Dare to Believe's
OLYMPIC MOVEMENT BREAKS







DARE TO BELiEVE | Allianz

Research* shows that short, active movement breaks help students academically, emotionally, and physically - getting them into their learning zones! That's why we've created over ten Olympic Movement Breaks, led by Team Ireland athletes, sponsored by Allianz and Olympic Solidarity.

Teachers can use these five-minute + breaks anytime students need to reset, refocus, and re-energise. Each video introduces an inspiring Olympian or Paralympian and encourages students to move, have fun, and discover their own Olympic spirit.

Research page 6, 7.



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Dare to Believe Olympic Movement Breaks 2025

INTRODUCTION

Following the incredible response to our first Olympic Movement Breaks in 2023, we're proud to launch an all-new, improved 2025 edition! Teachers told us that:
- Students and teachers love the Olympic Movement Breaks activities and daily challenges.
- The videos are fun, accessible, and engaging.
- Parents noticed their children's enthusiasm and motivation to move.

WHAT'S NEW IN 2025

The 2025 Olympic Movement Breaks include **10 fun, functional, and inclusive videos** led by Irish Olympians, Paralympians and and High-Performance athletes. Each 5-7minute video invites teachers and students to join in classroom-friendly activities that promote **movement, focus, and fun** for all abilities.

Sports featured include **gymnastics, athletics, boxing, rugby 7s, rowing, swimming, para table tennis, and dance**. Each athlete brings their **unique expertise**, offering tips, personal insights, and encouragement to help students move like Olympians!

INTRODUCING: THE DARE TO BELIEVE SONG & DANCE

A major highlight of the 2025 edition is the **Dare to Believe Song and Dance** - a high-energy routine that incorporates most of the **Fundamental Movement Skills (FMS)** and features Olympians, Paralympians, and children.

The Dare to Believe song was written and produced by **Garry McCarthy (GMCBeats)** with vocals from the famed **Kabin Crew Kids** in Cork. The dance was choreographed by dance and primary school teacher **Alison Barnes**, from **Mount Anville Primary School Dublin**.

We encourage every class to learn our ABC's of movement song and dance to boost their knowledge of Fundamental Skills, improve their coordination and confidence through movement, and most importantly have fun!

SUPPORTING RESOURCES

To enhance your classroom experience, we've created this downloadable pack featuring:
- Short **biographies** of each athlete and their sport.
- **Fun facts** about Ireland & the Olympic Games.
- Weekly **quizzes** to test student's attention while doing the videos
- **Printable charts** for classroom displays and homework.

We hope these resources help make your Olympic Movement Breaks even more engaging and educational.

Thank you to the incredible athletes, teachers, students and sponsors, Allianz and Olympic Solidarity, who made this project possible. We look forward to hearing your stories and feedback

Dare to Believe!

Róisín McGettigan-Dumas & Róisín Jones
Co-founders, Olympic Federation of Ireland's Dare to Believe Programme



ABOUT DARE TO BELIEVE

Launched in 2019, Dare to Believe inspires children to "dare to believe" in themselves through interaction with Ireland's Olympic and Paralympic athletes. The programme now features 44 world-class ambassadors delivering Olympic Values and movement-based activities to schools across Ireland.

Since 2019 we have engaged with over 400,000 children in Ireland through various initiatives. The Olympic Federation of Ireland's Dare to Believe programme is proudly supported by the IOC Solidarity Fund and Allianz.



The Formula Behind the Olympic Movement Breaks

Olympic & Paralympic Role Models + In-Class Movement Breaks + Fundamental Movement Skills = Dare to Believe Olympic Movement Breaks 2025

Olympic and Paralympic Role Models

Olympians and Paralympians are the cornerstone of the Dare to Believe Olympic Programme. They are positive role models and we want to help them maximise their positive influence on students by promoting physical literacy and demonstrating Olympic Movement Breaks that include many Fundamental Movement Skills in fun and inclusive ways.



Why Role Models Matter

Children who identify with a sports star as a role model are:
- 1.7 times more likely to meet the national physical activity guidelines
- 2.9 times more likely to play sport in a club or community setting
- 2.8 times more likely to join a sports club (source)

Movement Breaks



Research shows that short, active movement breaks improve student well-being and learning outcomes. They boost attention, mood, and engagement — while reducing sedentary time. (source).

Benefits of Movement Breaks

Supported by Research

1. Improved focus and reduced inactivity MDPI, BioMed Central
2. Better behaviour, engagement and enjoyment MDPI, Education+1
3. Cognitive and learning benefits PubMed,
4. Social, emotional, physical benefits Education +1

Fundamental Movement Skills (FMS)

Fundamental movements like running, jumping, throwing, balancing — are the foundation of physical literacy. Like learning the alphabet before reading, children must master these basic skills to move confidently and enjoy lifelong participation in sport and activity. Alarming research in Ireland shows that many children struggle with core movement skills, limiting their confidence and activity levels. (source)

Our Olympic Movement Breaks include demonstrations of many of the main FMS, but the main purpose of the videos are to increase knowledge and awareness of FMS, get everyone moving and have fun.

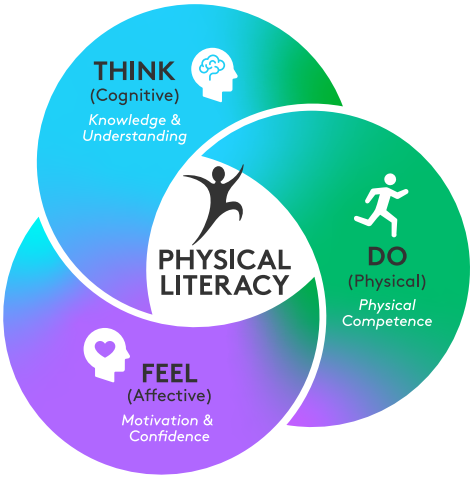


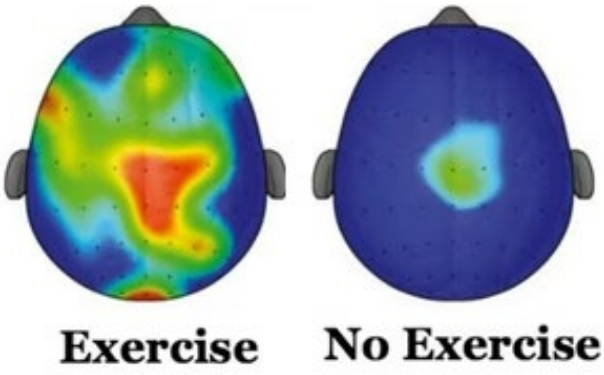
Benefits of Strong FMS

- Encourages lifelong activity and healthy habits.
- Improves physical fitness and coordination.
- Supports concentration, memory, and academic success.
- Builds teamwork, cooperation, and communication.
- Strengthens confidence and self-esteem.

