

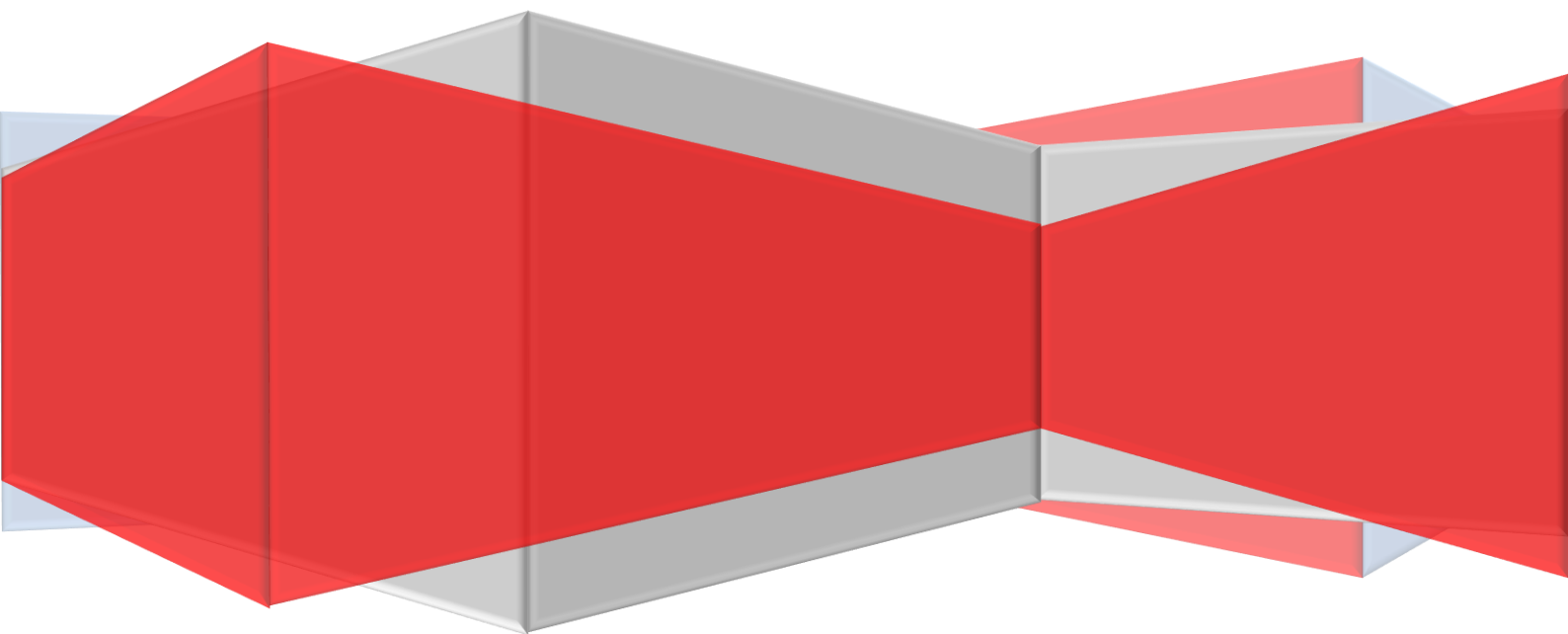
Cultivate school entrepreneurial mindset through holistic approach targeting teachers and pupils



Assessment tools for the assessment of the Entrepreneurial Mindset of pupils in the school (electronic)

IO7A3: Motivation and Perseverance (1st Method)

Partner Responsible: RINOVA Ltd



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Title of Story: 5K Run

Page 1

It is the winter and you have just come back to school after the long Christmas holidays. You are happy to see your friends but don't like having to get up so early to get to school on time. In your first lesson you all take it in turns to talk about your holidays, the teacher asks you to each say 3 things that were good about them. Then the teacher talks about an event the school is running. They are planning to organise a 5km run for charity in March with the money going towards helping build a proper sports hall for a school in Africa with lots of equipment including badminton rackets, footballs, 2 goal posts and a basketball net. The school want as many pupils to take part as possible. Your new year's resolution is to get fit, but you have never done any running before and are worried that you won't be good at it and will embarrass yourself. Your friends are keen to take part in the run and they try to encourage you to sign up for the run. Do you:

