



Join Team Ireland on the road to Tokyo with our Olympic Schools challenge



Dare to Believe aims to inspire the young people of Ireland...



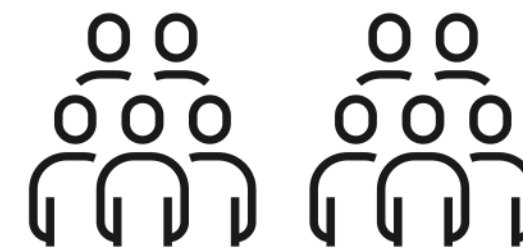
...to 'Dare to Believe' in themselves through an interactive curriculum that explores the Olympic Values using Team Ireland role models to bring the messages to life.....



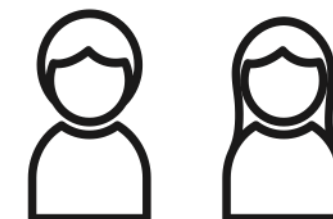
# Dare to Believe Activity to date



85 Schools took part in programme



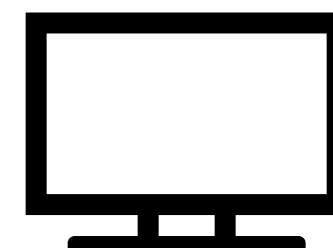
25 Athlete Ambassadors



Primary & Secondary curriculum available



Creation of Secondary School Programme and Anti-racism and anti-discrimination module



RTE after school Hub, online offering to cater to COVID environment





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[Log Activity](#)

[Register](#)

[How it works](#)

[Progress](#)

[Resources](#)

[Updates](#)

Join Team Ireland for the

# OLYMPIC SCHOOLS CHALLENGE

— ROAD TO TOKYO —

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In association with FBD Insurance



# The Olympic games are in Tokyo and we want kids and schools around Ireland to make the virtual journey with us



- This 4-week challenge encourages schools to get active and learn more about the upcoming Olympics! (**May 4th-May 31st**)
- School teams will **log their physical activity**, which will be converted to a distance to help their team get to Tokyo.
- There are **four stops on this interactive road** where students unlock new activities, prizes and get messages from our athletes, whilst also learning about Japan and the Olympics.
- Teachers will also have access to **4 weeks of classroom & PE activities** demonstrated by our Olympic ambassadors!



# Getting started on the journey is easy, there are 3 steps involved...



## How it works

### For Teachers

### For Families



#### REGISTER

Teachers can **register their school** and create a team (challenge is designed for an approximate team size of 30 kids). You then can share the log in details with other teachers in your school to create multiple teams. Each team will have their own pin code to log activity.



#### GET MOVING!

Get the class and their families moving and leverage our resources to help with this.



#### TRAVEL WITH TEAM IRELAND TO THE OLYMPICS

Students log their activity to their school or class team and travel virtually to Tokyo with Team Ireland with the chance to enjoy challenges on the way.

Every activity you log will be converted to a distance which will help your team reach each destination, unlocking challenges & videos as you go



# There are four stops on this interactive Journey...



## Team Progress

ST MICHAELS SPEC SCHOOL

## Junior Infant Reds

## STOPS

Click each stop to unlock a special message and content!