When FMS Are Underdeveloped

- Higher risk of inactivity and health issues.
- Reduced social participation.
- Limited athletic potential.





ACTIVE STUDENTS LEARN BETTER

Physical activity fuels the brain by improving blood flow, stimulating cell growth, and balancing brain chemicals.

Exercise Helps Students:

- Fuel Brain Activity: Provides energy for learning and focus.
- Grow and Protect Brain Cells: Builds new neural pathways and preserves existing ones.
- Boost Mood and Motivation: Releases neurotransmitters that enhance emotional balance and attention.

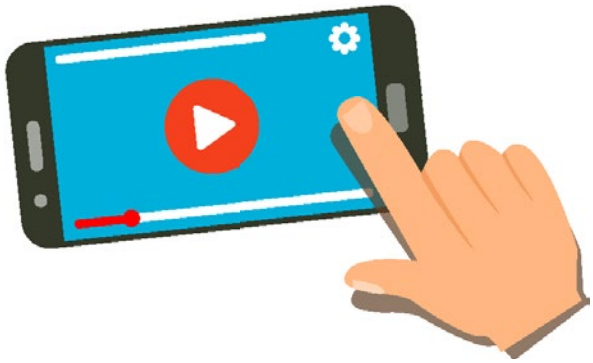
The Elements of an Olympic Movement Break

Each **Olympic Movement Break** is designed to engage body and mind through a simple, structured format:

FORMAT OF EACH VIDEO

1. **Intro – Meet the Sport Star**
2. **Emotions Check-In**
3. **Warm-Up (Demo & Explanation)**
4. **Main Movement / Game**
5. **Grounding / Cool Down / Mindfulness**

(All videos follow this format, except the Dare to Believe Dance.)



ELEMENTS & THEIR BENEFITS

Element	Purpose & Benefits
Irish Sport Star Introduction	Inspires students through real Olympians & Paralympians. Role models have been shown to significantly increase children's physical activity and sport participation.
Emotions Check-In	Builds emotional literacy - helping students recognise, label, and express feelings appropriately.
Warm-Up (Demonstration)	Models good technique and prepares students for safe, effective movement.
Main Physical Activity	Promotes strength, coordination, balance, cardio fitness, and Fundamental Movement Skills (FMS) - while boosting brain function and energy.
Grounding / Mindfulness	Encourages calm focus and emotional regulation. Helps students manage stress, reset attention, and build resilience.

ADDITIONAL BENEFITS

Emotions Charts & Check-Ins
Using real faces of Irish Olympians and Paralympians makes emotions more relatable and supports social-emotional learning, empathy, and self-awareness.

Grounding & Mindfulness Exercises
Simple grounding techniques help students stay present, manage emotions, and improve focus, memory, and overall well-being- both in school and daily life.



Dare to Believe x Kabin Crew

The Dare to Believe Song was created in collaboration with the talented Kabin Crew rappers in Cork, and produced by Garry McCarthy (GMCBeats), this upbeat anthem celebrates movement, fun, and the power of belief.

ABOUT

The Kabin, is a not-for-profit vibrant music & creative hub, repurposed from a metal container in Knocknaheeny in the Northside of Cork City. Established by GMCBeats in 2012 with the support of Music Generation Cork City, The Kabin has grown out of a love for hip hop, songwriting, performance and creative expression.

The Kabin rose to fame in 2024 with their smash global hit, "The Spark."

Kabin Crew Vocals: Jake Hogan, Karlee O'Callaghan, Dionne O'Mahony, Riley Lemass, Jack Cooney, Aífe Price, Cara Cullen, Aaron Hennessy,
Beat: KADDY,
Producer & Co-Writer: Garry McCarthy (GMCBeats)
Dance Choreography: Allison Barnes









How this works

1 Download & Display the Challenge Chart

Visit daretobelieve.ie/olympic-movement-breaks to download the **Olympic Movement Breaks Challenge Chart**.

Print, laminate, and hang it in your classroom to track your progress!

2 Start the Challenge!

From **Monday, November 17th to Friday, November 28th, 2025** (or anytime that suits your school):

- Go to daretobelieve.ie/olympic-movement-breaks
- Play the video of the day with your class.
- Check off each video as you complete it on your Challenge Chart.

Keep it going until you've completed all 10 Olympic Movement Breaks!

3 Take 5 & Get Moving!

Use the videos **anytime** your students need a quick reset, boost of energy, or focus break. A 5-minute Olympic Movement Break is the perfect way to move, refocus, and have fun together!

4 Explore Extra Resources

Enhance the experience with:

- **Athlete bios** and **sport facts**
- **Olympic history and values**
- **Weekly quizzes** and **student worksheets**
- **Dare to Believe song lyrics**
- **Adapted exercise charts** for all abilities



5 Share & Win!

Join the fun and show us your moves!

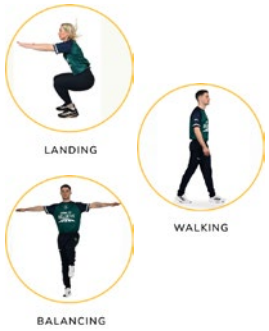
- Master your Dare to Believe Dance to enter our Competition!
- Tag us on social or send your class videos to info@daretobelieve.ie

Winning schools will receive a **Sport Ireland Campus School Tour**, in partnership with Allianz - including bus travel, a tour of the home of Sport in Ireland, the chance to meet an Olympian.

TIPS FOR SUCCESS

- Engage your **Active Leaders** to help track progress on the Challenge Chart.
- **Set a daily reminder** - Take 5 with Team Ireland (e.g., every day at 10 a.m.)
- **Get the whole school involved** — announce it on the intercom so everyone joins in!
- **Mix it up** — cut up the chart, shuffle the activities, and pick a random video to try.
- **Assign "Active Homework"** - print student worksheets and encourage OMB videos at home during (or anytime after) the challenge.

