

**Learning:** Living by the rules of fair play

- 1 Before:** Do the rowing task first before you discuss fair play
- 2 After:** In sport do we need rules to play fair? What does 'winning at all costs' mean? Does it mean cheating? How about athletes who take drugs? Can you think of athletes that play by the rules but don't play fair?

How can fair play be extended beyond sport? What does fair play look like in life? Do you think human rights or gender equality are about fair play? What would you feel like if someone stole from you?

- 3 Action:** What are you going to do differently after today?

## FAIR PLAY

Playing by the rules of sport and life

For full definition visit:

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

## More

"It's a simple sport, you go from a to b as fast as you can go" - Paul O'Donovan – Olympic silver medalist

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

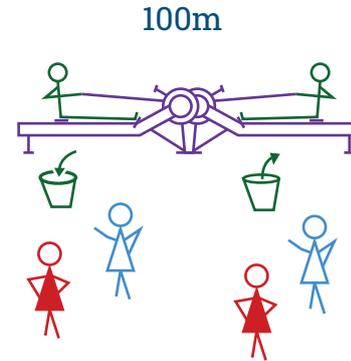
# 3 Fair Play



# Ball challenge

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1. Set up 2 ergometers with fans overlapping for each team.
2. Place one empty bucket at the end of one rowing machine and a bucket full of balls at the end of the other machine.
3. The objective is to transfer the balls from the full bucket to the empty bucket.
4. Select 2 teams – Team A and Team B. Explain the objective and rules in detail to Team A. Explain the objective of the game to Team B but not the rules. Ensure neither team is aware that they have been given different instructions.
5. Identify an observer in each team to observe the actions of the other team.
6. Set the time for 4 minutes and encourage the teams to swop rowers at equal intervals.  
As soon as the observer notices Team B 'cheating' (or within a minute of the relay starting), halt the relay.
7. Explain to both teams what has just occurred and emphasise the importance of fair play.
8. Replay the game having explained the rules to both teams.  
Winner is the team who has covered the most distance.



## Top tips

Stop the game after a few minutes .

Always two hands on the handle when you have no balls in your hand

## Rules

Only allowed to pick up one ball at a time

If you are not on the machine you cannot pick up balls

If a ball drops it must go back into the ball bucket

The bucket cannot be moved

# 3 Fair Play