IRELAND



ATHENS



NEW DELHI



FUKURO



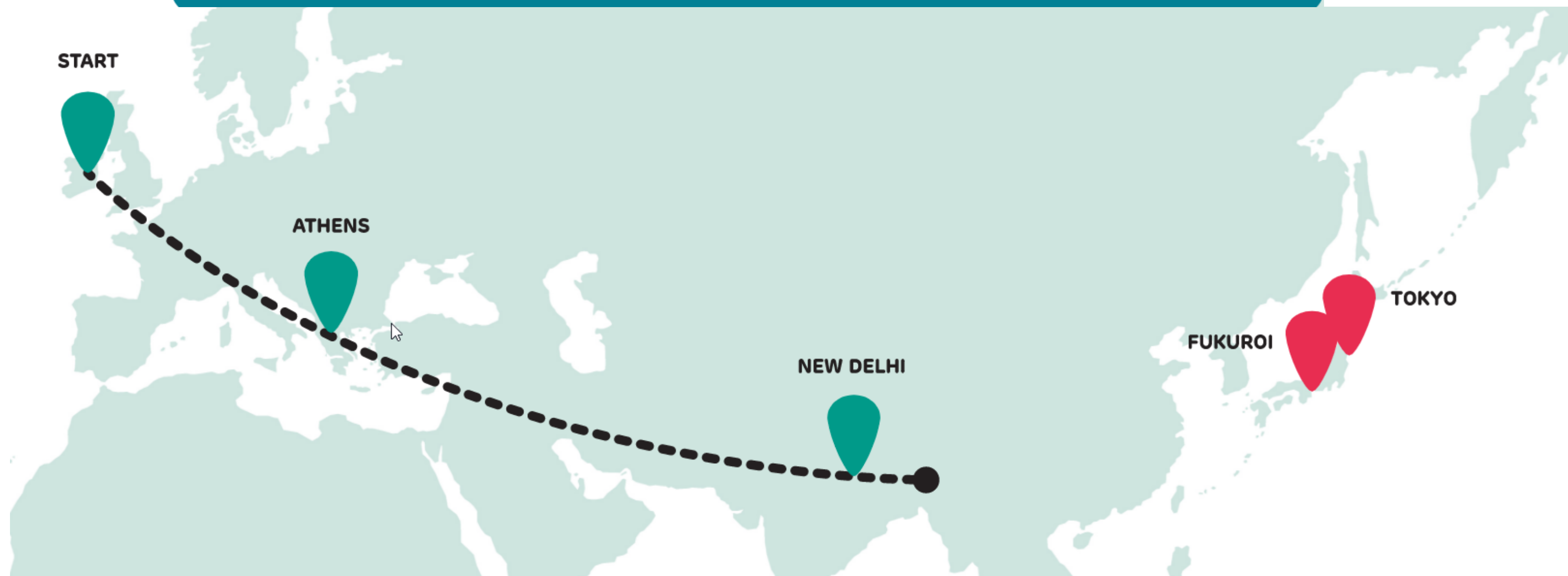
TOKYO

KILOMETERS  
TRAVELLED

8868km

## PROGRESS

**65.69%**  
**complete**



# Our Virtual Journey

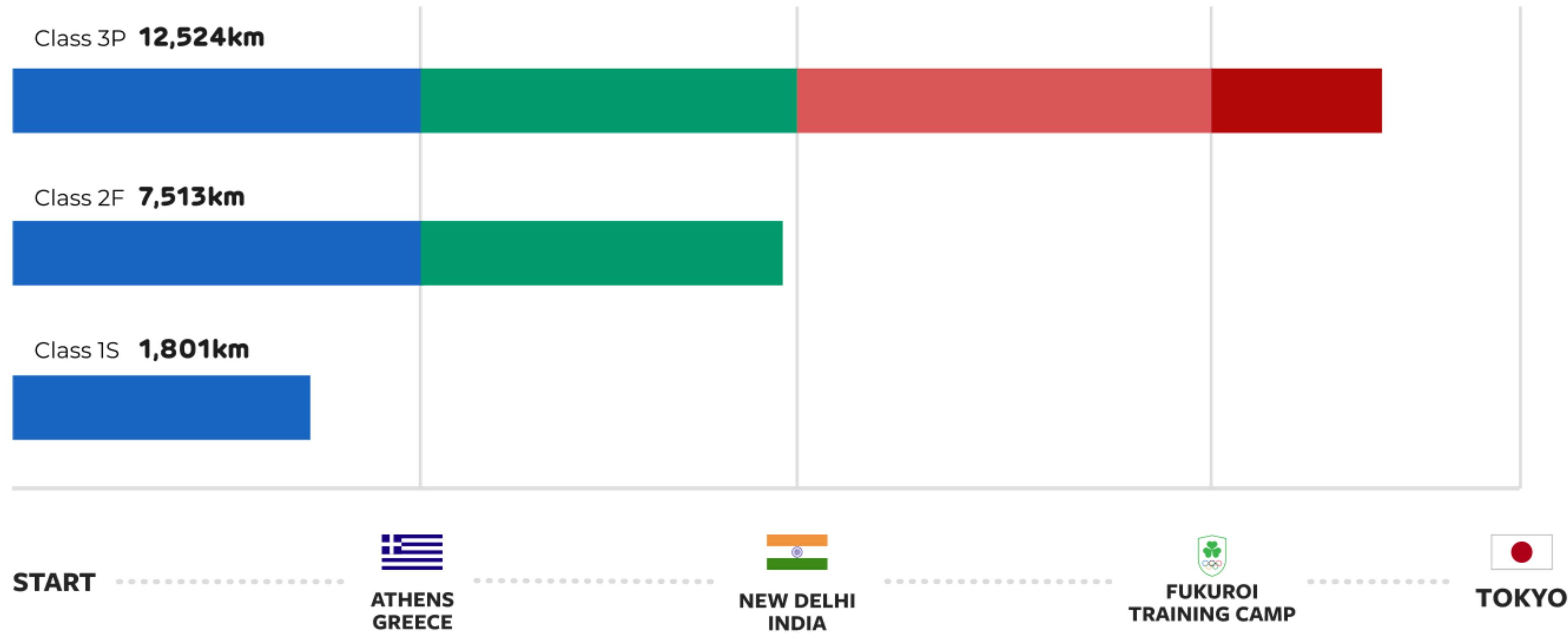
- Every activity helps us Travel to Tokyo – a virtual journey.
- There are **four stops** where students unlock new activities, prizes and get messages from our athletes whilst also learning all about Japan and the Olympics.