Olympic Movement Break Listing

WEEK	ATHLETE	MOVEMENT BREAK	DESCRIPTION	SPORT	FUNDAMENTAL MOVEMENT SKILL
WEEK 1	All	**Dare to Believe Fun Skills Dance**	Join our Dare to Believe dance crew for this Fun-filled song and dance. Simple moves, big energy, and a full-class celebration of teamwork, rhythm, and fun. Students that learn this dance will know all of the fundamental movement skills and be ready for any sport!	Dance & others!	ALL
	Rhys Mc Clenaghan	**Rollercoaster with Rhys**	Sports and life can be an emotional roller-coaster, Rhys takes students on his Olympic rollercoaster. Then students consider different scenarios they can relate to and choose an emotional response and corresponding exercises to try. Get ready for fun!	Gymnastics	
	Grainne Walsh	**Rock, Paper, Punch!**	Boxing Olympic Movement Break with Grainne Walsh! Step into the ring with Olympian and world medalist Grainne Walsh for a high-energy break where you'll get a quick 101 of boxing basics! Then, because every great boxer needs lightning-fast reflexes, we'll mix in the ultimate favourite game: Rock, Paper, Scissors.	Boxing	
	Fintan McCarthy	**Olympic Trivia**	Olympic Movement Break: Trivia Edition! Get moving and test your Olympic knowledge! Stretch, jump, and balance like an athlete while answering quick trivia about the Games. It's fun, fast, and fueled by the Olympic spirit—because here, everyone's a champion!	Rowing	
	Nicola Tuthill	**Olympic Hammertime**	Each Olympic Ring means a new exercise that is good for throwing the hammer! Spin, jump, balance, and squat when different Olympic rings light up. Stay tuned for the key word "Hammertime" where students will imitate Nicola's hammer throwing.	Athletics-Hammer Throw	

Olympic Movement Break Listing

WEEK	ATHLETE	MOVEMENT BREAK	DESCRIPTION	SPORT	FUNDAMENTAL MOVEMENT SKILL
WEEK 2	Orla Comerford	A day in the life of a Paralympic Medallist	Move through Orla's day as an athlete — from morning routines to training and medal moments! A storytelling workout that inspires kids to dream big.	Athletics-Sprinting	 RUNNING  JUMP FOR DISTANCE
	John Shortt	On-Land Swim Session	No pool? No problem! Join Irish and Junior World Champion record holder for swimming-inspired strength and stretch moves right in the classroom. Build endurance and flow like a swimmer!	Swimming	 JUIMP FOR HEIGHT
	Colin Judge	Table Tennis Tactics	Move, react, and have fun with Colin Judge! Use a beanbag or paper ball to test your reflexes with quick reaction and table tennis-style games.	Table-tennis	 HIT WITH HAND  HIT WITH IMPLEMENT
	Sarah Lavin	Summer Olympics "Would you Rather"	Olympic "Would You Rather...?" Showdown! Get ready to pick between two wild Olympic-themed challenges and test your inner athlete & imagination!	Athletics-Hurdles	 JUIMP FOR HEIGHT  BALANCING
	Amee Leigh Costigan	7 Skills for Rugby Seven's.	Try Rugby 7s- 7 Key Moves of Rugby - Learn, laugh, and move through 7 high paced key rugby & fundamental skills — throw, jump, dodge and run for the try with a team or on your own.	Rugby 7's	 KICKING  CATCHING  THROWING

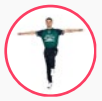
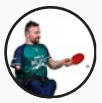
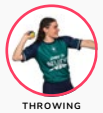
Olympic Movement Break Challenge Chart

PDF challenge chart where they can check off their progress in completing these videos as they go.

Download Challenge Chart here or scan here:

OLYMPIC MOVEMENT BREAKS

Challenge Chart

				FUNDAMENTAL SKILL		
WEEK ONE	MONDAY		Olympian Dance Mob Dare to Believe Fun Skills Dance x Kabin Crew Song	 SIDE STEP	 JUMP FOR DISTANCE	
	TUESDAY		Rhys McClenaghan Rollercoaster with Rhys	 WALKING	 BALANCING	 LANDING
	WEDNESDAY		Grainne Walsh Rock Paper Scissors with Boxing Moves	 DODGING	 SKIPPING	
	THURSDAY		Fintan McCarthy Olympic Trivia	 RUNNING	 JUMP FOR HEIGHT	
	FRIDAY		Nicola Tuthill Hammertime	 HOPPING	 BALANCING	
WEEK TWO	MONDAY		Orla Comerford A Day in the life of a Paralympic Medallist	 RUNNING	 JUMP FOR DISTANCE	
	TUESDAY		John Shortt On land Swim Session	 JUMP FOR HEIGHT		
	WEDNESDAY		Colin Judge Table Tennis Tactics	 HIT WITH HAND	 HIT WITH IMPLEMENT	
	THURSDAY		Sarah Lavin Summer Olympics "Would you rather?"	 JUMP FOR HEIGHT	 BALANCING	
	FRIDAY		Amee-Leigh Costigan 7 Skills for Rugby 7's	 THROWING	 CATCHING	 KICKING

Fun Facts about Team Ireland

DID YOU KNOW?

45 OLYMPIC MEDALS

Ireland has won 42 Medals at the Olympics since our first appearance as a nation in 1924.

15 Gold 10 Silver 17 Bronze

1000+

Before 1924 Irish athletes competed for the USA and Great Britain. Since 1924, Ireland has had over 1000 Olympians.

Boxing is Ireland's most successful Olympic sport:17 medals (Athletics and Swimming both have 7 medals, Rowing has 5)

8

Even though Ireland doesn't get much snow, we have sent an Irish team to 9 Winter Olympic Games.

There is a sport in the Winter Olympics called the Skeleton! Ireland's highest finish in the Winter Olympic was 4th place in the skeleton, by Clifton Hugh Lancelot de Verdon Wrottesley, 6th Baron Wrottesley in the skeleton in 2002.

