

PHYSICAL HEALTH SCHOOL ACTIVITIES

Séminaire olympique

Institut français de Grèce

20.10.2023

"State of Being Inspired"

Demosthenes Tampakos

Golden & Silver Olympic Medallist

MSc on School Physical Education

23-27/5/2022

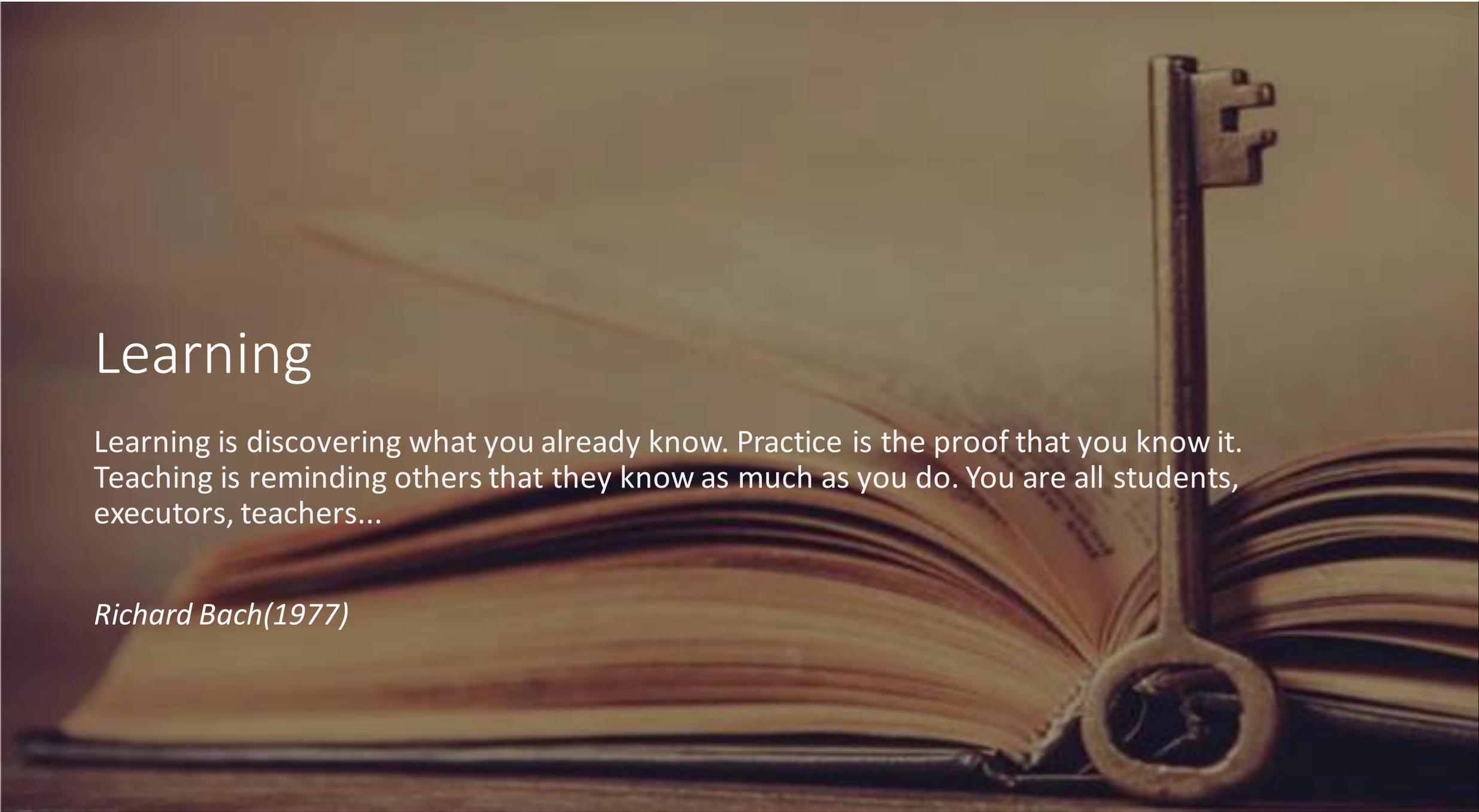


Erasmus+

Learning

Learning is discovering what you already know. Practice is the proof that you know it. Teaching is reminding others that they know as much as you do. You are all students, executors, teachers...

