



**Dare to Believe / RTE Home School Hub**  
**Student Workbook**



# OLYMPIC + PARALYMPIC GAMES



Thomas Barr – 400m Hurdles  
4th in Rio Olympics, European Bronze Medallist

# OLYMPIC + PARALYMPIC GAMES



For more info about Dare To Believe go to [daretobelieve.ie](http://daretobelieve.ie)

## OLYMPIC FACTS

1. The first Olympic Games were held in the 8th century B.C. in the town of Olympia, Greece. The games were held every four years for 12 centuries until they were banned in the 4th century A.D.
2. In ancient Greece, athletes didn't worry about sponsorship, protection, or fashion — they competed naked.
3. The modern Olympics began again in 1896 and were held in Greece. Since then they have been held in 23 countries and have become one of the biggest sporting events in the world. The first official Paralympic Games were held in Rome, Italy in 1960.
4. The Olympic Motto is Citius, Altius, Fortius which is latin for Faster, Higher, Stronger.
5. From 1912-1948, artists participated in the Olympics: Painters, sculptors, architects, writers, and musicians competed for medals in their respective fields. Ireland has 3 medals from art categories!
6. The five rings of the Olympic symbol represent the five inhabited continents of the world. The six colors — blue, yellow, black, green, red, and the white background — were chosen because every nation's flag contains at least one of them.
7. The Olympic torch is lit the old-fashioned way in an ancient ceremony at the temple of Hera, in Greece. The torch starts its relay to the host city: It is usually carried by runners, but it has traveled on a boat, on an airplane, on horseback, on the back of a camel, via radio signal, underwater, and in a canoe. The unlit Olympic torch has also been taken to space several times.
8. Olympism is a philosophy that is based on the fact that sports can teach important values. The Olympic values include healthy mind and body, joy of effort, striving for excellence, respect & fair play & friendship. The Paralympic values include determination, courage, inspiration and equality.
9. To date Ireland has won 9 Gold, 10 Silver, and 12 bronze medals in the sporting events. Katie Taylor is Ireland's most recent gold medallist. She won the gold medal for boxing at the London Olympics in 2012.
10. The 2020 Summer Olympics were to be held in Tokyo Japan but due to the Coronavirus pandemic they have been postponed until July 2021.



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# WORD SEARCH

ALTIUS  
ANCIENT  
ATHENS  
CEREMONY  
CITIUS  
CLOSING  
EXCELLENCE  
FORTIUS  
FRIENDSHIP  
JOY  
MASCOT  
MODERN  
MOTTO  
OPENING  
RELAY  
RESPECT  
RINGS  
TORCH  
TRUCE

B T T T O R C H M E H N C U S  
S T G N Z R Q T O X O G K G Z  
H T X X E O B W D C P D N G T  
P C L O S I N G E E Q I N R F  
R F H A G N C O R L R I U A F  
I F N G E L F N N L N C M B F  
Y N O M E R E C A E E A M R S  
Y O J R V S O W P N S Q I P U  
S N E H T A U O P C W E T I I  
M T A N F I U I O E N R C Q T  
K O P Y Q L U T T D S E E E L  
N G T S V U X S S I S L P L A  
M O B T S C V H A R C A S Z D  
N I Q F O G I M N E A Y E M V  
O H U W S P A H N M T E R V B

## NAME THE IRISH OLYMPIAN

Draw a line connecting the name of the Irish Olympic medallist to their photo.

Katie Taylor

O'Donovan Brothers

Annalise Murphy

Jason Smyth

Sonia O'Sullivan





# "DARE TO DESIGN" COMPETITION



## THE CHALLENGE

Imagine the Olympic Games were awarded to Dublin and will take place in 2040. Students will choose one of the design challenges below and create a design of the future!

1. Design your own Olympic Games poster for the Dublin 2040 Games. Students can use any medium: paint, crayon, pencils, etc.  
**Bonus:** Design an Olympic poster with a message that embraces Olympism and conveys hope for the future.
2. Design an Olympic Stadium for Dublin 2040  
Can be for either track & field, swimming, gymnastics arena, or any other sport. Can use any medium: drawing, model, lego, clay, computer graphic/simulation, etc.  
**Bonus:** multi-use, what can the stadium be used for after the games?
3. Design an Olympic or Paralympic Medal  
Can use any medium drawing, model, lego, clay, computer, edible, recyclable etc.  
**Bonus:** Your medal design can be made of material that is eco friendly/ biodegradable.