Art was an Olympic sport until 1948! Ireland won a silver for a painting by Jack Butler Yeats called "Swimming" and bronze for a poem called "Ode to Tailteann" (Ireland's own ancient sporting games) by Oliver St. John Gogarty, both in 1924, and also a bronze for another painting call "Point-to-Point Races" by Letitia Marion Hamilton in 1948.

Ireland's first official male athlete to take the field of play was Lawrence Larry Stanley , and the First female athletes Hilda Wallis, and Phoebe Blair-White, both in tennis, all in 1924.

2 Kellie Harrington is Ireland's most successful boxing Olympian, winning 2 golds, 1 in Tokyo and 1 in Paris.

3 Paul O'Donovan is considered one of Ireland's most successful Olympians and the only one to win medals in 3 separate Games! He won a silver in Rio with his brother Gary, gold in Tokyo and gold in Paris with Fintan McCarthy.

6 Jason Smyth is Ireland's most successful paralympian. He won 6 Paralympic Gold medals in the sprinting events.

235 PARALYMPIC MEDALS

Ireland has competed in every Paralympic Games since they began in 1960. Ireland has won a massive 235 Paralympic medals:

70 Gold 71 Silver 94 Bronze

Ireland's top paralympic sport is athletics, followed by swimming and then table tennis.

8 Ireland's most successful female Paralympian is para-cyclist **Katie-George Dunlevy**, who has won a total of eight Paralympic medals across three Games (Rio 2016, Tokyo 2020, and Paris 2024).

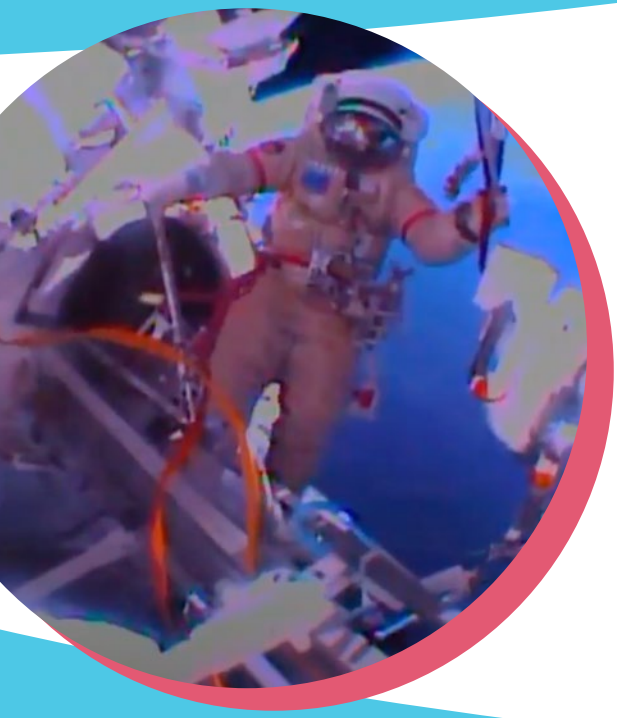
Can you Believe it?

SILLY STATS AND FACTS ABOUT THE OLYMPIC GAMES:

1. A runner stopped for snacks mid-race
In the 1904 marathon, one runner got so hungry he stopped to eat some apples from a tree... then got a tummy ache and took a nap!

2. The barefoot champion
Ethiopian runner Abebe Bikila forgot his shoes before the 1960 marathon, so he ran the whole thing barefoot... and won a gold medal!

3. When horses said "Nope!"
At the 1936 Olympics, some horses in the jumping event refused to jump the fences. They just stood there like, "You go first!"



4. A pig crashed the Olympics
During a shooting contest in 1900, a pig wandered onto the field, surprising everyone and stopping the event.

5. You could win a medal for drawing!
A long time ago, the Olympics had art contests — people won medals for painting, music, and poetry about sports! Ireland won 3 medals for 2 for paintings and 1 for a poem.

6. The Olympic torch went to space!
Astronauts took the Olympic torch into space in 1996, then in 2000 and then in 2013 it was taken on a space walk, but they couldn't light it (no fire allowed in space!).

7. The Olympic flame once went underwater.
In the 2000 Sydney Games, a diver carried the torch under the Great Barrier Reef — with a special flame that burned beneath the surface.

8. The Paralympics is a major international sporting event for people with a range of disabilities. Para stands for parallel, meaning they are equal to the Olympics, and happen in the same venues right after the Olympic Games.

9. Approximately 1/ 727,000 of the world's population competed in Paris 2024.

10. During the Olympics in Paris 2024, over 3 million bananas were brought in for the athletes in the village for the duration of the Games and 800 baguettes per day were made for the Olympians.



Olympic Values

THE 'DARE TO BELIEVE' PHILOSOPHY AND HOW IT GUIDES OLYMPIC MOVEMENT BREAKS

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.



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Rhys McClenaghan



Sport: Gymnastics

Event: Pommel Horse - The pommel horse is a men's artistic gymnastics event where athletes perform swinging, circular, and scissor-like movements on a padded apparatus with two handles, or "pommels," using only their hands for support.

Skills required: A combination of strength, coordination, balance, and flexibility, along with a deep understanding of specific movements like circles, scissors, and flairs.

Accolades: Olympic Champion, Double World & European Champion.

Hometown: Newtownards, Co Down

Primary School: Castle Gardens PS.

Club: Origin Gymnastics Club

Fun Fact: Rhys achieved a lifelong ambition of making it into the Guiness Book of World Records in 2022 by doing 42 'Russian circles' on the pommel horse in one minute in aid of a mental health charity.



SUPER POWER

Rhys's Superpower: Rhys has an incredible ability to learn quickly!

Grainne Walsh



Sport: Boxing

Event: Boxing is one of the ancient Olympic sports, but women's boxing was only added to the Olympics in 2012. It's an incredibly fast sport and boxers are scored on their technique.

Skills required: Endurance, strength, and coordination and strategic skills to read opponents and adapt tactics during a bout are required. Maintaining calm, composure and focus is also vital for success.

