

**The London 2012 Games are not just about sport. It is also a celebration of cultures, people and languages.**

### **“Legacy – London to Brazil” Project overview**

The 2012 Olympic and Paralympic Games presents a once-in-a-lifetime opportunity for young people – it’s the chance to be part of something much bigger that the whole world has its eyes on. Become part of the “Legacy” project to bring the spirit of the Olympic Games to your school.

"Legacy - from London to Brazil" is a cross-curricular project using the theme of the Brazilian play-fight/dance Capoeira.

The Brazilian game of Capoeira is visually spectacular teaches pupils physical and mental control in an engaging way. A half-term long series of Capoeira sessions across your school will actively explore the values of the Olympic Games (see below). The sessions touch on geography, history, music and PHSE and PE. Physically earning dodges, kicks, cartwheels and handstands pupils of all ages find the learning experience exciting and engaging.

With the 2012 Games in mind, our programmes explore and uphold the Olympic Values of respect, excellence and friendship in the following practical, energetic and enjoyable ways :

Within the programme we discuss and experience;

- excellence in our physical practice; we break down the moves in an accessible way and encourage quality practice and repetition for achieving goals
- friendship, tolerance and understanding; pupils learn some Portuguese language in our lessons, we highlight the Olympic Truce to put national conflicts and cultural differences aside.
- having respect for ourselves and each other; the game itself depends on respect between the players; we discuss the slave trade, how the slaves treated each other
- looking forward to Brazil as the next Olympic host nation

The sessions are led by experienced and qualified tutors of Capoeira Communities [www.capocoms.org.uk](http://www.capocoms.org.uk).

*"Understanding the roots of Capoeira gave the workshop context and was an education in itself. From there on in, every young person put their all into learning the moves and the reasoning behind them; and they all improved immensely. The improvement in their self-esteem was nothing short of amazing; even in such a short space of time. I would have no hesitation in recommending Capoeira Communities. " Helen Fletcher, Dereham extended schools officer*

Participation will support your school's application to become part of the London 2012 Get Set Network, which is the official Education programme of the London 2012 Games. If you are interested and would like to find out more, or need advice about funding your project, contact Capoeira Communities by email [info@capocomms.org.uk](mailto:info@capocomms.org.uk).

The project currently has its application in process for the London 2012 Inspire award, which recognises outstanding projects that have been genuinely inspired by the London 2012 Games. The project's Inspire application is also supported by Norfolk County Council.

**Become part of our "Legacy" project to help to bring the London 2012 Olympics alive for your school!**

### **For your reference: Get Set**

Get Set is the official London 2012 education programme, and is the primary way for schools, colleges and other learning institutions to participate in London 2012.

The Get Set website contains lots of free resources for 3-19 year olds to find out more about the Games and explore the Olympic and Paralympic Values. Although PE and sport are central to the Games, Get Set is not just for PE teachers - it supports a number of areas of learning, e.g. PSHE, Citizenship, Literacy and Numeracy. The resources are designed for use across the curriculum and are also flexible and appropriate for use across the UK.

Benefits of being part of the Get Set network are:

- use of the London 2012 education logo for display on their school sign, website, etc. This logo, like the Inspire Mark, shows that the school/college is part of London 2012.
- priority access to exclusive London 2012 prizes and opportunities
- membership of a network of schools across the whole of the UK, through which best practice and support can be shared

[www.london2012.com/getset](http://www.london2012.com/getset)

**The Olympic Truce** The Olympic Truce originated during the Ancient Olympic Games when fighting ceased from seven days before until seven days after the Games, allowing athletes, artists and spectators to travel to Olympia, participate in the Olympic Games and return to their homelands in peace.

In the 21<sup>st</sup> century, the core principle of the Olympic Truce is to build a more peaceful and better world through sport and the Olympic ideal and to use sport to promote and encourage peace, mutual respect, reconciliation and conflict resolution between and within communities.

**The Olympic Values** The Olympic and Paralympic Games are about much more than sporting excellence. Underpinning the Games is the philosophy of

Pierre de Coubertin, the founder of the Modern Olympic Movement. He saw in the Games an ideal opportunity to develop a set of universal principles – or Values – that could be applied to education and to society as a whole, as well as to sport itself. The Values are:

- respect – fair play; knowing one's own limits; and taking care of one's health and the environment
- excellence – how to give the best of oneself, on the field of play or in life; taking part; and progressing according to one's own objectives
- friendship – how, through sport, to understand each other despite any differences.

**Costing** £140 for approx 3 hours, normally divided into three classes of around 30-35 pupils each. For example, a six-week Legacy project would cost £840 plus travel expenses at 45ppm. This high quality activity has been well received by staff and pupils alike, if you wish to find out more please arrange a meeting and we will be happy to discuss ways of getting a Legacy project up and running.

**Capoeira Communities Ltd is a not-for-profit arts outreach organisation**  
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