

LEARNING: PRACTICE MAKES PERFECT

ROW TASK



1. Fix 2 markers 10m apart
2. Row a figure of 8
3. Record the row time
4. Rest and repeat a few times until the rower stops getting faster
5. Ask: "Did you improve?" "Why do you think you improved?"

TOP TIPS



- Keep your hands level
- Keep your inactive hand out of the way
- **EASIER:** Do a 360 turn
- **HARDER:** Try the other way or do a figure of 8 backwards

EQUIPMENT

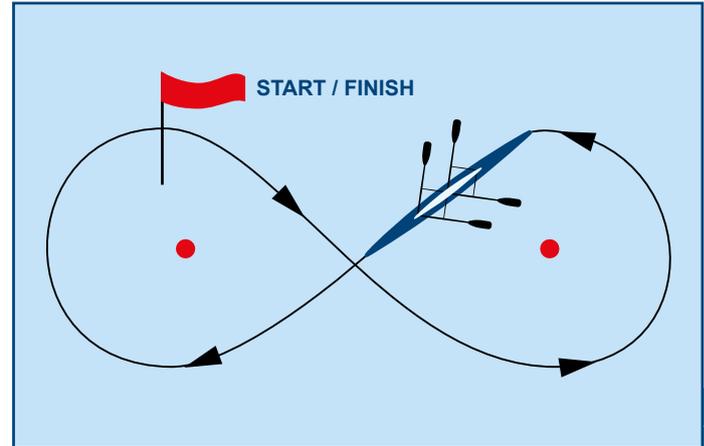


- 1 or more boats
- 2 x buoys or posts
- 1 x timer
- Paper and pen

SAFETY



- One boat at a time
- A safety launch



INDOOR



- Create a progress chart to map improvement over 500m
- Do this over 5-6 practice sessions
- Explore why people improved and why they might not have improved

LEARNING: PRACTICE MAKES PERFECT

DISCUSSION



BEFORE: Share something hard that you have done this week, that made you feel happy because you achieved it. If you feel a sense of accomplishment, explain why

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

ACTION: What does this mean to you? Are you motivated to try harder next time? What will you do differently after today?

JOY OF EFFORT



A sense of inner fulfilment in trying your best and achieving through hard work and practice

For the full definition visit:

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

To watch a video about the Olympic Values visit:

<https://bit.ly/2LRD2Lz>

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 ROW Values Facebook Group

ROWING STORY



An example from rowing is Olaf Tufte, known for his huge work ethic and work output. The Norwegian is a full time athlete, farmer and father, having won four medals in five Olympics from 2000 to 2016.

LEARNING: LIVING BY THE RULES OF FAIR PLAY

ROW TASK

1. Set a relay challenge which has some important rules
2. Split the group into equal teams
3. Quietly ask one of the teams to ignore the rules
4. After a while stop the game and then start again this time asking all the teams to follow the rules
5. Ask: "How did it make you feel when one team cheated?" or "What are the consequences of cheating?"

TOP TIPS

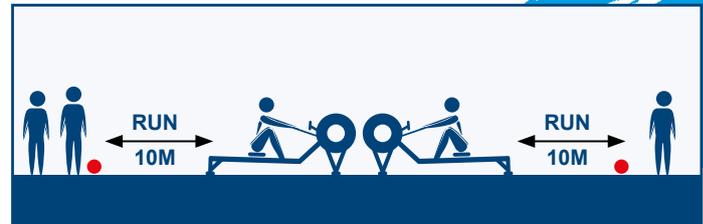
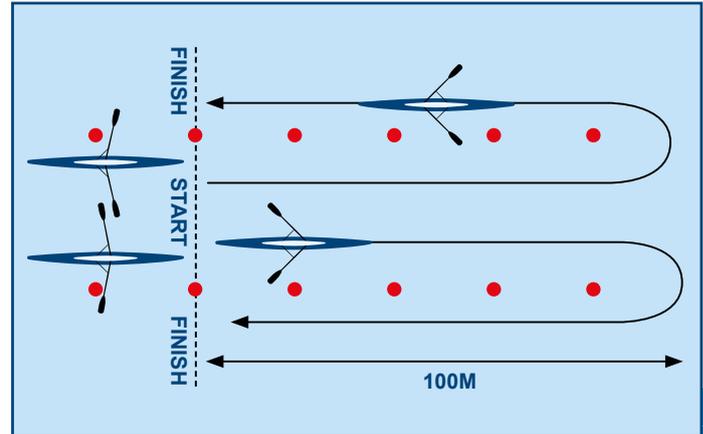
- Get clean changes
- Pace your speed and rate for the distance
- **EASIER:** Set a simpler task
- **HARDER:** Ask the rowers to design the game

