



**Olympic School
Challenge**
ROAD TO TOKYO

Ireland Challenges

Challenge 1 : Set a Goal

[Watch a preview of what to expect at the Tokyo Olympics](#)

Just like you saw in the video from Ireland with the Olympic athletes, they have set a goal to make it and compete in Tokyo Japan this summer. They want you to join them on the journey virtually by doing your steps everyday.

Fill out the questions below to help you identify what your goal is and how you're going to do it! If you can get 60mins (4 x 15mins steps) you'll make it. You can include activities at school and at home.

Did you know the World Health Organisation recommends that children get 60mins of activity per day?

My Goal is _____

Why this goal is important to me _____

What will I do every day to help me reach my goal _____

Who will help me achieve my goal _____

What are some obstacles I might face _____



Challenge 2 : Write a Postcard to Team Ireland or Students in Japan

Choose A or B below and send some luck to athletes or Japanese school children.

A. Team Ireland would love to hear from you! All of Team Ireland Olympic athletes were once in your shoes sitting in class and dreaming big dreams. They would love to hear from you and remember what it's like to have fun with their friends and enjoy their sport. Also, I'm sure they'd appreciate any luck you'd like to send them!

- We have a squad of Dare to Believe Olympic School Programme ambassadors. Read about them and pick someone to write to! [List of ambassadors](#)
- Link to [Team Ireland Tokyo Olympic page](#) with information on qualified athletes.

Please send photos of your postcards to Team Ireland athletes to the following email address and we will share them with the athletes! postcards@daretobelieve.ie

B. Team Ireland will have a training base camp in Fukuroi, Japan while they wait for the Olympics to begin in Tokyo. Read all about Fukuroi [here](#). Write a postcard to a school child in Japan.

- Include a fact about yourself + Ireland
- Ask them about Japan. What are you curious about?

Schools in Fukuroi to write to:

Ages 5 – 7 write to either:

Team Ireland Olympic School Challenge

(Konan Elementary School)

437-8666

Araya 1-1-1,

Fukuroi-shi,

Shizuoka

Japan



Team Ireland Olympic School Challenge
(Fukui Kita Elementary School)

437-8666

Araya 1-1-1,

Fukuroi-shi,

Shizuoka

Japan

Ages 8 – 12 write to either:

Team Ireland Olympic School Challenge

(Fukui Nishi School)

437-8666

Araya 1-1-1,

Fukuroi-shi,

Shizuoka

Japan

Team Ireland Olympic School Challenge

(Fukui Junior High School)

437-8666

Araya 1-1-1,

Fukuroi-shi,

Shizuoka

Japan

For a chance to win some prizes for your school:

Scan and send us your goals or photos of your postcards you could win a prize for your school! postcards@daretobelieve.ie

