

# 4

# Pursuit of excellence

## Debate

**Learning:** Striving to be the best you can be

- 1 Before:** Think of a sporting hero that motivated them to be the best they can be? Can you think of anyone as motivated from your sports club?
- 2 After:** What skills or behaviours do you need to be successful at rowing? Do any of these help you be successful in life? What are the reasons why people stop doing things they want to do when there are difficulties or obstacles in their way? How can you overcome these?
- 3 Action:** What are you going to do differently after today?

### PURSUIT OF EXCELLENCE

Making choices to be the best you can in life

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

### Section 4:

Doing your best by pursuing excellence – P106

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

## Rowing story

Sinead Jennings mother of three, with Claire Lambe were the first female double to qualify for the Olympics.



# Coloured balls challenge

**Learning:** Striving to be the best you can be

1. Separate the balls into 3 colours (Red, Blue, Green) and place in a bucket
2. This a relay challenge and the changeover is based on the number of strokes taken, which is based on the colour of the ball selected
3. Select teams based on the number of rowing machines available and set a time of 4 minutes to complete the relay.
4. A team member will pick a ball randomly and unseen (place the bucket high enough to hide the colour but low enough to reach) and the rower must row the number of strokes dictated by the colour.
5. Once the specified number of strokes are completed, the rowers swop over and repeat the process of selecting a colour and rowing the dictated distance (the ball can be picked just before the rower is finished their leg) until the time is completed.
6. Ask the team what changes they would make to improve their performance. They will need to evaluate each other and think of how to improve.
7. Repeat the task and record the distance (which should have improved). Ask them to explore the skills they used in the discussion and the repeated attempt.

Red – 10 firm  
Blue – 15 Firm  
Green – 20 firm



## Top tips

Good changeover and working as a team will improve times.

## Equipment

One bucket per team three ball colours

Flip chart with stroke rate Red: 10 firm, Blue 15 firm etc

## 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

