

Learning: Practice makes perfect

- 1 Before:** Share something hard you have done this week, that made you feel happy because you achieved it. If you feel a sense of accomplishment, explain why.
- 2 After:** When you got better, how did it make you feel? Does everyone have the same feeling or do they feel different things? Explore these differences.
- 3 Action:** What does this mean to you? Are you motivated to try harder next time? What are you going to do differently after today?

JOY OF EFFORT

By practicing and challenging ourselves today we will become better tomorrow

For full definition visit:

www.olympic.org/olympic-values-and-education-programme

More

Links to OVEP tool

The fundamentals of the Olympic Values Education

Section 4:

Experiencing the joy of effort through sport and physical activity – P85

Activity sheet 24

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

Rowing

Sanita Purspure was 13th in Rio 2016 and is now 4th at the 2017 Worlds



Medal Challenge

Learning: Practice makes perfect

Take out your medal challenge poster

Line up machines. Set rowing machine for the time required

Take medal challenge

Take note of medal challenge time and discuss how I can work to improve over the next 4/6 weeks

Top tips

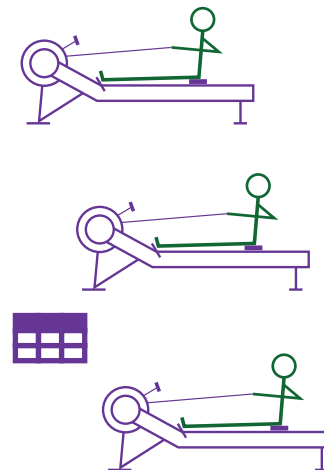
Make sure hands are past the knees

Bodies are rocking over

You are pushing with your legs

Equipment

Rowing machines set up in a line or circle



Indoor

Create a programme chart. Map improvement over 4/6 weeks.

Explore why people may or may not have improved

2 Joy of effort