Richard Bach(1977)



EDUCATION
IS THE MOST
POWERFUL WEAPON
WE CAN USE
TO CHANGE THE WORLD

- NELSON MANDELA

Education

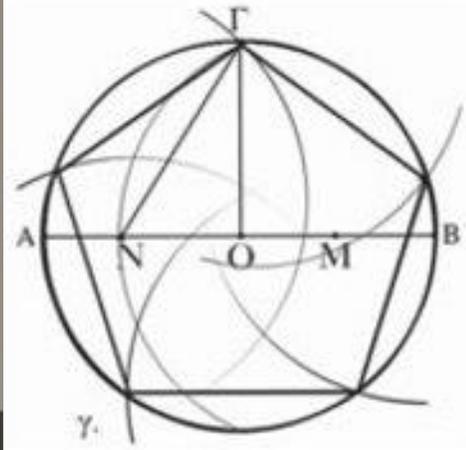


«Perimeter of the unknown»

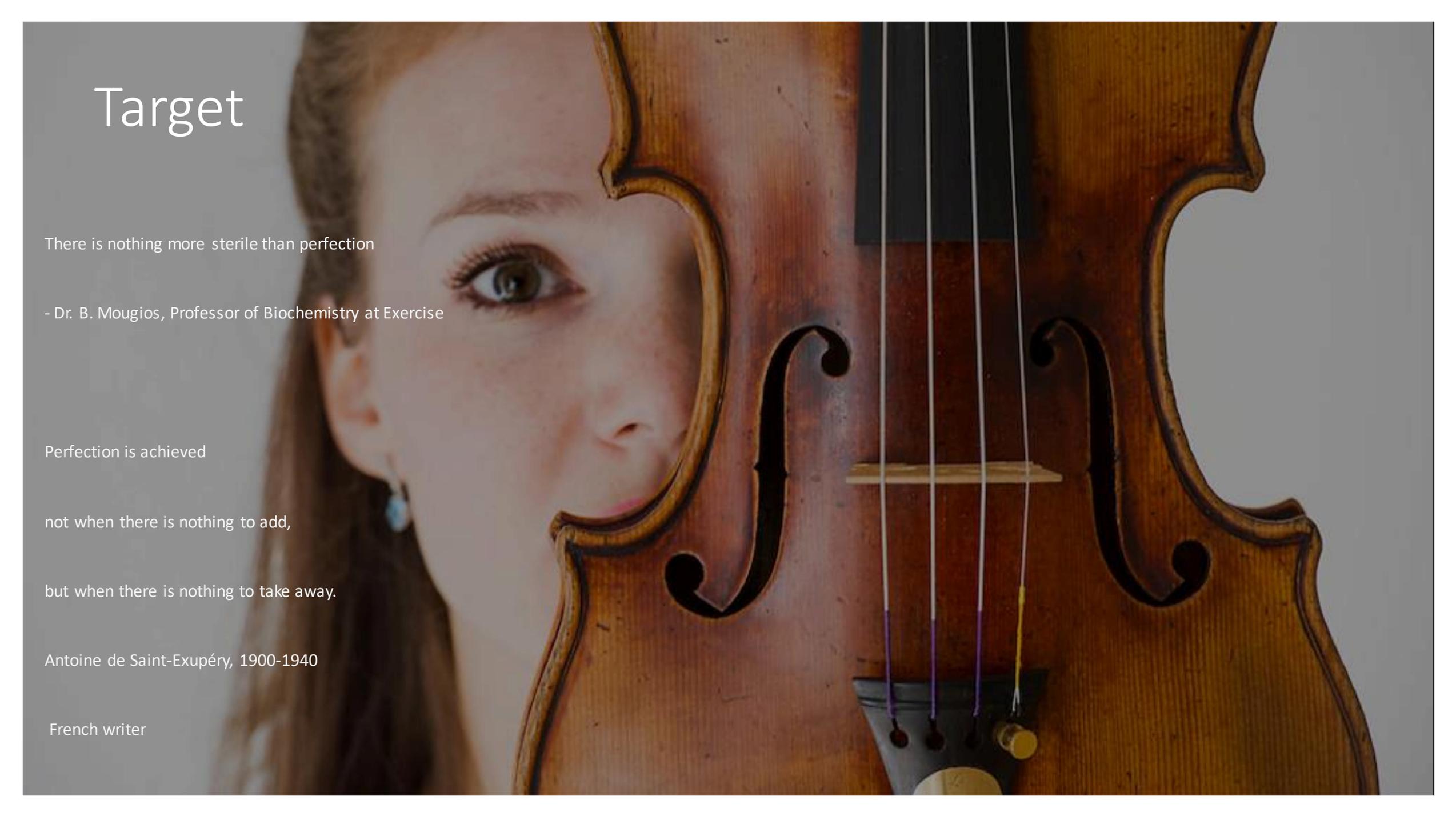
As known unknowns become known;
unknown unknowns proliferate; the
larger the island of knowledge, the
longer the shoreline of wonder.