## Contest Details

### **How to Submit Entries:**

Entries should be submitted via email to [info@daretobelieve.ie](mailto:info@daretobelieve.ie) Entries can be scanned images, photographs, videos etc. Submissions are now open and will close on the 18th June at noon. Winners will be announced on June 25th.

### **Who Can Enter:**

All students aged 4–15 living on the island of Ireland.

### **Prizes:**

Three winners will be chosen to receive an official Team Ireland Adidas backpack & Team Ireland accessories & Dare to Believe hooded sweatshirt.

# HEALTHY MIND + BODY



Kellie Harrington – World Boxing Champion

# HEALTHY MIND+BODY



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## HEALTHY MIND + BODY

Physical and mental health is boosted by sports participation no matter what level you play at. Complete the following sentences.

To be healthy is \_\_\_\_\_

Health feels like \_\_\_\_\_

### WRITE THE SPORT/ACTIVITY THAT MATCHES:

Vigorous Exercise = \_\_\_\_\_

Aerobic = \_\_\_\_\_

Flexibility = \_\_\_\_\_

Coordination = \_\_\_\_\_

Speed = \_\_\_\_\_

Strength = \_\_\_\_\_

Gracefulness = \_\_\_\_\_

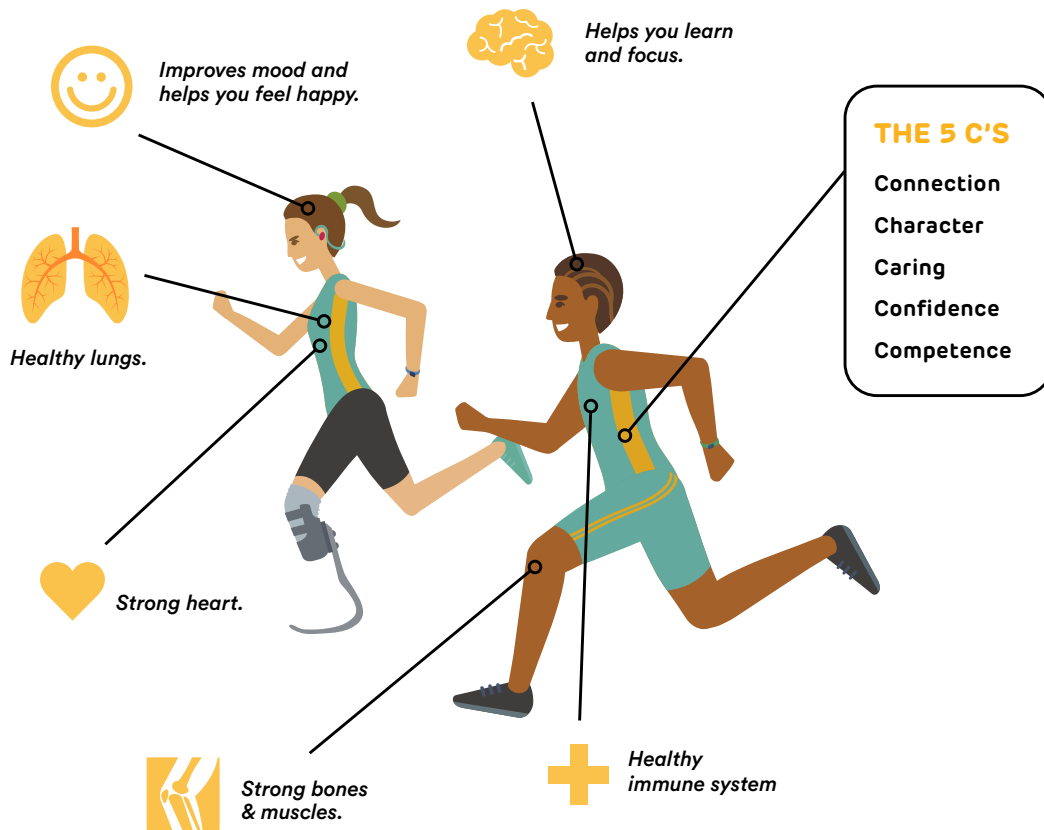
Combination of all of the above = \_\_\_\_\_