Schools get to track their team's progress on this interactive journey....



# School Teams Leaderboard





Teams get to enjoy a variety of challenges at each stop along with unlocking videos from our ambassadors.....



| Stop             | Themes at each stop   | Curriculum outline at each stop   |
|------------------|---|---|
| Dublin           | Introduce the 3 Irish ambassadors on the journey + some info about the Olympics   | <ul style="list-style-type: none"><li>• Set a goal</li><li>• Write a postcard</li></ul>                           |
| Athens           | Olympism and Olympic facts  | <ul style="list-style-type: none"><li>• Design a poster/medal/uniform</li><li>• Olympic Words Challenge</li></ul> |
| New Delhi, India | Importance of nutrition, hydration, rest, friendship, and mindfulness   | <ul style="list-style-type: none"><li>• Chopstick Challenge</li><li>• Mascot Challenge</li></ul>                  |
| Fukuroi          | Introduction to Japan (where the Irish Team will have pre-Olympic Training Camp) and also about calming nerves before competition | <ul style="list-style-type: none"><li>• Writing your name,</li><li>• Learn to say hello + how are you</li></ul>   |
| Tokyo            | Celebrating the journey and teamwork. More interesting facts about Japan and the Olympics   | <ul style="list-style-type: none"><li>• Origami good luck cranes</li><li>• Olympic Quiz</li></ul>                 |





# Teachers will have access to additional resources and active lesson plans to help get their classes moving



Olympic School  
Challenge  
ROAD TO TOKYO

## New Delhi Challenges

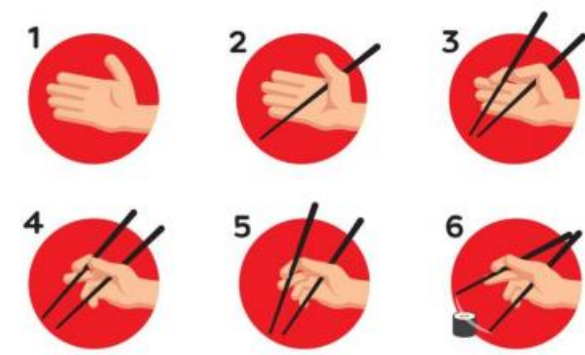
### 1. Chopsticks Balance Relay

The challenges at this stop are helping you to prepare for going to Japan. In Ireland we use knives and forks to eat, but in Japan they use chopsticks! You'll need to eat when you're there, so getting used to using chopsticks it is important :)