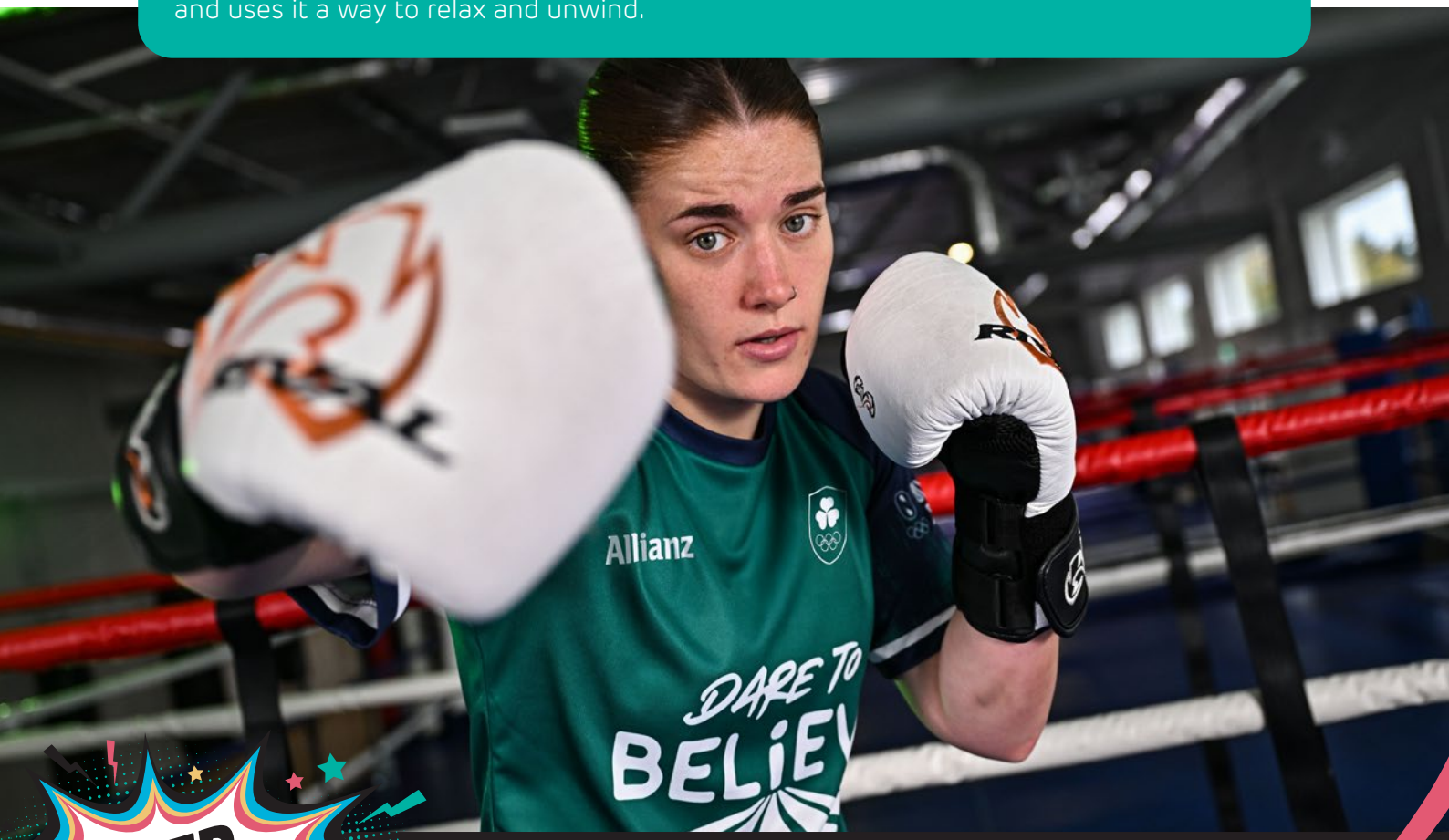
Accolades: Olympic, World Bronze Medalist, European Medalist.

Hometown: Tullamore, County Offaly

Primary School: Ballinamere National School Co. Offaly

Club: St. Mary's Tallaght Boxing Club

Fun Fact: Before she became a top boxer, Gráinne used to play soccer for Shamrock Rovers Ladies F.C. and was part of the Irish U17 women's team. Grainne loves colouring and uses it a way to relax and unwind.





Grainne's Superpower: Always striving to be out of her comfort zone. Grainne says this is where she learns the most about herself.

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Fintan McCarthy



Sport: Rowing

Event: Double Sculls / boat events

Skills required: Strength, endurance, teamwork, timing, technique, rhythm in strokes

Accolades: 2 x Olympic Gold Medalist, World Gold Medalist.

Hometown: Skibbereen, Co. Cork

Primary School: Kilcoe National School, Cork

Club: Skibbereen Rowing Club

Fun Fact: He has a twin brother called Jake who is a world class rower, and who also won a bronze medal at the world championships this year, racing in a different boat.



SUPER POWER

Fintan's Superpower: Powering a rowing boat fast over water with perfect timing

Nicola Tuthill



Sport: Athletics

Event: Hammer throw

Skills required: Hammer throwers need strong muscles, great balance, and perfect timing. They must stay focused, move smoothly, and know just when to let the hammer fly!

Accolades: Olympian, She also won silver medals in 2025: at the U-23 European Athletics Championships (hammer throw) and at the World University Games (hammer throw) with a throw of 69.98 m.

Hometown: Bandon, Co. Cork

Primary School: Kilbrittain National School, Kill Brit

Club: UCD

Fun Fact: Her dad built her a throwing cage and circle right on their family dairy-farm in County Cork so she could practise at home. Before focusing on the hammer throw, she used to ride ponies and still has two white ponies named Holly and Polo!



SUPER POWER

Nicola's Superpower: Nicola has super turning speed in the throwing circle that helps her launch the hammer!

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Orla Comerford



Sport: Para Athletics (Track)

Event: 100 m (T13) & 200 m

Skills required: Explosive start, fast sprinting speed, strong acceleration, good running technique, stamina over speed phases.

Accolades: World Gold Medalist in the 100m and 200m, Bronze medallist in 100 m T13 at Paris 2024 Paralympics , European bronze medals in 100 & 200 m.

Hometown: Dublin, Ireland

Primary School: Fintan's Primary School in Sutton

Club: Raheny Shamrocks AC

Fun Fact: She creates digital artwork and enjoys film & photography.