- a) Feel a bit annoyed that your friends won't stop asking you and say that you will think about it later
- b) Decide you will try to get fit but that you will do something else on your own, in case you are no good at running
- c) Decide that you will take part, but won't tell anyone so that you can practice in secret and become really good
- d) Sign up for the race because you feel that doing something with others will help you stay focused and keep going, and that it may be fun with your friends, supporting each other**

Page 2

You have thought about it and decided that you will take part in the run. There is a meeting after school with the physical education teacher and you and your friends go. You are surprised that there are so many young people there. Some of them are showing off about being in the running team at school. Your teacher talks about how you prepare to do a big race, especially if you have never done any running before. She says it is very important to get into a routine with running, to practice regularly. It is also important that you don't try to do too much, too soon, because you may hurt yourself. Instead you must build up gradually. She encourages you all to make a timetable for how you will practice and to pin it on the wall in your kitchen because she says that it will help you to remember what to do each day and encourage you to do it. Do you:

- a) Spend a bit of time making a timetable but decide to keep it hidden so no-one in your family can see it
- b) Decide not to make a timetable because you feel you have understood what you need to do each day, from what your teacher has told you
- c) **Make a timetable and put it up on the wall of the kitchen, asking your mum to help you to stick to it**
- d) Don't make a timetable but decide that you will run for half an hour every day after school

Page 3

You have been running for 3 weeks now and have managed to practice quite a bit. But you are feeling bored and fed up with it, it is hard to get up even earlier to do a run before school and after school you have homework and like to have some time to relax on your phone. You think you may pull out of the race and when your dad asks you how your running is going you don't want to talk about it. That evening your dad calls you downstairs to show you something. On Youtube he has found some film of long-distance marathon runners when they get to the end of their race. You watch them together and they are exciting – the runners are very tired but you can see that they are very determined and they won't stop or give up. One runner even falls over because he is so tired, but then gets up again and keeps going. Your dad talks to you about different ways that you could encourage yourself to keep going. Do you:

- a) Enjoy the Youtube videos and decide that you are going to keep trying
- b) Decide that you will watch the Youtube videos again if you feel like it, to support you
- c) **Make some signs saying 'I can do anything that I want if I try' and 'I am strong and fit and fast' and put them on your bedroom wall where you can see them easily to encourage yourself**
- d) You still feel a bit like giving up but you go into the living room to watch the TV with your sister to stop yourself thinking about it

Page 4

A good friend of yours who lives near you asks if you would like to do some training together and you start to meet after school twice a week for a run in the park near your house. It feels more fun to be running with your friend and you take it in turns to choose the route and sometimes race each other to the finish. The park is often quite full with other joggers and mothers with younger children playing in the children's playground. People are taking their dogs for a walk and one day you even see someone with their cat on a lead. There are often other pupils from your class sitting together on the park benches and after a couple of weeks your friend starts to stop to talk to them before you run on and one day he stops to chat to a group of your friends and says he isn't going to run anymore. You know that you are someone who can be easily distracted by your friends. Do you:

- a) Decide that you don't want to run on your own, and stay and chat with your friends which is good fun for you
- b) Remind yourself that you can see your friend later and that you really want to get fit and tell your friend you will go round to his house later, and run on**
- c) Chat with your friends for 5 minutes and then do one more lap of the park before you sit and stay with them again
- d) Continue running, but feel a silly on your own with your friends watching and so walk home instead

Page 5

In the school assembly one morning they announce that they will be giving prizes for the fastest 3 people in the 5km race. Everyone is excited and talking about what the prizes may be. You notice that you feel a bit more determined and on your training runs you have a bit more energy and go a bit faster. One day when you are having a Physical Education lesson your teacher says that for this lesson the whole class will do a 2km run and you are happy thinking that you will be able to do it easily. You enjoy the beginning of the run, everyone in the class is laughing and joking as they start with the teacher ahead of you. But near the end of the run, you start to feel a bit tired and there are some people much faster and further ahead than you. Even though you go as fast as you can, at the finish there are quite a few people there already. Do you:

- a) **Feel disappointed but decide that you are going to do more practice, so that you can get fitter and faster**
- b) Talk to your mum about giving up on the race, since what is the point if you know you aren't the best
- c) Feel that there is no point in doing much practice since you feel sure that you won't get a prize and decide to train a bit less than you have been doing
- d) Get annoyed with those who were faster, reminding them that it is really about raising money, not who is the fastest