Huston Smith

quotefancy



Target



There is nothing more sterile than perfection

- Dr. B. Mougios, Professor of Biochemistry at Exercise

Perfection is achieved

not when there is nothing to add,

but when there is nothing to take away.

Antoine de Saint-Exupéry, 1900-1940

French writer

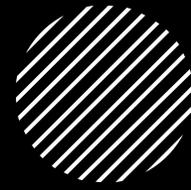


- 'Inspire a Generation'

- ✓ The official slogan for the London 2012 Olympics will be "Inspire a Generation", Telegraph Sport can confirm.

State of "being inspired"





Deena Kastor

Bronze Olympic Medallist, Athens 2004

I've always taken the philosophy that you have to dream a little in this sport. If you stay in your comfort zone, you're not going to do anything special.

— Deena Kastor —

Comfort zone

- "...a state where things are familiar, known, controllable! We have a fixed safe level of performance! It's all familiar! We survive! -Palla, 2010
-
- **Just Survival**
- "Uncertain social, political or economic conditions can affect our Comfort Zones, shrinking them. The more fearful we are, the smaller our Comfort Zone is and the harder it is to leave it!" -Brown, B.
- " If the situation you are in is inevitable, tolerate it. If it is avoidable, walk away from it. If you feel that it can expand your abilities, smile through it. Love something about an awkward situation. This will increase your comfort zone. When your comfort zone expands, no one will be able to push your buttons and you will become centered and unshakable. Every awkward situation is a test for how deep you are in the knowledge"



“
SUCCESS
begins at the
end of your
comfort zone.
You must
learn to be
COMFORTABLE
BEING
UNCOMFORTABLE.
”

Alan Stein

PURE SWEAT
BASKETBALL SHOW

State of "being inspired"

means to be in connection with your spirit, your higher self. It „whispers“ you your way –M.Thum



EVERY
DAY
IS A
CHANCE
TO GET
BETTER

Που βρίσκουν τέλος οι άνθρωποι;
Δεν καταλαβαίνω.
Και μόνο μια στιγμή
αν βαθιά τη συλλάβεις
γεμίζεις αιώνες!

~Γ.Ρίτσος~

Μην απορριπτεις οτι σου προσφερει η στιγμή
γιατι καμια αιωνιοτητα δεν μπορει να στο
ξαναδωσει!!!

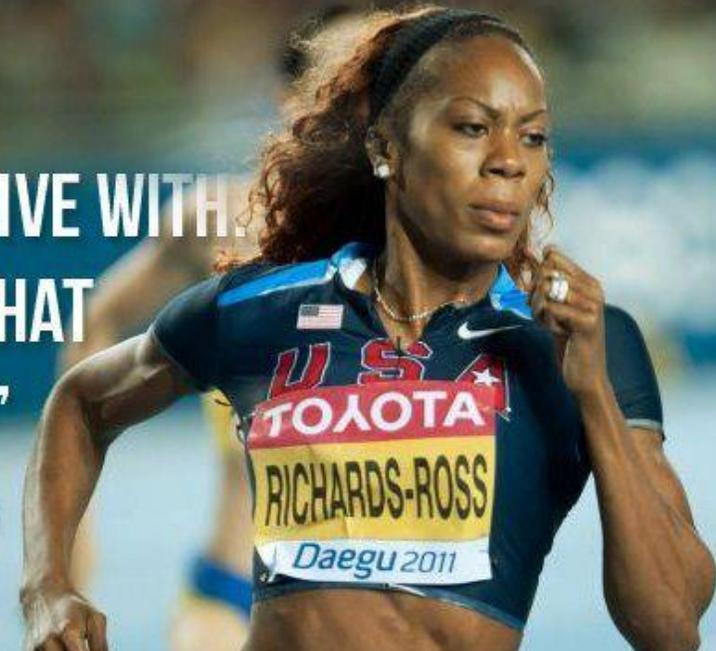


“Remember that life goes beyond failure and success: do not simply focus on these two categories of prospects. Life goes beyond the moments we find rewarding, and the moments we find upsetting.”