SUPER POWER

Orla's Superpower: Resilience: Orla has an incredible ability to learn from mistakes and challenges

John Shortt



Sport: Swimming

Event: Backstroke – 50 m, 100 m, 200 m. John swims the backstroke, which means he glides through the water on his back as fast as he can! It takes strong arms, good technique, and lots of practice to swim straight and fast without getting off course.

Skills required: Backstroke swimmers need strong arms, a powerful kick, and excellent coordination. They must stay straight in the water, keep a steady rhythm, and focus to race as fast as possible on their back!

Accolades: Won gold in the 100 m backstroke at the 2025 World Aquatics Junior Swimming Championships in Romania with a time of 53.86 seconds. Won gold in the 200 m backstroke at the same championships, setting a new Irish senior and junior record with 1:56.19. Won bronze in the 50 m backstroke at the same championships (time 25.06 s), showing he could shine across all three backstroke distances.

Hometown: Oranmore, Co. Galway

Primary School: Gaelscoil de hÍde

Club: Bluefin

Fun Fact: When he was younger, John loved playing rugby — and he says playing team sports taught him leadership and helped him become a stronger swimmer.



SUPER POWER

John's Superpower: Dancing!

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Colin Judge



Sport: Para Table Tennis

Event: Singles Table Tennis (Para)

Skills required: Quick reflexes, hand–eye coordination, strategy, precision, control.

Accolades: Represented Ireland in Paralympic table tennis.

Hometown: Dublin, Ireland

Primary School: St. Michaels Dublin

Club: UCD

Fun Fact: Have traveled to over 30 countries playing table tennis! Table tennis is extremely popular in Asian countries.



SUPER POWER

Colin's Superpower: Lightning-fast returns at the table

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Sarah Lavin



Sport: Athletics

Event: 100m Hurdles - athletes to run over obstacles while maintaining their speed and balance.

Skills required: Speed, agility, coordination, balance, precision timing and explosive power.

Accolades: 2x Olympian, World Indoor Finalist , Irish record holder.

Hometown: Lisnagry, Limerick

Primary School: Lisnagry NS

Club: Emerald Athletics Club

Fun Fact: Sarah's dog, a Cavapoo, is named 'Olympus' thanks to her qualifying for the Tokyo Olympics in 2020 though everyone now calls him 'Olly'.



SUPER POWER

Sarah's Superpower: Optimistic attitude

Amee Leigh Costigan



Sport: Rugby Sevens

Skills required: Combination of speed, stamina, agility, handling, and decision-making skills.

Accolades: Paris 2024 Olympian, Rugby 15's World Cup Team Member 2025, Nominated World Rugby women's sevens player of the year in 2022, Ireland's record try-scorer.

Hometown: Lattin, Tipperary

Primary School: St. Michael's GNS for primary school and St. Anne's Secondary School in Tipperary Town

Club: Railway Union RFC

Fun Fact: Amee Leigh's first sporting passion was athletics and she met her hero,3 time Olympic Champion, Shelly Ann Fraiaser Price from Jamaica, at the Paris Olympic Games.



SUPER POWER

Amee's Superpower: Speed! Amee's background as a sprinter helps her outrun her opponents on the rugby field, and become Ireland's record try-scorer.

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TAKE THE QUIZ!



Test your class to see if they have been watching these Olympic Movement Breaks carefully and take our quiz at the end of each week.

WEEK 1

1. How many Fundamental Skills are listed in the Dare to Believe Dance?
2. How many irish Olympians and Paralympians can you count in the Dare to Believe dance video?
3. In the Dare to Believe song, can you finish the line, "Tell them you're a legend, Tell them you're a_____"
4. The Dare to Believe song was written, recorded and sung by musicians and singers from in studio owned by which famous Irish music act? Options: Daniel O'Donnell, Kingfishr, Kabin Crew.
5. True or False, the Dare to Believe song warns people to never try in case they fail.
6. What was the main feeling Rhys McClenaghan told us he had when he won the Olympics? Options: Sad, bored, Relieved.
7. Grainne Walsh is an Irish Olympian and World Medallist in what sport? Athletics, boxing, swimming.
8. How many Olympic gold medals does rower Fintan McCarthy have for Ireland? 2, 4, 10
9. Irish Olympian Nicola Tuthill's movement break was named after her event, what was it called? Hurdle Heroes, Hammertime, Olympic Rollercoaster.

WEEK 2

(Watch the videos, read the Olympic Fun Facts & Olympians Bios)

1. Paralympic Bronze medallist and double World Champion Orla Comerford competes in which event(s)? Sprinting, Horseriding, Swimming
2. Irish record holder in the Backstroke, John Shortt, would like to have the core strength of what marine mammal? Turtle, Seal, Orca Whale.
3. What approximate speed does table tennis get played at at the Paralympics? 10 km/hour, 30 km/hour or 120km/hr
4. Two time Olympian Sarah Lavin's relaxation and breathing technique helps her when she has butterflies in her tummy and feeling nervous OR when she is tired?
5. Amee Leigh Costigan taught us a number of skills for her sport. Is her sport called Rubgy Threes, Rugby Sevens, or Rugby Seventeens

Answers:

WEEK 1: W1.14, 9, Beast, False, Relief, boxing,2, Hammertime.

WEEK 2: Sprinting, Orca Whale, 120km,butterflies in her tummy, Rugby 7's.

Appendix 1:
PRINTABLES

Please find a list below of all the adapted movements that can be used for each workout.
*AB = able bodied

