction	Making constructions, Looking and responding
	Fabric and Fibre	Creating in fabric and fibre, Looking and responding
	Paint and colour	Painting
History	Story	Stories from the lives of people in the past
Physical Education	Athletics	Understanding and appreciation of athletics and games
SPHE	Myself and the wider world	Developing citizenship
	Myself	Self-identity
	Myself and others	Relating to others, My friends and other people
Music	Composing	Improvising and creating

RING 5 : HEALTHY MIND, BODY & SOCIETY

Subject	Strand	Strand Unit
English	Oral language, Reading and Writing	Communicating, Understanding, Exploring and Using
Visual Arts	Drawing	Making drawings, Looking and responding
	Paint and colour	Painting
Physical Education	Athletics	Understanding and appreciation of athletics and games
SPHE	Myself and the wider world	Developing citizenship
	Myself	Self-identify, Taking care of my body, Making decisions
	Myself and others	Relating to others, My friends and other people
Science	Living Things	Human Life

**“Education is not the filling of a pail,
but the lighting of a fire.”**

William Butler Yeats

Get In Touch

Let us know how you are getting on, share pictures & progress by tagging us on social (@team_ireland_olympic) or send through any questions to info@daretobelieve.ie

Credits

Created by Róisín McGettigan-Dumas, Róisín Jones and Sophie Hegarty. Special thanks to designer Myles Dumas and teacher Catherine O'Hara. Funded by the IOC and Allianz.



**OLYMPIC
SOLIDARITY**