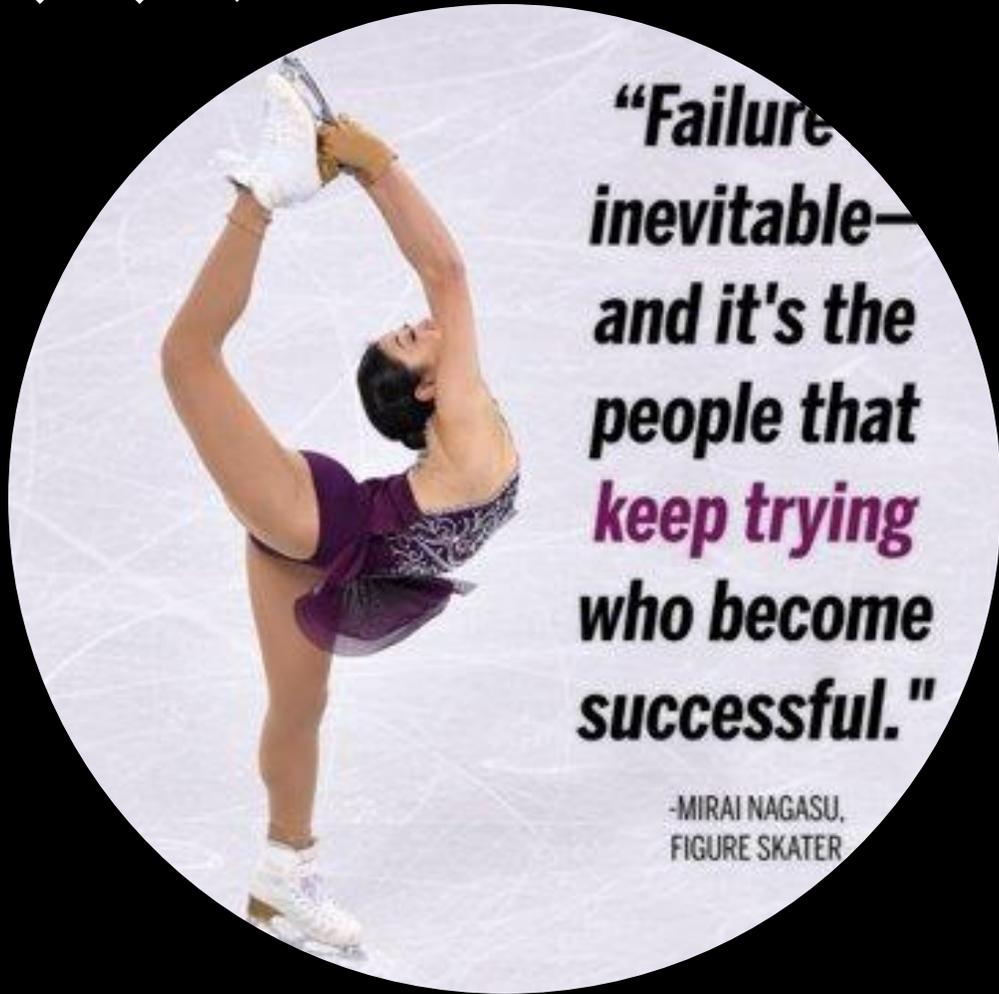
(4x400, Gold medal, London 2012)

