

*Using the  
Educational Power of  
Sporting Heritage to  
Engage and Inspire  
During COVID-19*

**Sporting Heritage National  
Conference**

**22 October 2020**

**Derek Peaple**

**Sporting Heritage Education  
Ambassador**



**Leading People**  
VALUES DRIVEN LEADERSHIP

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e of my 20 years  
as a secondary  
teacher.

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at performance.

Let's talk..

A different context... Plus  
ca change!

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# The Rule of 3!

- The 1404 High Performance Programme with Danny Crates
- The 'Performance Under Pressure' and 'The Best Version of Me' programmes with Phil Davies
- The 3-2-1 Inspiration programme with the Qatar Olympic and Sports Museum and the 'Active Heroes'

The educational power  
of sporting stories....  
Sporting Pasts...



To inspire resilient,  
resourceful and  
empowered young people  
for the present... and the  
future

# The 1404 High Performance Programme





Danny's story...





PRESENTS RUGBY UNION LEGEND

**PHIL DAVIES**

PERFORMANCE SERIES PART II

“Operating Under Pressure  
During Tough Times.”

# The Performance Under Pressure Programme

# NAMIBIAN RUGBY FRAMEWORK 2019

## PURPOSE

ACHIEVING EXCELLENCE , PRIDE & IDENTITY THROUGH THE GAME OF RUGBY



## VALUES

DISCIPLINE

CONTRIBUTE

ATTITUDE

RESPECT

## VISION 2019

QUALIFY FOR RWC 2019 IN JAPAN RANKED TWENTY IN THE WORLD

## STRATEGIC FOCUS AREAS

PLAYING PATHWAY

GROW THE GAME

NATIONAL ACADEMY

PARTNERSHIPS

## STRATEGIC OUTCOMES

BRIDGING THE GAP

INCREASING PLAYING NUMBERS

FULLY FUNCTIONAL DTE

BUILD CAPABILITY & CAPACITY

# Best Version of Me

Personal Development Programme  
Summer 2020



# My Life in Sport



Greenham Trust 



BERKSHIRE YOUTH 

# Week One

## Champion Mindset



# Self Belief



# Communication Skills...





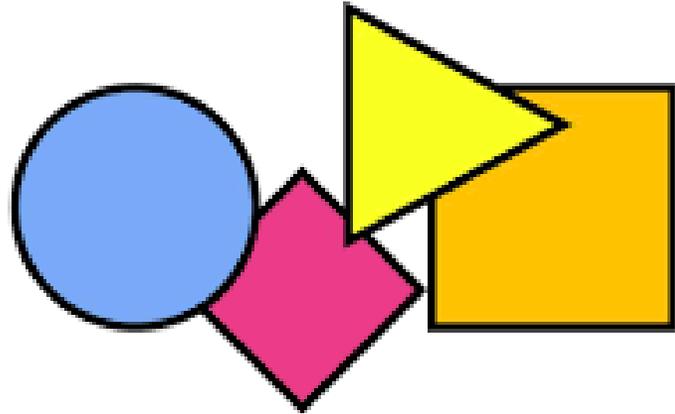
# How did Sam communicate in this situation?





# Berkshire Youth Evaluation September 2020... What has the programme achieved for young people?

- *Self belief*
- *I am able to work well in front of new people*
- *Confidence to voice my own opinion*
- *I have learnt how to stay calm and think through my opinions before I act*
- *I have learnt how to listen to other people*
- *I have more confidence and can speak to others easier*
- *I have learnt how to make the right decisions under pressure*



متاحف قطر  
QATAR MUSEUMS



The 3-2-1 Inspiration Programme

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**321 Inspiration** is an online programme of study which explores the values and spirit of Olympism and will encourage you to think about how important this is to you, your daily life and your wider community by learning from the stories of amazing people in the world of sport.

The core values are:

- Respect
- Positivity
- Responsibility and Integrity
- Endeavour
- Compassion
- Inspiration

You will also meet the Qatar Olympic and Sports Museum's Active Heroes and be inspired by their stories.

# Leading Principles Session One

## Respect, Positivity, Responsibility and Integrity

Read the story below and think about these values;

## المبادئ الرئيسية – الجزء الأول

الاحترام، الإيجابية، المسؤولية والنزاهة

اقرأ القصة التالية وفكر بهذه القيم



On 6 May 1954 British athlete Roger Bannister won the respect of the world when he achieved something no one had previously thought humanly possible. He ran a mile in under four minutes.

Not only had people thought that this was unachievable, many doctors at the time actually thought that it was dangerous to the health of any athlete who attempted to break through what seemed an impenetrable barrier

في 6 مايو ، 1954 حظي الرياضي البريطاني روجر بانستر باحترام العالم عندما حقق شيئاً لم يتصور أحدٌ من قبل أنه يمكن لإنسان أن ينجزه. فقد كان أول عداء يقطع مسافة ميل بأقل من أربع دقائق.

ولم يتوقع الناس استحالة تحقيق ذلك فحسب، بل إن الأطباء كانوا يعتقدون بأن ذلك يشكل خطراً على صحة الرياضي الذي يحاول أن يكسر حاجز المستحيل.



## Leading Principles, Session Two

Endeavour, Compassion, Inspiration

Read the story below and think about these values:

المبادئ الرئيسية – الجزء الثاني  
السعي والاجتهاد، التعاطف ومراعاة الآخرين، والإلهام

اقرأ القصة التالية وفكر بهذه القيم

Medallists of a  
different kind



حاملات ميداليات  
من نوع مختلف



متحف قطر  
الأولمبي والرياضي  
Qatar Olympic  
and Sports Museum



# Leading Principles, Session Three

At the Qatar Olympic and Sports Museum, we will invite all visitors to explore their own personal *physical literacy* and we offer some opportunities to discover sports and activities which each individual visitor might enjoy.

We are all physically literate, but not all to the same level. Our *physical literacy* is influenced by many things – our home experiences, our school experiences, our culture, our friends, our health...

But we are all on our own unique *physical literacy journey* – our own story about our own relationship with sport and physical activity.

Our **321 Active Heroes** have been selected because of the power of their *physical literacy journeys* and the ability that they have to inspire other people to take up sport or become more physically active. They have lived the Leading Principles you discovered in Sessions One and Two in everything that they do!



# Meet our Active Hero

## Doaa Awad



Doaa maintains an active lifestyle in order to stay healthy. She tries to motivate others especially women to pursue their dreams and overcome the obstacles that come along.

Let's ask her a little more about her physical literacy journey..

Doaa has been involved in sports since she was six. Being overweight, her parents were worried and signed her up for swimming and Taekwondo classes to make sure that she stayed active.

She loved swimming so much, it became a part of her. However, in 2016, she decided to challenge herself and face the problem that she had with running. She signed up for a triathlon and has not looked back...



# Meet our Active Hero: Rashid Rashid Al-Hajri



Rashid's *physical literacy journey* has four main parts to it – an active childhood; enforced life changes; the adoption of a philosophy for adult life and the creation of a dream.

Read the interview with Rashid on the following pages, then complete the tasks in

- Think 3
- Think 2
- Think 1
- 321 Go



# Key learning, reflections and applications...

- Reinforced belief in the power of the sporting past and stories to inspire great learning through creative and blended delivery models
- Demonstrated the flexibility and adaptability of those models to motivate and engage different audiences
- Shown how creative and blended models can sustain and engage interest in learning through sporting heritage during periods of discontinuity and lockdown

Thank you!

To carry on the  
conversation...

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