EQUIPMENT

- 4 or more people
- 2 or more boats/ergs
- 2 x buoys or posts

SAFETY

Use different lanes for the out and back



LEARNING: LIVING BY THE RULES OF FAIR PLAY

DISCUSSION



BEFORE: Do the row task first before you discuss fair play

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 who play by the rules but don't play fair? Professional foul?

How can fair play extend beyond sport and the rules of 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?

ACTION: What will you do differently after today?

FAIR PLAY

2

Playing by the rules of sport and life

For the full definition visit:

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

To watch a video about the Olympic Values visit:

<https://bit.ly/2v9bkjG>

MORE



- Links to OVEP tools
- **The Fundamentals of the Olympic Values Education**
Section 4: Learning to play fair – P90
This includes a coach, parent and rower commitment form that you could use in your club
- Activity Sheet 26
- Fair Play Teaching Resource webpage, UNICEF New Zealand 03/Manuals
- Please share your ideas through the ROW Values Facebook Group

LEARNING: RESPECTING AND VALUING EACH OTHER

ROW TASK

1. Bring the whole club together and make mixed ability teams. Mix up the crews or teams by age, gender and ability
2. Arrange a small fun scratch regatta or indoor rowing competition. If you can, use traditional or more stable boats
3. Encourage the young people to manage themselves. Ask them to elect a team captain and decide who will go in what seats
4. Celebrate the team that wins and the team that shows the most respect to the other teams

TOP TIPS

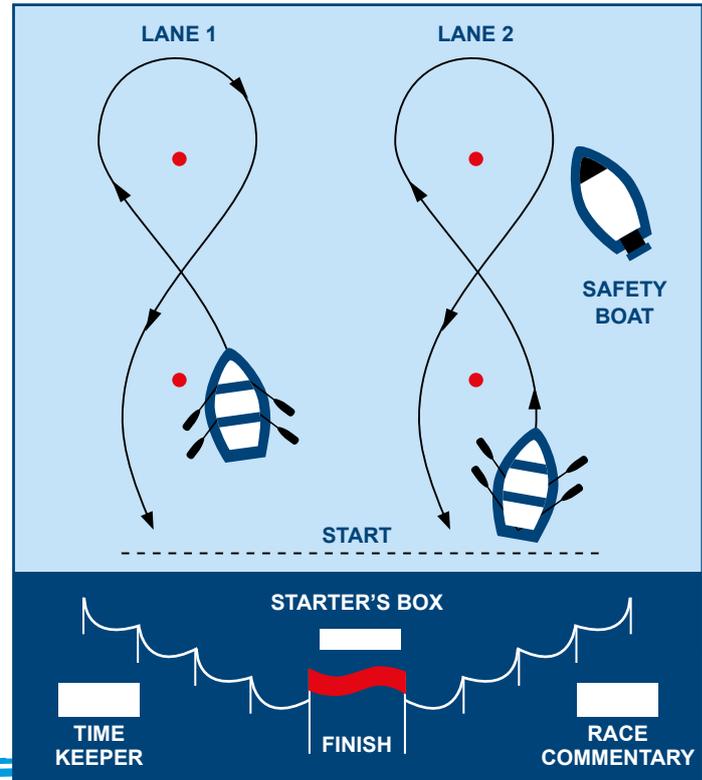
- Use your team-maker skills to support each other
- **EASIER:** simple races
- **HARDER:** ask the rowers to manage themselves

EQUIPMENT

- 4 or more people
- 2 or more boats/ergs
- 1 x timer
- Paper and pencil

SAFETY

Have a safety boat out watching



LEARNING: RESPECTING AND VALUING EACH OTHER

DISCUSSION



BEFORE: What does respect mean in sport? Would you consider yourself to be respectful? What does that look like?