The recommended amount of sleep for 12 year old is?  
(circle the correct answer)

- A. 2-4
- B. 4-6
- C. 8-9.5
- D. 13hrs

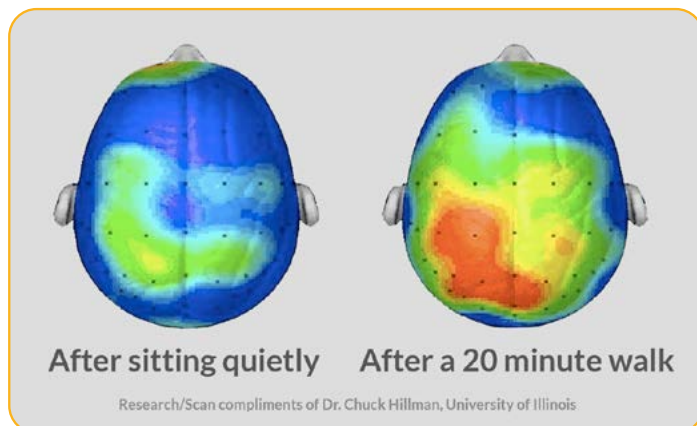
# WHAT ARE THE BENEFITS OF SPORT?

We know the benefits of exercise + sports on our body + brains, but let's look at all the benefits of sport and exercise on our mind, body and character.



## DID YOU KNOW?

Exercise has many physical benefits including: cardiovascular fitness, healthy lungs and bones, weight regulation and cancer prevention.



**Images Of Your Brain Before & After Exercise**



# HEALTHY FOOD PLATTER



List your favorite food in each healthy food category:

# HEALTHY MIND PLATTER



*The Healthy Mind Platter for Optimal Brain Matter*

List some activities you like to do for each healthy mind category:

# FEEL THE BEAT EXERCISE



1. Find your pulse. Count it for 20 seconds. Multiply number by 3.

My pulse is \_\_\_\_\_

2. How are you feeling on scale of 1-10 (best ever)?

I'm feeling \_\_\_\_\_

3. Run around the yard/or in place at a slow easy jogging pace for 1-2 mins.

My pulse is \_\_\_\_\_

I'm feeling \_\_\_\_\_

4. Now run as fast as you can for 1-2 min in the same area giving your best effort.

My pulse is \_\_\_\_\_

I'm feeling \_\_\_\_\_

5. Now rest (take 3 mins to relax and stretch).

My pulse is \_\_\_\_\_

I'm feeling \_\_\_\_\_

What did you learn in this exercise?

.....

.....

## BONUS: TRY OUR NEW TEAM IRELAND CIRCUIT CHALLENGE VIDEO

[daretobelieve.ie/schoolchallenges](https://daretobelieve.ie/schoolchallenges)

Choose Now



Hockey

Olympian - Shane O'Donoghue

6

OR



BREATHE!



Boxing

European Medallist - Gráinne Walsh

Round 2

14

LET'S GO!



Hockey

Olympian - Shane O'Donoghue



Boxing

European Medallist - Gráinne Walsh



# JOY OF EFFORT



Shane O'Donoghue – Olympian (Men's Hockey)



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## JOY FEELS LIKE? 😊

Think about the last time you felt joy.  
What were you doing?

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How did it feel in your body?

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What were you thinking?  
Were you even thinking?

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# EFFORT 🥰

*Think about a time when you put a lot of effort into something.*



**What did you do?**

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**What would you like to get better at?**

---

**Think about someone who has succeeded with a lot of effort.  
How did they do it?**

---

**Think about a time you faced a challenge. How did you solve it?**

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# COURAGE

*Courage is a Paralympic Value. What do you think it means?*

**Courage is:**

.....

**Physical courage is:**

.....

**Moral courage is:**

.....

## CHALLENGE

**Interview someone you know who has displayed courage.  
Ask them five question about what they did, what they did and who they did it for.**

.....

.....

.....

.....

.....

# RESPECT + EQUALITY



Claire Lambe – Olympic Finalist (Rowing)



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## RESPECT FOR SELF

What makes you unique?

.....