**“FAILURE I CAN LIVE WITH.
NOT TRYING IS WHAT
I CAN'T HANDLE!”**

— SANYA RICHARDS-ROSS



Mirani Nagasu, bronze olympic medallist, PyeongChang 2018

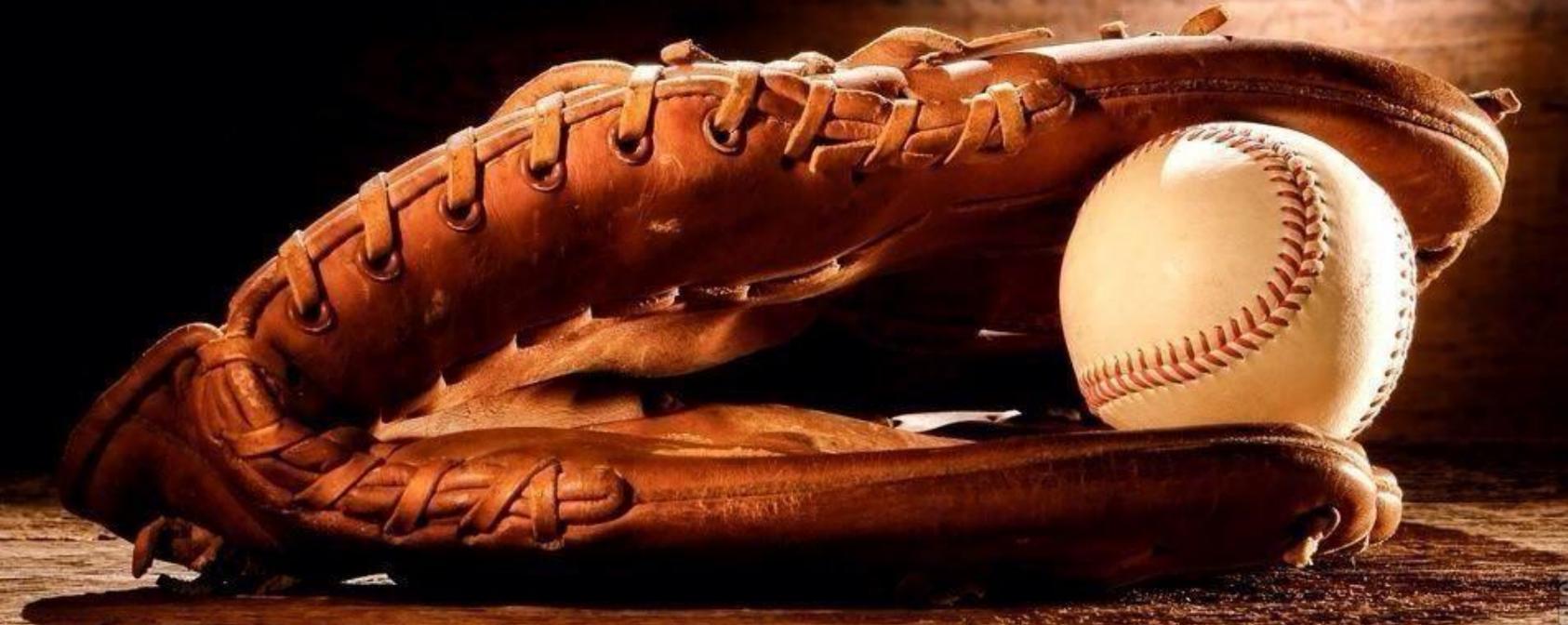


