



THE ROAD TO TOKYO WEEK 1

RESPECT

DEFINITION:

HAVING CONSIDERATION FOR ONES SELF, OTHERS AND THE WIDER ENVIRONMENT.
RESPECTING THE RULES OF SPORT AND THE OFFICIALS WHO UPHOLD THEM.

PERSONAL DEVELOPMENT TASK:

- 1) WHAT DOES RESPECT MEAN TO YOU?
- 2) THINK OF ONE PERSON IN YOUR LIFE THAT YOU REALLY RESPECT AND WHAT IT IS YOU RESPECT ABOUT THEM – IT COULD BE YOUR PARENT, SIBLING, GRANDPARENT, FRIEND, TEACHER. TELL THAT PERSON YOU RESPECT THEM AND THE REASONS WHY.
- 3) KEEP A DIARY TO RECORD THE TIMES YOU THINK YOU SHOWED RESPECT, THOSE MOMENTS YOU COULD HAVE DONE BETTER AND ANY OCCASSIONS YOU FELT PERHAPS YOU DESERVED MORE RESPECT.

TOP TIPS:

BE RESPECTFUL TO YOURSELF – TAKE TIME TO RELAX AND RECOVER, TRY TO EAT YOUR 5 A DAY AND ENSURE YOU EXERCISE FOR AT LEAST 60 MINUTES.

BE RESPECTFUL TO NATURE AND THE ENVIRONMENT - REDUCE, REUSE, RECYCLE.

REMEMBER THE GOLDEN RULE - THE PRINCIPLE OF RESPECTING OTHERS AS YOU WISH TO BE RESPECTED.

ENRICHMENT ACTIVITY:

DESIGN A POSTER TO PROMOTE RESPECT.
INCLUDE PICTURES AND WORDS THAT YOU BELIEVE BEST REPRESENT RESPECT.

MAKE IT COLOURFUL, VIBRANT AND EYE CATCHING.



Primary influence UK

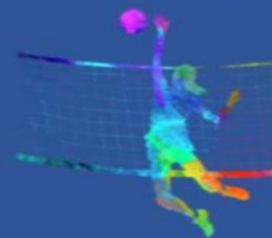
RESPECT

FUN FACT:

THE SIX COLOURS OF THE OLYMPIC RINGS; BLUE, YELLOW, BLACK, GREEN, RED AND THE WHITE BACKGROUND WERE CHOSEN BECAUSE EVERY NATION'S FLAG CONTAINS AT LEAST ONE OF THOSE COLOURS.

OLYMPIC CHALLENGE: VOLLEYBALL

SET UP A NET USING A DRESSING GOWN BELT (OR SIMILAR) TIED BETWEEN TWO CHAIRS AND WITH A PARTNER PASS A BALLOON OR LIGHTWEIGHT BALL TO EACH OTHER OVER THE NET USING THE PART OF YOUR HAND WHERE YOUR WRIST JOINS YOUR PALM.



TRY TO SET NEW RECORDS FOR THE NUMBER OF TIMES YOU CAN PASS THE BALL BACK AND FORTH WITHOUT DROPPING IT.

PLAY A COMPETITIVE MATCH - AIM TO WIN POINTS BY TRYING TO MAKE THE BALL TOUCH THE FLOOR WITHIN YOUR OPPONENTS HALF BEFORE THEY ARE ABLE TO RETURN IT.

FIRST PLAYER TO GET TO 10 POINTS WINS!

BRITISH OLYMPIC LEGENDS

SIR STEVE REDGRAVE IS THE MOST SUCCESSFUL ROWER IN OLYMPIC HISTORY AND THE ONLY MAN TO HAVE WON FIVE GOLD MEDALS AT FIVE DIFFERENT OLYMPIC GAMES IN AN ENDURANCE SPORT. HE WON HIS FIRST GOLD MEDAL IN 1984 AT THE LA GAMES AND HIS FIFTH IN 2000 AT THE SYDNEY GAMES IN AUSTRALIA.