#### Part A: First things first, learn to use chopsticks!

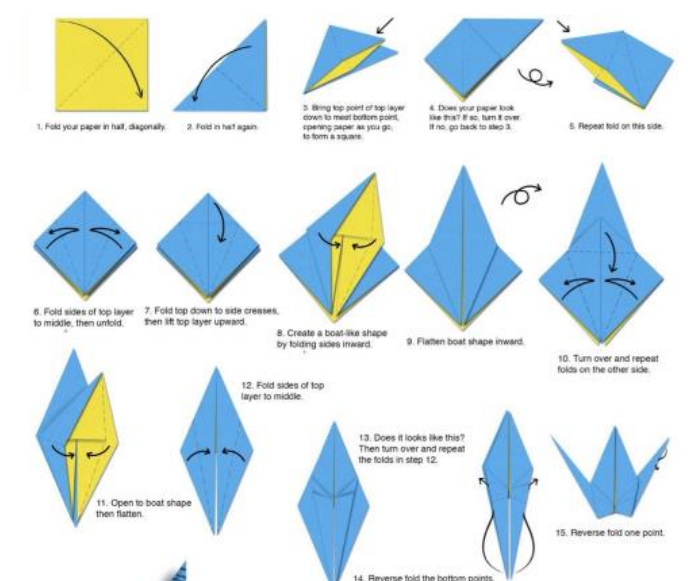
Show your students how to use chopsticks. Students will each get two of their own pens or pencils and follow the instructions below to practice using their chopsticks (pencils).

## How to use Chopsticks



## HOW TO FOLD A PEACE CRANE

To participate in the Peace Crane Project you will need a square piece of paper, plus markers, pens, pencil, or pencils.  
Blue represents the front side of the paper. Yellow represents the back.  
Your paper may look different.



Olympic School  
Challenge  
ROAD TO TOKYO

## Athens Challenges

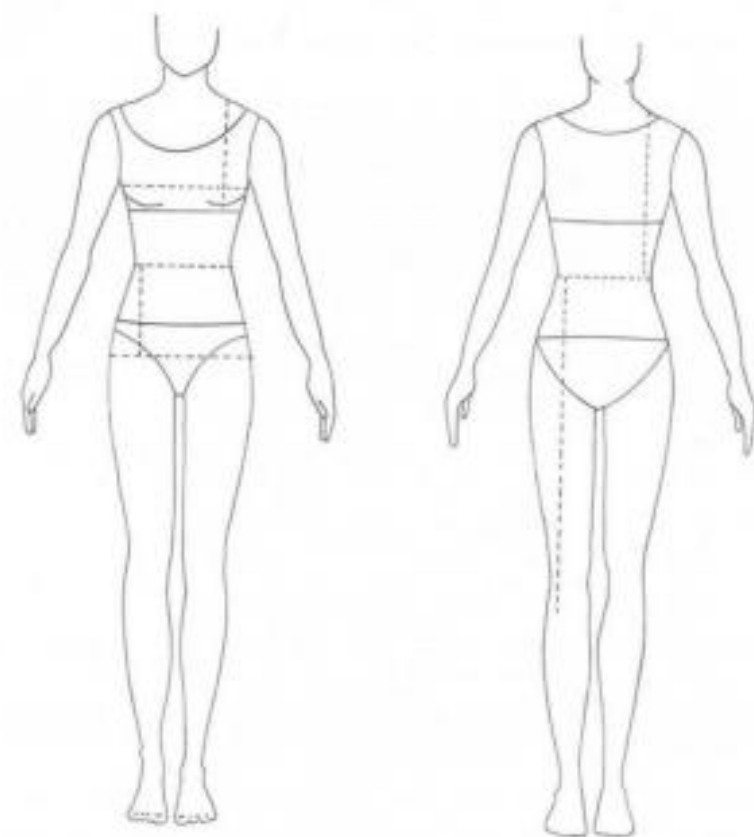
### Challenge 1 : Dare to Design

As you saw on the video, art and design plays a large role in the Olympic Games. The Games need posters, medals, uniforms for all the teams and much more. We know children are very creative. We would LOVE to see some designs from you! You can use our templates or make your own.

#### Choose from the following options:

1. Design an Olympic poster for Tokyo 2021 or an imaginary Games.
2. Design a medal for the winners of each event. What would you include on the medal?
3. Design the Team Ireland Uniform for your favourite event.