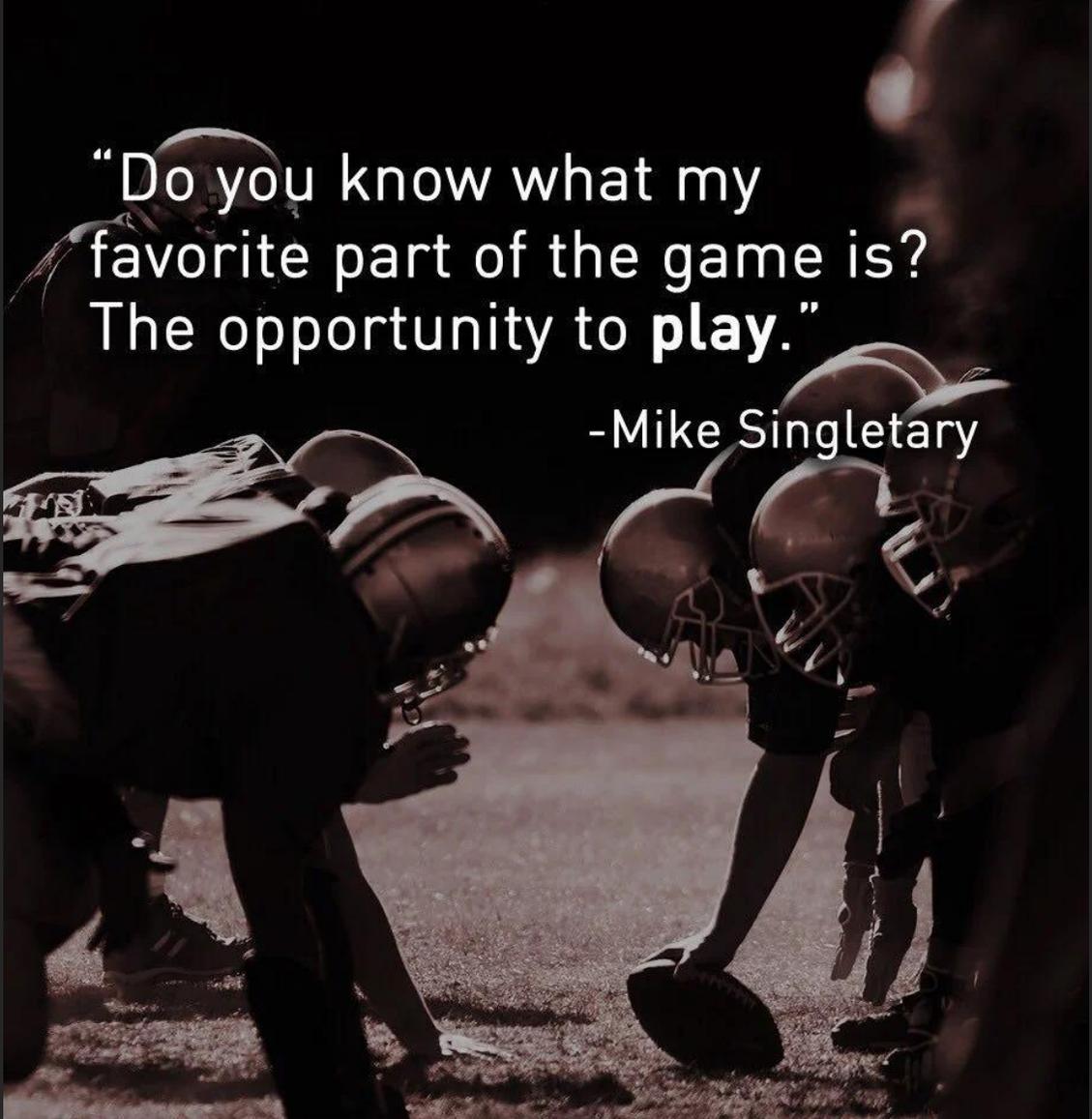
Steve Prefontaine, 4th on 1500m, Munich 1972



Don't be afraid to take advice.
There's always something new to learn.

