

# River & Rowing Museum

## Key Stage 2: Rowing for Gold



### Workshop Summary

Pupils will learn about rowing at the London Olympics of 1908, 1948 and 2012 and investigate what it takes to become an Olympic rower. The workshop provides a cross-curricular exploration of rowing including nutrition, healthy living and the history of the sport. The workshop will explore the Olympic, Paralympic, and rowing core values.

### Workshop Contents

#### Education Centre (Museum Tutor led)

##### Olympics Past and Present: could you be an Olympian?

- A short film exploring how nutrition, training and kit have changed for rowers at the London Olympic Games of 1908, 1948 and 2012
- A carousel of activities including a lung capacity test, body measurements, a nutritional planning activity and a rowing machine challenge

#### Education Centre (Museum Tutor led)

##### Core Values

- An introduction to the Olympic and Paralympic values and the Rowing core values
- View a race from the Sydney Olympics 2000 and consider what makes a good team
- Team-building activity based upon these values, including designing a crew identity

#### Galleries (Teacher led)

- Be inspired by rowers from Ancient Greece to today in the exciting, multimedia Schwarzenbach International Rowing Gallery
- Challenge cards are available to aid exploration of the Gallery

#### Boat Trips

A Regatta course option may be selected in place of the core values session; a guide sheet is available for teacher's use. Additional costs apply.

#### Learning Outcomes

- To be inspired by the Olympic tradition
- To understand about healthy living and nutrition from an athlete's point of view
- To understand the importance of the core values of the Olympics, Paralympics and Rowing
- To develop team building skills

#### National Curriculum Areas Covered

- History:
  - Knowledge and understanding of events, people and changes in the past
  - Chronological understanding
- Physical Education:
  - Knowledge and understanding of fitness and health
- Science:
  - Life processes and living things – types of food

#### Useful Pupil Preparation

- Pupils have an awareness of the 2012 Olympics