Scan and send us what you create and you could win a prize for your school! [info@daretobelieve.ie](mailto:info@daretobelieve.ie)



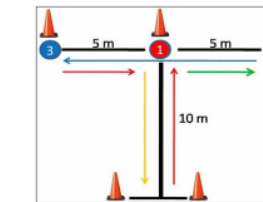
### Game 1: T- Drills

#### FMS (Functional Movement Skills) Focus

Students practice locomotor skills- running, dodging, side stepping. These exercises help develop agility- moving fast in one direction and then being able to switch directions really quickly. The focus is on quick feet, fast accelerations and decelerations.

#### Equipment

- 5 Cones (set up in a T shape approx 10m apart (see diagram))
- Stopwatch



#### How To Play

##### Part 1

- Ask a student to volunteer to be the "traffic warden". He/she stands at cone 1 and will decide what direction each student will run.
- Students line up at the start line (see diagram).
- Students take turns sprinting to the "traffic warden".
- When students are approximately 5 meter away, the traffic warden raises right or left hand.
- The sprinting student turns quickly and runs in the direction the warden has chosen.
- Students get two turns each.

##### Variations

- When traffic warden raises hand, the running student takes 3 side steps in the direction the warden chooses
- When the traffic warden raises hand, the running student stops + shuffles backwards

##### Part 2

- Students take turns running the T as fast as they can.
- Students start at the bottom of the T. They sprint and turn right or left.
- Teacher times the runs. Each student gets 2 turns going each direction.

## PE Lesson 5: Athletics- Jumping & Throwing

### Game 1: Long + High Jump

#### Key Learning

Jumping for distance and jumping for height are fundamental locomotor movement skills that all children need to be able to do. This game helps young children to develop these skills.

### Game 2: Three Throws

#### Key Learning

Throwing is a fundamental manipulative skill. Athletics has multiple throwing events, and we are having students try two different throwing event techniques.

#### Warm Up

2-3 minute of light jogging around a field or yard.  
Head to toe stretches.

#### Running Form Drills:

- A skips- working on proper body mechanics for this skip- opposite arms and legs
- B skips- skip and kick out leg
- High knees- focus on good form, fast arms and legs
- Straight leg bounds-
- Quick feet- not going far, but going very fast, feet on fire!

## Game 2: O.L.Y.M.P.I.C.S Circuit

### FMS (Functional Movement Skills) Focus

Focus is on locomotor skills and stability skills for this multi exercise circuit.

#### Goal

Students complete the circuit of exercises at each letter .

#### What You Need (Equipment)

- Paper
- Space to run around
- Whistle
- Watch

### How To Play

Teacher gets 8 pieces of paper and writes out the word OLYMPICS by putting one letter on each page. Each page becomes an exercise "station".

Students are put into groups at each "station" And will do the designated exercise for 30 seconds. Teacher blows the whistle to start and stop the exercise. Students get a 10 second break while they move to the next exercise. Then continue to do the exercises until they complete the circuit. Can be done x 2 times through.

#### Watch For

Students stopping before the whistle blows.

#### Variations

Vary the lengths of time for each exercise.

Pick another word and create another circuit.

If you have video access in an indoor space, you can try our [Olympic Sports Circuit Challenge](#)

O – over shoulder arm circles  
L – Lunges  
Y – Y-squat  
M – Mountain Climbers  
P – Plank  
I – Inchworm  
C – Crunches  
S – Skip-hops

### Discussion

How did it feel when legs and arms got tired and started to burn? What helped people to keep going when it got tough?





- **April 13<sup>th</sup>:** Official PR Launch – Registration Open (teacher can register schools and create teams)
- **May 4<sup>th</sup> – May 31<sup>st</sup> :** 28 Day Challenge begins
- Note the challenge **can be done at any time** but we are aiming to have a focused concerted effort between May 4<sup>th</sup> - May 31<sup>st</sup> in this first run of the challenge
- Any questions get in touch: **[roisin@olympicsport.ie](mailto:roisin@olympicsport.ie)**

**[www.daretobelieve.ie/roadtokyo](http://www.daretobelieve.ie/roadtokyo)**





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