

DRUG FREE SPORT

'100% me. It's what's inside that counts'

Teachers' Notes: Why do many athletes risk their careers by taking performance enhancing drugs? Does the highly competitive pressure to achieve excellence within elite sports teach athletes to win at any cost? This lesson will teach pupils about drug use in sport and provide an opportunity to discuss the reasons why performance enhancing drugs are used.

For this lesson each child will need access to a computer and the internet.

Learning Outcomes:

- Pupils will learn about performance enhancing drugs and why some athletes take them
- Pupils will learn about the moral issues surrounding performance enhancing drugs

Type:	Activities:	Comments:
Video	Watch the video on the 100% programme, from the UK Anti-Doping in Sport website http://www.ukad.org.uk/videos/view/117/Introduction/what-does-100percent-me-mean-to-you	Discuss what key messages the athletes are providing throughout the video.
Research	Ask the pupils to find the answers to the following questions: <ol style="list-style-type: none"> 1. Why might an athlete take a performance enhancing drug? 2. Find three examples of banned substances 3. What is the drug testing process in sport? 4. What are the consequences of being tested positive for taking performance enhancing drugs? 	
Debate	Split the class into two groups for a debate. Give the pupils 10 minutes to prepare their arguments. One group is pro-performance enhancing drugs. The other group against-performance enhancing drugs. Give each group the following starting points: FOR: <i>Sport is all about a level playing field. The authorities cannot keep up with the advances in performance enhancing drugs. Therefore the rules should be relaxed so athletes can take what they want. It will still be a level playing field, albeit a different one.</i> AGAINST: <i>We have to keep the integrity of sport. Athletes should be rewarded for what they can do, not what drugs can make them do. And if we do allow drugs in sport, it could filter down to school sport level.</i>	Encourage each group to put forward their side of the debate and then open the discussion up to the group.

WORK THAT CAN BE SUBMITTED:

Design a poster to promote drug free sport