What are you good at?

.....

What do you love?

.....

What do you want to be known for?

.....

If your life was made into a book, what would it be called?

.....



# RESPECT FOR SELF

*“Each of us have a gift, that we were put on this earth for a reason, that there never will be another one of us.” — Marie Forleo*

**What makes you unique?**

.....

**What are you good at?**

.....

**What do you love?**

.....

**What do you want to be known for?**

.....

**If your life was made into a book, what would it be called?**

.....



# RESPECT FOR OTHERS

What's the difference between being nice versus being kind?

.....

To be kinder I can

.....

To be a better friend I can

.....

To be a better teammate/classmate I can

.....

.....

To be a better brother/sister/cousin I can

.....

To be a better family member I can

.....

What is the kindest thing a friend has done?

.....

What did it feel like when someone was kind to you?

.....



# RESPECT FOR THE ENVIRONMENT

**What does sustainability mean?**

.....

# RESPECT FOR SPORT

## Fair Play

*Think of time you played a game and someone cheated.*

*Think of a time you played a game and you cheated.*

**How did it make you feel when someone cheated?**

.....

**How did it feel to win while cheating?**

.....

**Why is it important to respect the rules of the game?**

.....

.....

.....

# EQUALITY



**Why is equality important?**

.....

**What are some physical and social barriers that people face?**

**What can you do to help someone facing barriers?**

.....

.....

.....

.....

.....

.....

## CHALLENGE

**Write a “Grateful Letter” to someone who has helped you in your life and send it to them. The person may be a teacher, parent or family member, coach, friend or sibling.**







# STRIVING FOR EXCELLENCE



Greta Streimikyte — Paralympian (Athletics)

STRIVING FOR  
EXCELLENCE



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## WHAT'S YOUR OLYMPIC SIZED DREAM?

If you could be anyone in the world for a day, who would it be?

If you had a magic wand, what would you do? Who would you help?

*(Brainstorm and write or draw your answers in the space below. Take your time doing this.)*

WHAT SEEMS IMPOSSIBLE?, SEE, DO, INVEST  
T. CREATE, BE, HELP, EXPLORE, BUILD.  
LEARN, SHARE, ACT, SUPERPOWERS, LOVE



*"Imagination is more important than knowledge."*

- Albert Einstein

# GOALS BUILD DREAMS



## Instructions

- A. Write your goal in the center of the wheel.  
Pick a goal in one area of your life:  
(school, sport/physical activity, social/family).
- B. Write the ingredients to achieve your goals in the spokes.
- C. Write the reasons for your goals below the wheel.
- D. Who will help you achieve your goal?
- E. What obstacles will you face and how will you overcome them?

### A. Thomas Barr

**Goal: Olympic 400m Hurdles**

### C. WHY THOMAS RUNS:

It's fun  
Put your hard work to the test  
Break a personal best and for personal satisfaction  
The adrenaline rush  
When races go well it's exhilarating and addictive  
When races don't go to plan, I want to correct the mistakes  
I want to represent and win medals for my country  
I want to make all the people who support me proud

D.



Coaches  
Physio and massage therapist  
Training group  
My managers / agents  
Athletics Ireland and Sport Ireland  
The Olympic Federation of Ireland  
Sponsors

E.

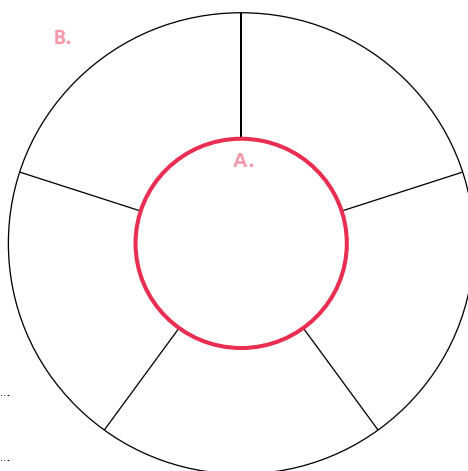


Injury  
Illness  
Bad weather  
Low motivation  
Outside pressure to perform  
Work/life balance  
Nerves before races

## CHALLENGE

Fill out your own goal wheel.

**My Goal**



D. ....

.....

E. ....

.....

C. **Why:** .....

.....

.....