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# Determination

## Debate

**Learning:** Through determination our journey has been better

- 1 Before:** Tell us about what we have achieved over the programme
- 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? Did the programme motivate you to integrate the Olympic values in to your every day life?

### DETERMINATION

"Gold medals aren't really made from gold. They are made from sweat, determination and hard – to – find alloy called guts"

**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

Reflect on all the values that have been discussed over the last six weeks and which areas they have impacted your life

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

## Rowing

Practice makes perfect. Use this opportunity to practice for up coming #Blitzit event



# Progress challenge

**Learning:** Through determination our journey has been better

Use this check list as your technical challenge check list

Check to see if the student is able to achieve each of these 5 challenges.

## 1. Positions

Hands Away

Body Over

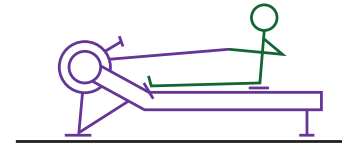
Pushing Legs

## 2. Show stroke rate

## 3. Straight arms at catch

## 4. Stand up on machine

## 5. Elbows in at the side (no chicken wings)



“ If it wasn't hard every one would do it.  
It's the hard that makes it great ”

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