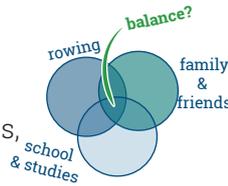


Learning: The importance of life balance

- 1 Before:** Ask the rowers to share the most important three things in their lives? Now and in the future? Money, studies, good job, friends, family, rowing ...
- 2 After:** Ask them to talk about times when part of their lives clash - family, school, work, sport, friends. What might it look like when it all goes wrong? What does it look like when it is all going well? What is balance in life? Why is balance important in life?
- 3 Action:** What are you going to do differently after today?



More

Links to OVEP tool

The fundamentals of the Olympic Values Education

Section 4:

Living a harmonious and balanced life – body and mind – P113

Activity sheet 34

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

Rowing

In a recent Masters of Education study rowers did markedly better in their leaving certificate results than other sports and dramatically better than those who gave up sport (UCC)

LIFE BALANCE

By practicing and challenging ourselves today we will become better tomorrow

For full definition visit:

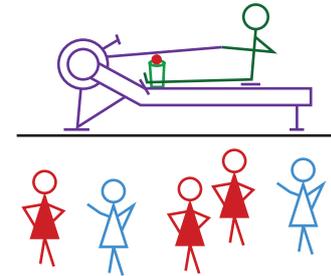
www.olympic.org/olympic-values-and-education-programme



Balancing ball challenge

Learning: The importance of life balance

1. This is a variation of a relay challenge. Select teams based on the number of ergs available.
2. Set the time for 4 minutes and encourage change over at equal intervals.
3. The objective of the game is to encourage the students to be mindful of Life Balance so they must balance a plastic cup containing between 1 and 3 balls (see below) on the slide rail. Each ball represents 10m in extra distance. The rower can decide how many balls to include in the plastic cup.
4. They must row for their allotted interval without knocking over the cup containing the balls. If they knock over the cup, they must finish out their interval but they get no extra distance. If they manage to maintain the balance of the cup, at the end of their interval they put their balls into a bucket to be counted up at the end. Repeat for each rower until the relay is complete.
5. Once the relay is completed, all the balls in the bucket must be counted up for each team and the distance added to the finishing distance for the relay. The team who have rowed the most of the combined distances wins.



- 1 ball in the cup – placed a full slide
- 2 balls in the cup – placed at $\frac{3}{4}$ slide
- 3 balls in the cup – placed at $\frac{1}{2}$ slide

Indoor

This challenge is great for underlining the importance of steady hands into the catch. Just as we keep the balls balanced, we also need to keep our life balanced.

5

Life Balance