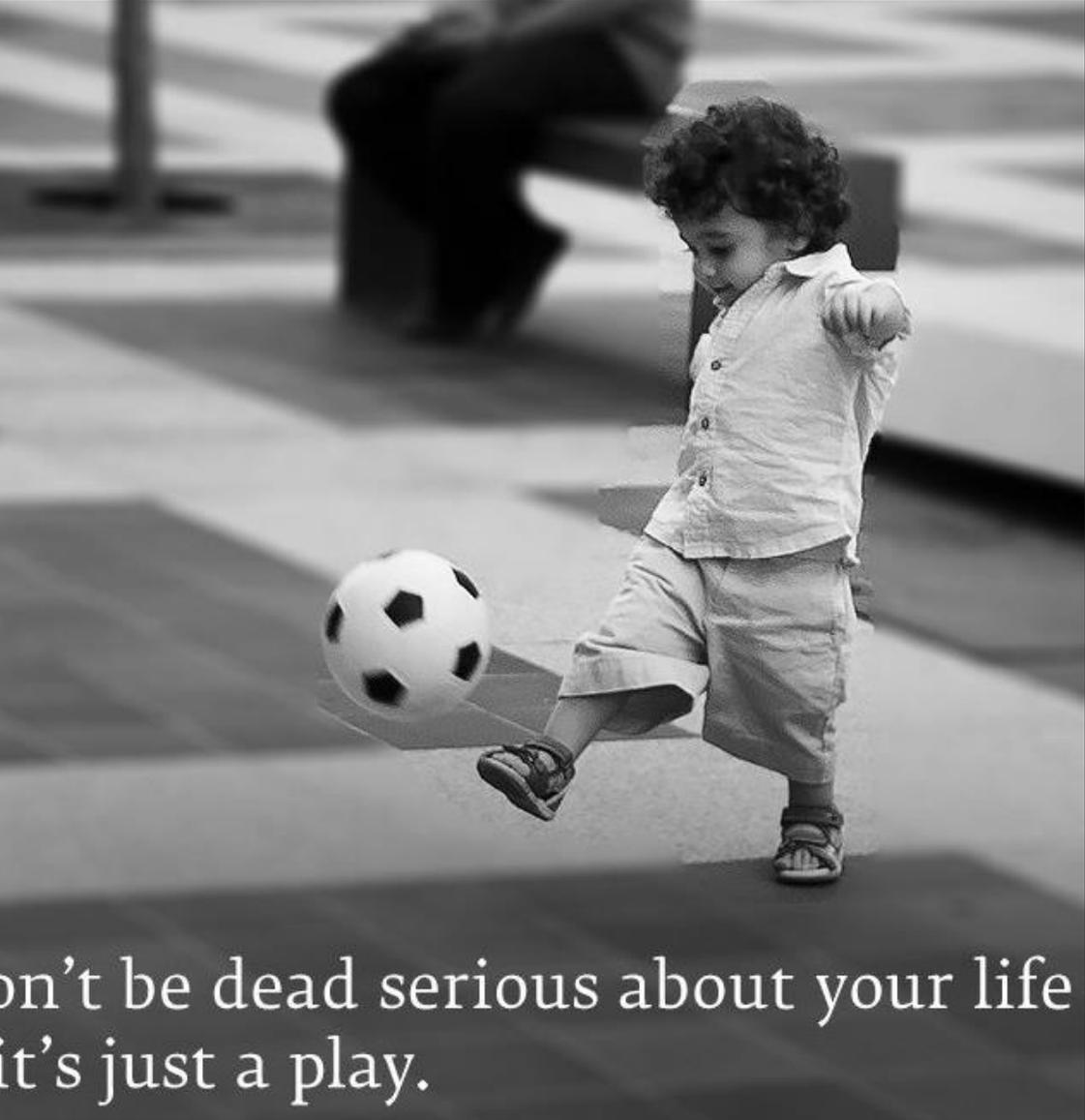
~Babe Ruth





“Do you know what my
favorite part of the game is?
The opportunity to **play.**”

-Mike Singletary



Don't be dead serious about your life
it's just a play.



The logo of the International Military Sports Council (CISM) is centered in the image. It consists of a circular emblem with a globe in the center, showing the continents. The globe is overlaid with a grid of latitude and longitude lines. The text 'CONSEIL INTERNATIONAL DU SPORT MILITAIRE' is written in a circular path around the globe. The entire logo is semi-transparent and set against a background of colorful, flowing ribbons in shades of red, orange, yellow, and blue. A vertical yellow beam of light passes through the center of the globe.