AFTER: How do athletes who are poor losers act after they are defeated in a competition? Why do you think they act like this? If you lose a race how would you show that you are a good loser?

What does this look like in life? Think about how people who are different are treated by society? People with disabilities? People who dress differently?

ACTION: What will you do differently after today?

RESPECT

3

Respecting and valuing differences in yourself and in others

For the full definition visit:

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

To watch a video about the Olympic Values visit:

<https://bit.ly/2OyZkF>

MORE



- Links to OVEP tools
- **The Fundamentals of the Olympic Values Education**
Section 4: Practising respect for oneself and others– P100
- Activity Sheets 27, 28 and 29
- Please share your ideas through the ROW Values Facebook Group

ROWING STORY



At the Youth Olympic Games there are no medals in the mixed relay. Instead the teams make a huge arch of oars for the winning team to walk under as a show of their respect.

LEARNING: PROTECTING THE MARINE ENVIRONMENT

ROW TASK



1. Split the group into at least 3 teams
2. Using a single cup, the aim is to transfer all the water from bucket A to bucket B. Place the buckets 10m from the edge of the water to include a run
3. The challenge is that the full cup must be carried in the rowing boat around a buoy or post. Involve as many people in the task as possible
4. The team that completes the task and spills the least wins. In the event of a draw, the fastest team wins

TOP TIPS



- Work on smooth catches and balance
- **EASIER:** wider cups or use a passenger / cox to hold the cup
- **HARDER:** use singles or pass cup from boat to boat or erg to erg

EQUIPMENT

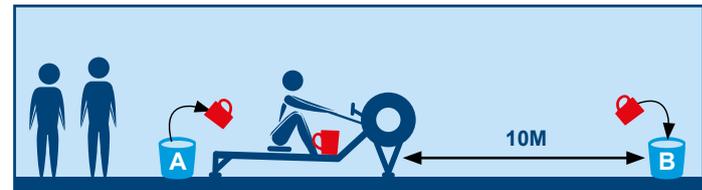
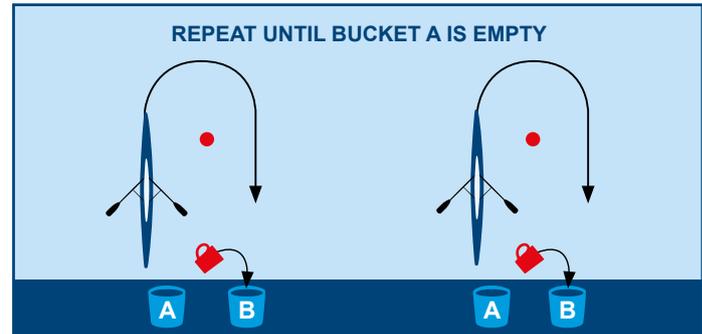


- 2 buckets per team
- 1 cup per team
- 1 or more boats per team
- 1 x buoy or post

SAFETY



Use different lanes for out and back



INDOOR



- Place bucket A behind each machine and bucket B 10m in front
- Each rower must pick up a cup of water, then row 100m with the cup balanced on the slide and run to bucket B before passing the empty cup to the next rower

LEARNING: PROTECTING THE MARINE ENVIRONMENT

DISCUSSION

BEFORE: What are the biggest threats to your local waterways? What changes have happened in your parents life time?

AFTER: Look at the WWF poster showing the benefits of healthy freshwater ecosystems and discuss how important lakes or rivers might be to your community

ACTION: What will you do differently after today?