ATHLETE	MOVEMENT BREAK	ADAPTED EXERCISES							
WEEK 1									
ALL!	Dare to Believe Fun Skills Dance	n/a							
Rhys McClen-aghan	Roller-coaster with Rhys								
Grainne Walsh	Rock, Paper, Punch!	Warm Up: Skipping=> Arm Skipping: Mimic arm motion of skipping by swinging arms in circular motion. Dodging = >Side to side Wheeltaps	Punches perform seated. Air Skips- hold arms out as if holding a skipping rope and perform skipping arm actions,	Paper Rock Scissors 1 => Same as AB	2=> Same as AB. Roly Polys- Use arm and rotate arms around eachother in fast circular movements. Seated Air Skipping- hold arms out as if holding a skipping rope and perform skipping arm actions, small circles with wrists	Paper Rock Scissors 3=> Seated Air Skipping- hold arms out as if holding a skipping rope and perform skipping arm actions, small circles with wrists			
Fintan Mc Carthy	Olympic Trivia	Q1 A. Seated star jumps= bring both arms up and down by your sides quickly B. squats= overhead push press	Q2 A. seated arm circles= same as above B. Seated jumping jacks= arms only	Q3 A. seated swimming= swim arm actions B.Seated sprinting arm actions	Q4 A. punch= same as above B. Squat jump= explosive overhead push press	Q5 A. Sit up= seated crunches, bring torso forward towards lap and back up again B. rowing= seated rowing action with arms	Q6 A. Seated reach up and reach downs B. Chair rotations: pushing one wheel make a full circle with your chair in one direction		
Nicola Tuthill	Olympic Hammer-time	Squat+ Press= Seated ovehead press: raise arms up and down overhead as if holding weight in each hand	opping= HSide to side lean Sit tall, lean to one side and lift the opposite arm up high, then switch sides in rhythm.	Seated squat- hold weight out in front and extend both arms raise weight up and down	Seated spin= pushing one wheel turn your chair in one direction to make a full circle	Single leg squat= Single arm balance: sit tall in wheelchair with one arm out to the side (or overhead if able) and balance small object on hand i.e beanbag/ pencilcase	Hammer-time: Same as AB, but seated		

ATHLETE	MOVEMENT BREAK	ADAPTED EXERCISES							
WEEK 2									
Orla Comer-ford	**A day in the life of a Paralympic Medallist**	Big stretch: same as AB, sit tall in chair & reach for sky. Running= seated running mimic running arms	Tie shoes= reach forward in chair Quick steps outside= light heel pushes, one push forward, one push back Catch the bus= lean side to side	Jog= arm action only Sprint= fast arm action acceleration = start low and then build up speed plyo-metrics= Wheel taps Strength= push press Cooldown jog= slow arm motion again	walk = seated arm swing listen= same as AB Balance work: Sit tall& raise one arm out in front, balance, switch arms	Lunge= torso lean and return, use arms to mimic pushing motion of wheels			
John Shortt	**On-Land Swim Session**	Seated dives= mimic diving motion by bring both arms over head and leaning torso forward	Turn-> Seated swimming arm action	Overhead push press	Seated chair dips: place hands on armrests and lift body off seat and repeat action	Seated arm rotations			
Colin Judge	**Table Tennis Tactics**	n/a							
Sarah Lavin	**Summer Olympics "Would you Rather"**	Q1. Seated squat press-sit upright in chair, hold arms out in front,raise and lower arms as if holding medicine ball Seated jumping jacks- Mimic jumping jack arms	Q2. Skater adaptation-Seated Lateral reaches-Reach one arm across the body and diagonally down towards opposite knee or wheel - Lunges adaptation-forward punches-alternate arms and punch diagonally and rhymically. Twist torso with punches	Q3. Wheel touches-lean side to side and reach then touch mid to lower part of wheel Arm Circles-extend both arms out straight making a T shape. Make small forward circle motions with arms	Q4, Same as AB.	Q5. Wall push hold-Push both palms straight out in front of you as if pushing as wall High Knees adaptation-High reaches-Alternate reach each arm quickly overhead in a marching motion	Q6. Pogo Arm swings-Propel arms forward and upward in repeated swing motions to mimic preparation for a big jump - Seated Balance-sit tall in wheelchair with one arm out to the side (or overhead if able) and balance small object on hand i.e beanbag/ pencilcase	Q7. Arm actions for marching, arm actions for running then raise arm above head	Q. 8 Seated sprinting-sprinting arm action in fast motion Seated squat- hold weight out in front and extend both arms raise weight up and down
Ammee Leigh Costigan	**7 Skills of Rugby 7s/**	Same as AB	Pogo Arm swings-Propel arms forward and upward in repeated swing motions to mimic preparation for a big jump	Same as AB	Seated Dodge	Wheel taps- reach arm down and tap each wheel in quick repeated motion	Same as AB	Seating running arm action	One arm throw

Appendix 2:
DARE TO BELIEVE DANCE SONG LYRICS

Kabin Crew Vocals: Jake Hogan, Karlee O'Callaghan, Dionne O'Mahony, Riley Lemass, Jack Cooney, Aífe Price, Cara Cullen, Aaron Hennessy,

Beat: KADDY

Producer & Writer: Garry McCarthy (GMCBeats)

CHORUS

Dare to try Dare to fail
YEAH
Dare to stay in the game
Dare to learn, Dare to Play
YEAH
Dare to Believe
GO ALL THE WAY!

RAP VERSE 1

Get movin side to side
Front to back up down let's go worldwide!
Cos Olympians they start like this
Paralympians put their heart in it
Get active, practise often
GET UP GET UP got so many options
Like jumping for height or distance
Or skippin or hopping or kickin!

CHORUS

Dare to try Dare to fail
YEAH
Dare to stay in the game
Dare to learn, Dare to Play
YEAH
Dare to Believe
GO ALL THE WAY!

RAP CHANT

Move! Push! Achieve!
Chase the dream Dare to believe
Put in the work if you want to succeed
Chase the dream Dare to believe



RAP VERSE 2

You can run you can dodge you can sidestep
Everyone's a hero, go flex yer biceps!
Put in the work yeah gotta get into it
You can strike with yer hand or an implement
Baby steps to become a champion
Try throwing, catching or landing,
Find the right balance, then you're on a roll
Dare to take a shot aim straight for the goal
Even if you fall doesn't matter,
Give it your all use a ball
with a bat you're a warrior ____!
In a wheelchair or on your feet,
Show them you're a legend
show them you're a beast

CHORUS

Dare to try Dare to fail
YEAH
Dare to stay in the game
Dare to learn, Dare to Play
YEAH
Dare to Believe
GO ALL THE WAY!

