

**Learning:** Respecting and valuing each other

- 1 Before:** What does respect in sport mean? How would you not like to be treated?
- 2 After:** How do athletes who are poor losers act after they are defeated in competition? Why do you think they act like this? Think about how people that are different are treated by society? People with disabilities for example.
- 3 Action:** What are you going to do differently after today?

## RESPECT

Respecting and valuing differences in yourself and other

For full definition visit:

[www.olympic.org/olympic-values-and-education-programme](http://www.olympic.org/olympic-values-and-education-programme)

## More

Links to OVEP tool

The fundamentals of the Olympic Values Education

Please share your ideas through the Get Going Get Rowing Facebook page

## Rowing

At the Youth Olympic Games there are no medals in the mixed relay. Instead the teams make a huge arch of oars for the winning team to walk under as a show of their respect

# 1 Respect



# Relay Challenge

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The first challenge of respect is to set down the rules. We all need rules in life. Lets agree together on rules of working together for this programme.

Set up your team in groups according to the number of machines you have

How can you respect each other as a team during the relay races, eg feet out – handle change over – coaching encouragement

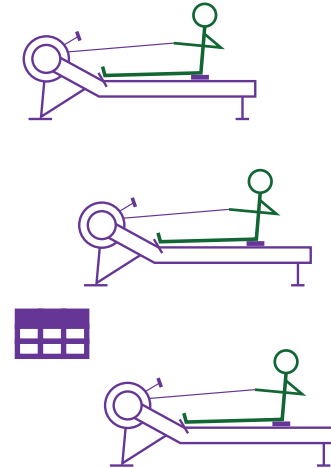
**Ask:** How can I improve?

## Top tips

Remember technique  
Hands past the knees  
Body over  
Push with legs

## Equipment

Ergometer  
Pens and paper



## Indoor

Create a progress chart  
Map improvements  
Explore why people may or may not have improved  
Do this at the end of your Get Rowing sessions with your community coach

# 1 Respect

