

River & Rowing Museum

Key Stage 3: Rowing for Gold



Workshop Summary

Students 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. Especially suitable as an enrichment week focus.

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
- Rowing themed team challenges: speech bubbles for a painting, designing crew identities, a mystery objects photo quiz, a Plasticine boat floating challenge. Then identifying the values and skills they used as part of a team.

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

This workshop is cross – curricular, with particular emphasis on history, PHSE, and science

Useful Student Preparation

- Students have an awareness of the forthcoming 2012 Olympics