RAP CHANT

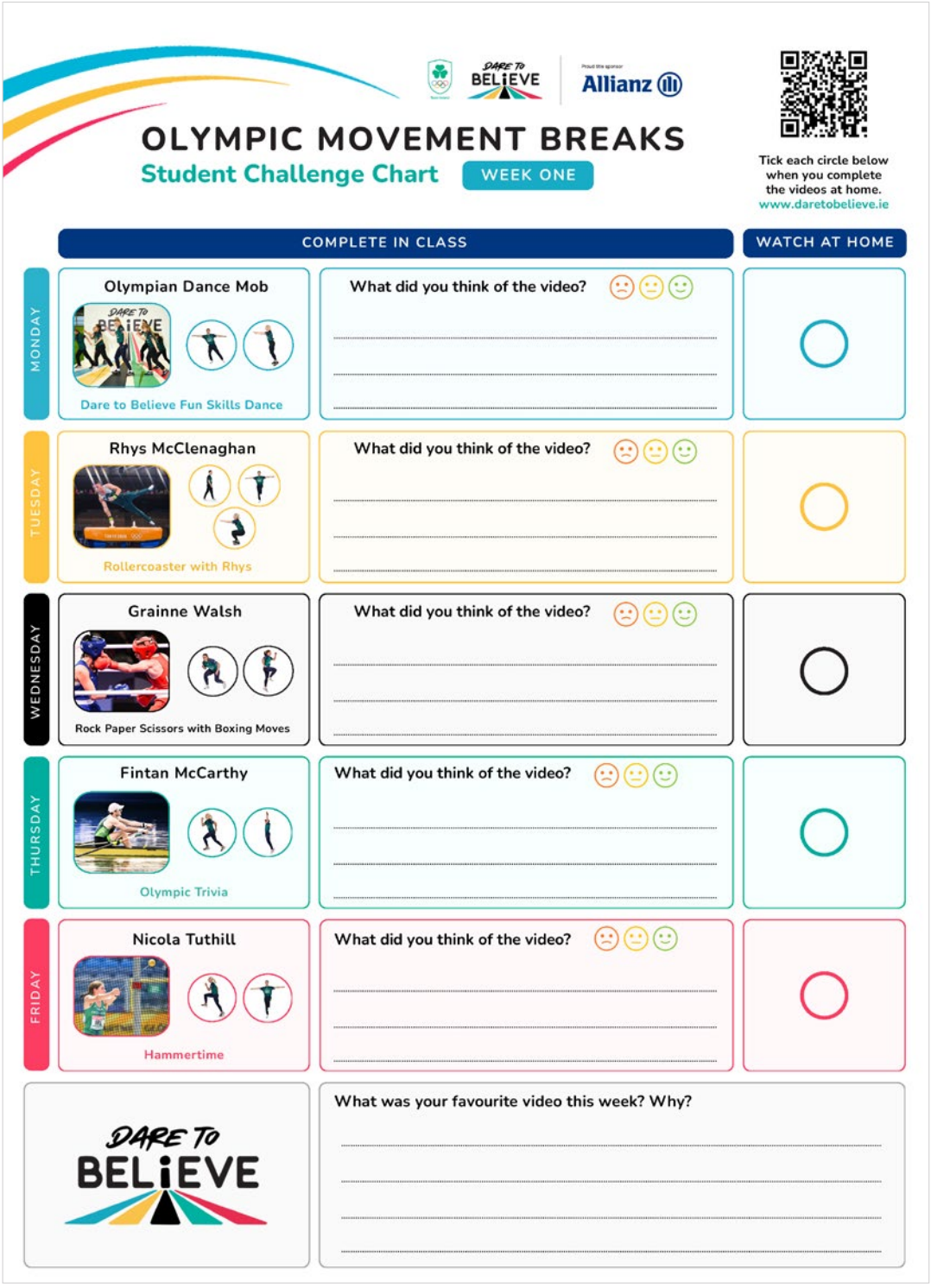
Move! Push! Achieve!
Chase the dream Dare to believe
Put in the work if you want to succeed
Chase the dream Dare to believe

CHORUS

Dare to try Dare to fail
YEAH
Dare to stay in the game
Dare to learn, Dare to Play
YEAH
Dare to Believe
GO ALL THE WAY!

Appendix 3:
STUDENT TRACKER /REFLECTION SHEET

Get kids participating to use these activity sheets to track their progress. QR Code to link to download.



DARE TO BELiEVE

Allianz

OLYMPIC MOVEMENT BREAKS

Student Challenge Chart — WEEK ONE

Tick each circle below when you complete the videos at home.
www.daretobelieve.ie

	COMPLETE IN CLASS		WATCH AT HOME
MONDAY	Olympian Dance Mob Dare to Believe Fun Skills Dance	What did you think of the video?	
TUESDAY	Rhys McClenaghan Rollercoaster with Rhys	What did you think of the video?	
WEDNESDAY	Grainne Walsh Rock Paper Scissors with Boxing Moves	What did you think of the video?	
THURSDAY	Fintan McCarthy Olympic Trivia	What did you think of the video?	
FRIDAY	Nicola Tuthill Hammertime	What did you think of the video?	

DARE TO BELiEVE

What was your favourite video this week? Why?

OLYMPIC MOVEMENT BREAKS

Student Challenge Chart WEEK TWO

Tick each circle below when you complete the videos at home.
www.daretobelieve.ie

	COMPLETE IN CLASS		WATCH AT HOME
MONDAY	Orla Comerford   A Day in the life of a Paralympic Medallist	What did you think of the video?	
TUESDAY	John Shortt   On land Swim Session	What did you think of the video?	
WEDNESDAY	Colin Judge   Table Tennis Tactics	What did you think of the video?	
THURSDAY	Sarah Lavin   Summer Olympics "Would you rather?"	What did you think of the video?	
FRIDAY	Amee-Leigh Costigan   7 Skills for Rugby 7's	What did you think of the video?	
	DARE TO BELiEVE	What was your favourite video this week? Why?	

Appendix 4:
FUNDAMENTAL MOVEMENT POSTER

Download here



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Mason O'Reilly
Alana Treacy

Olympians (A-Z)
Orla Comerford
Amee Leigh Costigan
Colin Judge
Sarah Lavin
Kelly McGrory
Rhys McClenaghan
Fintan McCarthy
John Shortt
Nicola Tuthill
Grainne Walsh

Dare to Believe Song & Dance
Kabin Crew Vocals: Jake Hogan, Karlee O'Callaghan, Dionne O'Mahony, Riley Lemass, Jack Cooney, Aífe Price, Cara Cullen, Aaron Hennessy,
Beat: KADDY,
Producer & Writer: Garry McCarthy (GMCBeats)
Dance Choreography: Allison Barnes


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