Page 6

It is getting nearer the race but the weather is really bad. It has become very cold and many days it is raining. When you go for your training you wear a big woolly hat and gloves to keep your hands warm. As you run it is so cold that you can see your breath coming out of your mouth. One morning when you are running the pavement is a bit icy and you slip as you are going round a corner. You land on your right side and when you get up, the top of your right leg really hurts. You limp home and for the rest of the day it is a bit difficult to move your right leg which is stiff. The next morning you can move alright again but you have a big bruise on your leg. Do you:

- a) Continue your practice runs exactly the same as usual, trying not to worry when your leg hurts
- b) Decide that it is too dangerous to run at the moment and have a week off practising until your leg and the weather is better
- c) Continue your practice runs but on the indoor track where it is safe and for the next week do shorter distances until your leg feels completely better**
- d) Decide to not run for the moment and instead enjoy playing a new computer game with your friend who has been given it for his birthday

Page 7

One morning in the school assembly the head teacher starts to talk about the 5km race. She talks about how we can keep going when things become hard. First she asks for the pupils to give examples of a time when things were difficult but that they came going. Someone in your class talks about finding maths hard and getting a bad mark in his maths test. He says that he really wanted to give up but he knew that he had to be ok at maths to be an electrician (which is what he wanted to do when he left school), so instead one day he asked his maths teacher for extra help, which has really helped him and now his maths is much better. The head teacher talks about how having a clear reason and goal when doing something can be really helpful to keep going and asks for pupils to give more examples. Do you:

- a) **Decide that your goal will be to raise £50 from the run and think about how you will make this happen**
- b) Decide that your goal will be to take part in the race
- c) Don't worry too much about having a goal because you think that you are doing fine with your training and preparing for the race
- d) Ask your friend what his goal is, and decide that you will have the same one

Page 8

You have been trying to reach your target of £50 sponsorship for the race, and have been asking your family, your friends and their families to sponsor you. But because so many people at school are doing the race and everyone is looking for sponsorship you don't have very much. At the end of the school day you go to the playground to ask parents who are picking up their children from school, but the parents are in a hurry and sometimes you forget who you have asked and start asking the same people again. You start to feel a bit embarrassed about it, and when your friends ask you how much sponsorship you have raised so far, you won't tell them. You feel that you have tried hard but that you have failed at reaching your target. Do you:

- a) Stop thinking about the sponsorship and focus more on your running
- b) Think about some mistakes you think you have made when trying to get sponsorship and how you could do it differently in the last 2 weeks**
- c) Feel embarrassed that you haven't been successful at raising much money and decide to put in some of your Christmas present money to make up the difference
- d) Ask your dad if he will make up the difference

Page 9

You still don't have as much sponsorship as you would like and feel that £50 is a very big amount of money. Your sister says that she will help you try to raise it from your wider family and family friends, who don't know anyone else doing the run. You spend an evening with her making a poster to put on her Facebook page explaining about the race and what you are raising money for and how much you would like to raise. You enjoy making the poster and learning about how to put different images together and change the colours to match your school emblem. Your sister posts the poster on Facebook and in 3 days you have received another £10 in sponsorship. Do you:

- a) Decide to forget your £50 target and feel happy with whatever you get
- b) Ask your sister if she will ask her friends for money
- c) Decide to break down your target into smaller £10 targets and ask your sister if you can put on another Facebook post every time you reach £10 more, celebrating what you have reached but also talking about your big target**
- d) Decide to change your target to £25 which feels easier to reach

Page 10

It is the day of the race. You have been a bit nervous but also excited all morning and at the start of the race your legs feel wobbly. There are lots of you at the starting line, and lots of other pupils watching the race and it is a buzzing atmosphere. When the race starts you are near the front with some of your friends and it feels fun – running past people who are cheering you. When you are about half way through you start to feel tired and slow down a bit, but nearer the end you find that you have more energy again. As you get to the finish you realise that you are in the first group that is going to pass the finishing line and that you might get a prize. You all start to run faster towards the end and after you crossed the line you find out that you came 6th. Do you:

- a) Tell everyone that you don't care that you didn't get a prize although you are disappointed
- b) Tell yourself that you don't even like running and that now you can spend your time doing something else
- c) **Celebrate with all your friends that you have got fitter, raised money and run a 5km race**
- d) Go home early so you don't have to see others getting their prizes