

ROLE MODELS IN SPORT

Role Model 'A person who serves as a model in a particular behavioural or social role for another person to emulate'

Teachers' Notes: Positive role models are important because they set examples for young people to observe and learn positive behaviours from. They are an inspiration to others. As people increase positive behaviours they also increase their feelings of self worth. Learning behaviours from positive role models can also help people build morals and positive values, teach them to set attainable goals, become more determined to reach those goals and provide direction in achieving those goals.

This lesson is best delivered in a classroom. The teacher will need access to the internet and the London 2012 website to play a video.

Learning Outcomes:

- Pupils will learn about role models in sport, particularly females
- Pupils will develop a list of qualities that positive role models exemplify
- Pupils will identify their role models in sport

Type:	Activities:	Comments:
Individual Task	Begin by asking pupils to write a list of qualities or characteristics a positive role model should possess. Get the class to feedback and make a list on the board and discuss the characteristics with the students. Use Worksheet 3 to support this activity.	Words identified may include determination, courage, excellence
Discussion	Ask pupils what famous female athletes they can think of. Write their ideas on the board. Examples may include Serena & Venus Williams (tennis), Dame Kelly Holmes (athletics), Paula Radcliffe (athletics), Victoria Pendleton (cycling), Rebecca Adlington (swimming).	Ask pupils how they know about these women? Ask pupils what it takes to be a professional athlete?
Video	Using the London 2012 Get Set website (http://getset.london2012.com) click on Heroes / Shanaze Reade / Shanaze Reade video preparing for London 2012. Alternatively, you can find a transcript of Shanaze's video in the Worksheet. Ask pupils to complete the questions in Worksheet 5 as they either watch the video or listen to the transcript.	

WORK THAT CAN BE SUBMITTED:

Pupils are to design a poster which celebrates their role model in sport and identifies characteristics of that role model. Images can be used from the internet or cuttings from newspapers.

TEACHER INFORMATION SHEET

WHAT CONSTITUTES A ROLE MODEL?

Characteristics of positive role models include:

- Compassionate
- Determined
- Friendly
- Equal
- Respectful of others
- Committed to what he or she does
- Possesses high standards and values
- Models forgiveness
- Trustworthy
- Inspired
- Peaceful
- Wise
- Admits when they are wrong
- Courageous