

Win Win

Approach: One to one

Level: Year 8 only

Resources: Video clip of TV2 Young Achievers Award.



Questions/instructions

To be “tops” sometimes means beating others.

This video shows people who are trying to win or be “tops”.

Play video

The video showed people who want to be the best at what they do.

1. What are some *really important* things that the people would need to do to be *really good*, and to try to be “tops” — regardless of what their activity or sport might be?

Try to think of five things they would need to do and I will write down your answers for you.

As the student says each response, write it down in the recording book (abbreviated where appropriate) and read it out. Where 2 or more ideas are given as one, suggest that they be written separately.

2. Now I'll read the things you have said, and if you want to change any of them you can tell me.

practice specific skills	88
determination, motivation	65
diet and drugs	29
fitness / endurance	40
good coaching	27
preparing / plans / strategies	13
fair play, teamwork	35
rest	8

% responses
y4 y8

Make any changes offered by the student.

3. I want you to look at the things you've said, and I want you to choose **one** thing that you think is probably the most important.

Tick the chosen strategy.

practice specific skills	45
determination, motivation	28
fairplay, teamwork	11
diet, drugs	4
fitness / endurance	3
good coaching	3
other	6

4. Why do you think that is probably the most important?

excellent case	2
good case	26
some idea	66
irrelevant	6

% responses
y4 y8



Commentary

The year 8 students placed great emphasis on the practice of specific skills and on motivational factors. Surprisingly little weight was given to good coaching and to general fitness.