MORE

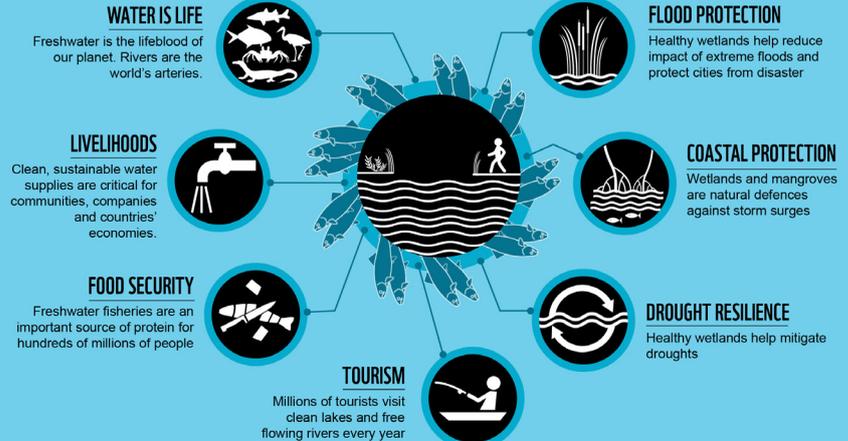
ALTERNATIVE ACTIVITIES:

- Organise a Treasure Hunt along the edge of the water, either by walking or using boats
- Organise a litter pick, but make sure you keep everyone safe from dangerous items like needles and glass

To watch a video about the Olympic Values visit: <https://bit.ly/2v7fLf4>



BENEFITS OF HEALTHY FRESHWATER ECOSYSTEMS



World Rowing – Learn more
www.worldrowing.com/environment/
kafue-river-rowing-centre/

LEARNING: STRIVING TO BE THE BEST YOU CAN BE

ROW TASK

1. Set a challenge with at least 4 tasks. Allocate a coloured ball to each task
2. Complete the challenge with the order of the tasks set by picking the balls out of a bag– record the time
3. Ask each crew to agree what changes they will make to improve their time. They will need to evaluate each other, communicate feedback and think critically how to improve
4. Repeat the task and record the time. Then ask them to review their progress. Ask them to explore what skills they used in the discussion and in the repeated attempt

TOP TIPS

- Use good waterskills
- Listen and think
- **EASIER:** set fewer or simpler tasks
- **HARDER:** set more complex tasks

EQUIPMENT

- 2 or more people
- 1 or more boats/ergs
- 4 or more coloured balls or bottle caps

INDOOR

- Place 2, 4 or 8 ergs facing opposite each other. Close enough so the rowers can pass a ball to each other
- Rower A will pick up a ball and pass to rower B etc...
- The team that passes all their balls wins
- As a coach, set progressively harder rules to challenge the teams, like set rates etc...

TASKS

- Turn the boat 360 to the left
- Turn the boat 360 to the right
- Row backwards for 20m
- Stand up in the boat with no hands on the oars
- Do 20 rigger dips

SAFETY

Look out for capsizing and collision

LEARNING: STRIVING TO BE THE BEST YOU CAN BE

DISCUSSION



BEFORE: Think of some of your heroes in sport and what motivated them to be the best they can be? Can you think of rowers from your club? Can you explain why they are successful?

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 some of the reasons why people give up when there are difficulties or obstacles in their way? How can you overcome them?

ACTION: What will you do differently after today?

PURSUIT OF EXCELLENCE

5

The search for continuous improvement

For the full definition visit:

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

To watch a video about the Olympic Values visit:

<https://bit.ly/2O0A7gP>

MORE



- Links to OVEP tools
- **The Fundamentals of the Olympic Values Education Section 4: Doing your best by pursuing excellence – P106**
- Activity Sheets 30, 31, 32 and 33
- Please share your ideas through the ROW Values Facebook Group

ROWING STORY



After Bronze and Gold World Championships medals in 2000 and 2001, Ireland's Sinnead Jennings qualified for her first Olympic Games in 2016. The doctor, now with three young children, showed the world that if you have a dream and try hard you can do it.

