



# School-based Activities

## Good Sports

### Strong bodies, strong families, strong communities

Sportsworks

#### Background

We are becoming a very sedentary nation. Government television advertisements have promoted the idea of exercising for an hour a day with a catchy tune, 'get your body moving'. Some community organisations are also promoting healthier lifestyles.



#### What you need

- Internet access

#### What to do

1. Go to the YMCA website homepage. This organisation aims to 'build strong people, strong families and strong communities'.
2. Discuss what the YMCA statement means to you.
3. Design a poster which encourages participation in a sport. It should include an eye-catching image and a simple message.
4. What other non-government organisations are you aware of that promote healthy lifestyles?



#### Useful website

[www.ymca.org.au/](http://www.ymca.org.au/)



School-based Activities



# Commonwealth Games

Sportsworks



## What you need

- Internet access

## What to do

1. Visit the official website for the Melbourne Commonwealth Games.
2. Choose a Commonwealth country from the list (another than Australia) to research.
3. Research the recent history of the Queen's Relay baton. What purpose does it serve? How has the baton changed over the years?
4. What was the Melbourne mascot? Why was it chosen? What mascots were chosen for previous Commonwealth Games?
5. Find out which Commonwealth country has the biggest population. Was this also the biggest team competing in the Games? Why not?
6. What was the smallest team competing in the Games?

## Try, think and explain

1. Why do Australian athletes have advantages over athletes from most other countries competing in the Games?
2. Which aspects of the Games did you enjoy the most? What were their highlights?
3. Did your participation in various Games activities increase your participation and enjoyment of sport?
4. What moments or events improved the existing relationships between Commonwealth countries?
5. What kinds of sportsmanship did you notice during the Games?

## Useful website

<http://www.melbourne2006.com.au/education>

School-based Activities





## Gold, Gold, Gold!!!



### What you need

- Internet access

### What to do

1. Discuss the fluctuating fortunes of Australia at the Olympics.
2. Why has Australia done best when competing in Melbourne and Sydney?
3. Australia finished fourth overall in the medal tally at the 2004 Athens Olympics and third overall in terms of population size. What are some of the reasons for these good results?
4. In terms of population size, why do countries with the biggest populations like India seem to be under performing?
5. In terms of population size, why does Norway do so well?

### Useful websites

A list of the overall Medal Tally from the Athens Olympics:

<http://www.abc.net.au/olympics/2004/results/medaltally.htm>

For a list of the medal tallies of the countries participating at the Athens Olympics ranked by population, see this ABS site: <http://www.abs.gov.au>



## Sports stars

### Background

Sometimes the most remarkable sports stars are living in our local neighbourhood but they are often unrecognised. Take the septuagenarian, Shirley Young. Her world age records are truly amazing.

Her records are as follows:

- 100 km in 11 hr 30 m 56 s.
- 12 hrs run distance of 103.6 km.
- 100 miles in 20 hr 39m 17s.
- 24 hours run distance of 176.8km.

### What you need

- A collection of photographs and articles from the local community paper on your local sports heroes

### What to do

Write up a report on your chosen local sports star. The report should contain the following information:

- Sports Star's name and their sport.
- General physical details, height, weight, diet, age.
- Obstacles overcome to get to the top.
- Achievements.
- Future prospects.
- Advice to up-and-comers.



Above: Shirley Young, a multiple world record holder in her age group, 70-74.



### Example of a short biography of a local Sports Star

Shirley Young aged 75. Shirley is the only woman to have run all of the 28 Melbourne Marathons (up to 2005). Shirley is also the world record holder in her age group for many long distance running events. She maintains her fitness and competitive edge despite suffering from the memory robbing condition of Alzheimer's disease. She has developed a way of running a long time without running very far from home and possibly forgetting her way back again. Shirley runs a number of loops, with her home the centre of each loop. Running on hard surfaces can lead to a variety of injuries but a recent test of Shirley's bone density indicated she has the bone density of a 33 year old woman.