LEARNING: THE IMPORTANCE OF LIFE BALANCE

ROW TASK



1. Teams / crews collect balls from the water surface and throw or drop them into 1 of 3 'goals', which could be a moored boat, or a net or large bank-side container. The balls are 3 different colours and need to end up in the correct 'goal'
2. Ask: "Is it quicker to do one colour at a time or to pick up all the colours as they pass by them?"
3. "Life requires us to juggle lots of different things at once – school, sport, friends and family. How good are you at juggling lots of things?"

TOP TIPS



- Think clear instructions
- Plan your pick-up to get an accurate throw
- **EASIER:** small space, try indoor rowing task
- **HARDER:** smaller bucket or larger boat

EQUIPMENT

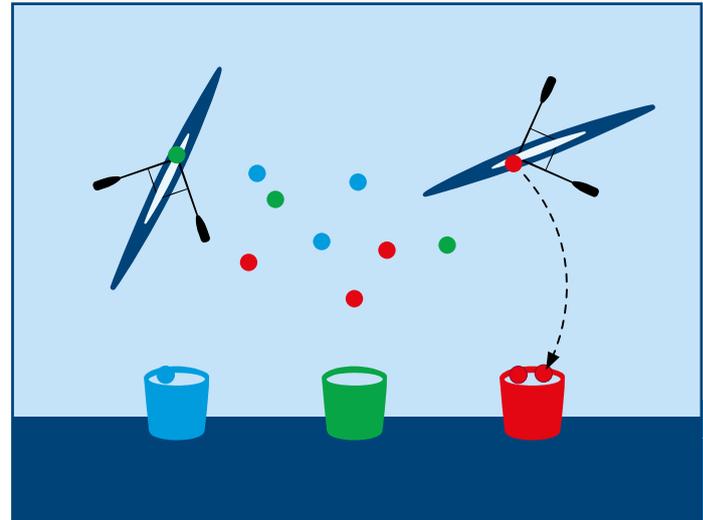


- 1 or more boats/ergs
- 3 or more balls/bottles of 3 different colours
- 3 buckets

SAFETY



Make sure the room is clear of obstacles



INDOOR



3 different colours of balls are scattered in a room, and there are 3 buckets. Working in pairs one can pick up the balls as long as the other team member is rowing. The searcher is blindfolded and the rower shouts instructions to locate the balls and place them in the right bucket.

LEARNING: THE IMPORTANCE OF LIFE BALANCE

DISCUSSION



BEFORE: Ask the rowers to share the top 3 priorities in their lives?

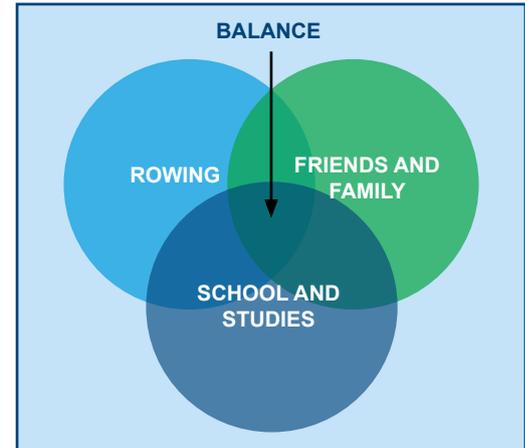
AFTER: Ask them to talk about times when some of their priorities clashed - family, school, work, sport, friends. What might it look like when it all goes wrong? What does it look like when it is all going well? What is balance in life? Why is balance important in life?

ACTION: What will you do differently after today?

MORE



- Links to OVEP tools
- **The Fundamentals of the Olympic Values Education**
Section 4: Living a harmonious and balanced life – body, will and mind– P113
- Activity Sheet 34
- Please share your ideas through the ROW Values Facebook Group



ROWING STORY



Rowers are some of the most educated athletes at the Olympic Games. Some coaches put this down to rowers having very good time management skills so they can plan their training and study time.

LIFE BALANCE



Finding physical, mental and emotional wellbeing

For the full definition visit
www.olympic.org/olympic-values-and-education-program

To watch a video about the Olympic Values visit:
<https://bit.ly/2Aw291Y>