What follows is part of a recent interview which Shirley gave about how she started running at the relatively late age of 47.

'...When I started out it was all hard work. I couldn't run continuously so I would jog and walk short distances at a time until I was finally able to complete a full lap of an athletics track, a whole 400 metres without stopping. Then I just continued to build up distances until November 1978 when I entered in and completed the first Melbourne Marathon in a time of 3 hours 50 minutes 31 seconds.'



# Sportsmanship

## Background

Sportsmanship occurs whenever we shake the hand of someone who has beaten us in a competition. Occasionally it involves great acts of self sacrifice like the one which occurred on 10th March 1956, when John Landy stopped to see if he could help a fallen competitor, Ron Clarke.

Sportsmanship is defined as “conduct and attitude considered as befitting participants, including a sense of fair play, courtesy toward teammates and opponents, a striving spirit, and grace in losing.” Source Wikipedia.

## What you need

- A list of acts of sportsmanship with which you are familiar

For example the Australian cricketer, Adam Gilchrist, ‘walked’ even though the umpire did not give him out in a semi final of the World Cup. He believed his bat touched the ball caught by the wicketkeeper.

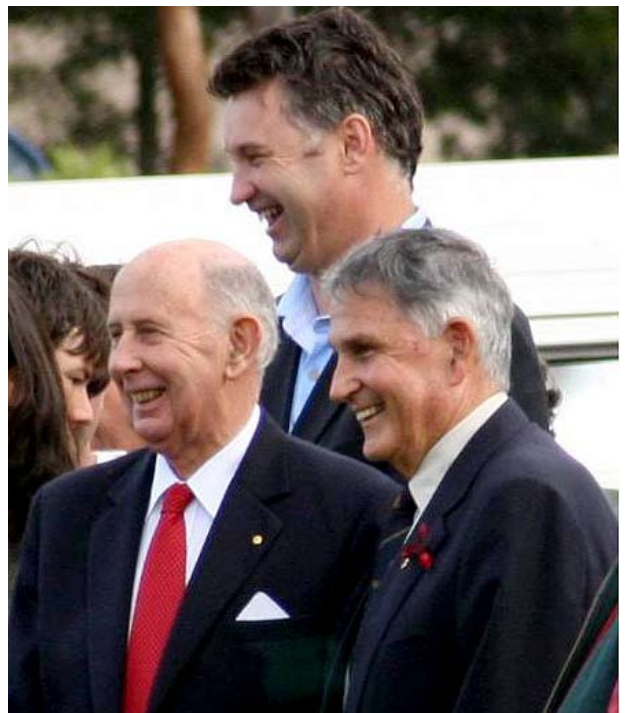
## What to do

Discuss these questions and quotes:

1. Is sportsmanship more or less common now than in the past?
2. Should competitors shake hands before and after the event? Why?
3. Are professional sports persons under more pressure to win at all costs?
4. Would you risk losing an important game or race by an act of sportsmanship?



Above: This sculpture immortalises an act of sportsmanship that took place at Olympic Park, Melbourne during the Australian mile championship of 1956, in which John Landy stopped to help a fallen Ron Clarke.



Above: This is a recent photograph (17th Dec 2005) of the two most famous participants in the 1956 Australian Mile Championship, John Landy and Ron Clarke. Landy went on to become Governor of Victoria and Clarke is the present Mayor of the Gold Coast. Standing head and shoulders behind the pair is Justin Madden, Minister for Sport.



5. Discuss these two opposing quotes:

‘Winning isn’t everything, it is the only thing’. Vince Lombardi

‘The most important thing is not winning but taking part.’ Pierre de Coubertin

**Try, think and explain**

1. Brainstorm a list of guidelines for being a good sportsperson, for example play by the rules, encourage team members. Alternatively, think of some guidelines for good coaching.
2. Using the following checklist, assess your own participation in a game or sporting activity.

**How do I play?**

Player’s name: \_\_\_\_\_

Date: \_\_\_\_\_

Game: \_\_\_\_\_

Behaviour	Yes / No
I followed the rules	
I accepted the umpire’s decisions	
I complimented the good play of others	
I encouraged my team mates	
I played in my own position	
I helped less-skilled classmates	
I was gracious in victory/defeat	
I tried hard to do my best	
I was fair	
I wanted everybody to play and succeed	
I didn’t blame my mistakes on others	
I kept my temper	

Checklist adapted from Griffin and Placek, 1983, *Fair play in the gym: race and sex equity in physical education*.

**Useful websites**

<http://www.ausport.gov.au/junior/fsinclusive.asp>

<http://kidshealth.org/parent/emotions/behavior/sportsmanship.html>

<http://www.challengesports.com/General/Sportsmanship/SportsmanshipMain.htm>





# Racism in sport

## Background

When Tiger Woods won the US PGA Golf Championship at Augusta, Georgia, in 1999, African Americans had only been allowed to compete in the tournament for the previous nine years. The tournament founder, Clifford Roberts, famously once said, 'As long as I'm alive, golfers will be white, and caddies will be black.' Sport has often been a mirror held up for all to see society's prejudices. Sport has also been a powerful agent of change in promoting fairness and equality between participants.

Sportsworks



Above: Essendon players at training, August 2005.

## What you need

- A list of your sporting heroes and their cultural backgrounds. The list should include a range of sports and include both male and female role models.

## What to do

1. How can sport help defuse racial tensions?
2. Discuss the impact of racist comments on the sporting field.
3. Debate whether it is better to ignore or reject a racist comment.
4. Consider whether racist comments are increasing or decreasing in sport.
5. Has the current 'zero tolerance' stance of major sporting bodies worked in eliminating racist comments against players?

School-based Activities





6. Discuss the comments on the role of sport from Peter Roebuck as reported in *The Age* 15.12.05:

'Sport has a responsibility to rise above the times, has a duty to show the world that all peoples, families, faiths, genders and ages contain the mixture of good and ill that is humanity. Sometimes it meets the challenge. Australian football has unearthed umpteen aboriginal geniuses. Australian soccer has rejected tribalism.'



Above: South African cricketers leave the MCG on Boxing Day 2006. They were subjected to a number of racist taunts during their Australian tour.

### Try, think and explain

1. Discuss the immediate and wider impact of the racial taunts directed at South Africa's first black cricketer, Makhaya Ntini during a cricket test in Perth. Ntini, was targeted with racial taunts such as 'kaffir' and 'kaffir boetie' (brother of blacks) by sections of the crowd.

"You just look at the person and say, 'You can't use those words. You can swear to me, you can tell me my mum is so and so, but when it comes to those words nobody can take it'," Ntini told *The Age* (22/12/05).

2. Examine the impact of high profile sportsmen and sportswomen in breaking down the racial barriers e.g. Tiger Woods, Michael Long, Nicky Winmar, Evonne Goolagong-Cawley and Cathy Freeman.

### Useful website

AFL Coaches Code of Conduct:

[http://mm.afl.com.au/afl\\_archive/cp2/c2/webi/article/175176aw.pdf](http://mm.afl.com.au/afl_archive/cp2/c2/webi/article/175176aw.pdf)



## Sportsworks



Above: AFL Aboriginal Team of the Century. Photograph on display at the AFL Hall of Fame. Used with permission.

School-based Activities



# Unisex sport

## Background

A century ago women were actively discouraged from being involved in sports. Gradually, we have come to accept that women can profit from sport as much as men. There are, however, still controversies about women's participation in some male dominated sports.

Sportsworks



## What you need

- A comprehensive list of sports events including sports of the Olympics, Commonwealth Games and your local community.

## What to do

1. Use the list to make observations about the sporting preferences of the sexes.
2. Identify the sports are played by both sexes.
3. Identify the sports in which the sexes compete against each other without restriction.
4. Identify which sports are the exclusive domains of one sex.
5. Record a possible reason for gender-specific sports. Is this likely to change in the future?
6. Which sports have been traditionally played by females and now often include males?

School-based Activities