CONSEIL INTERNATIONAL DU SPORT MILITAIRE

FRIENDSHIP THROUGH SPORT

23 Eylül 2008

Hürriyet

...olulular, ölen sporcumuz Canbaş'ın arkadaşı

Melissanidis mert s

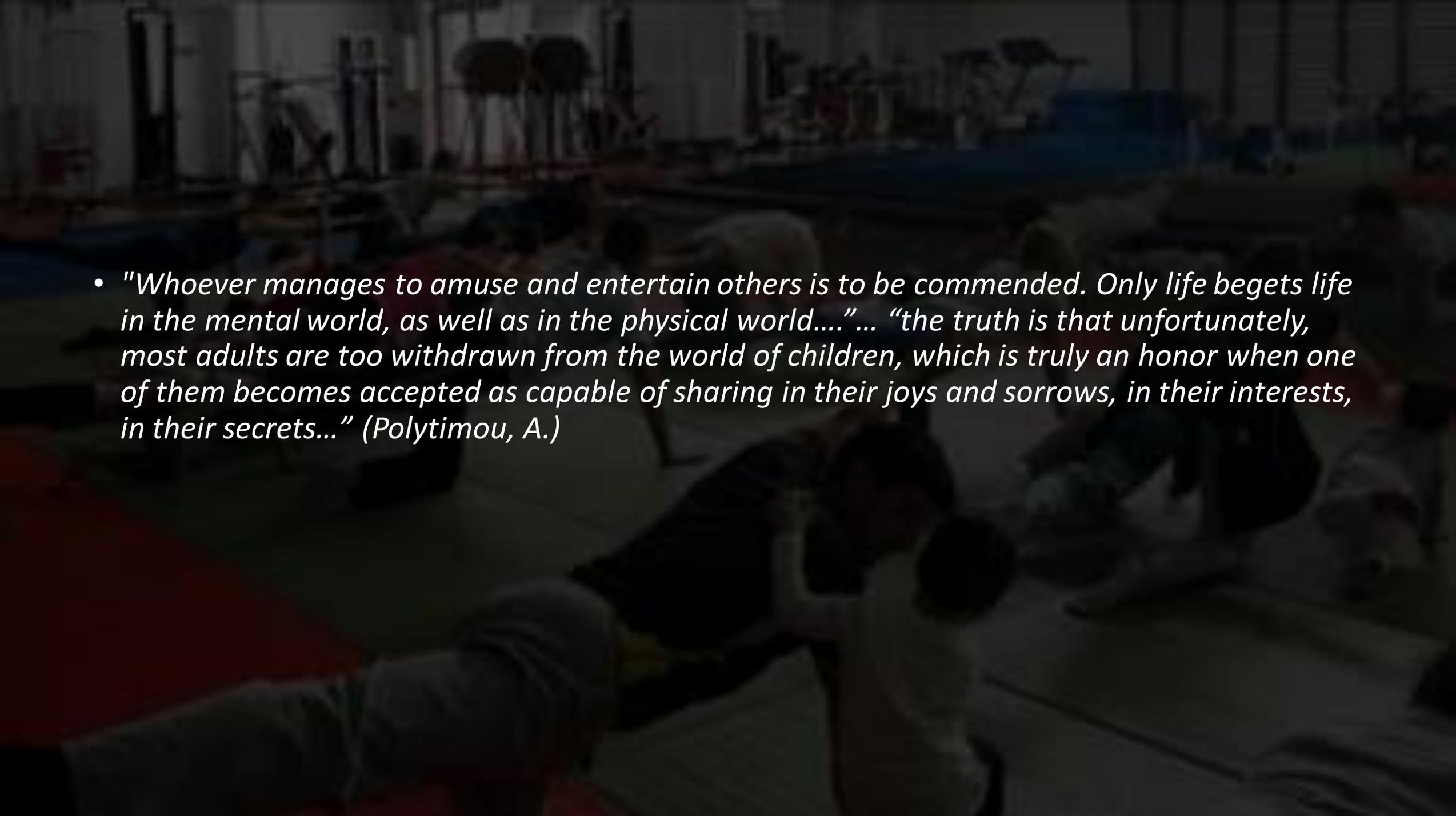
...y Olimpiyatları'nda dünya
...sine kazandıktan sonra anti-
...ranı ile ödüllendirildi.
...Alina ile karıştırmak neden
...unakı sporcu İsmail Mili-
...le Bolaklar safı oldu. 8 yıl
...yık kazandı yitirdiğimiz
...Muzet Canbaş'ın yakın
...Melissanidis, kazandı-
...yayı Bolu'ya getir-
...sine herfiyi et-
...t, mert s-



**İŞ
KAR**





- 
- *"Whoever manages to amuse and entertain others is to be commended. Only life begets life in the mental world, as well as in the physical world..."* ... *"the truth is that unfortunately, most adults are too withdrawn from the world of children, which is truly an honor when one of them becomes accepted as capable of sharing in their joys and sorrows, in their interests, in their secrets..."* (Polytimou, A.)







"Life knows no failure. Failure exists only for those who are always comparing themselves with other."

– Ankit Singh



**WHEN I WAS 5 YEARS OLD
MY MOTHER ALWAYS TOLD ME THAT
HAPPINESS WAS THE KEY TO LIFE
WHEN I WENT TO SCHOOL
THEY ASKED ME WHAT I WANTED TO BE
WHEN I GREW UP
I WROTE DOWN HAPPY
THEY TOLD ME I DIDN'T UNDERSTAND
THE ASSIGNMENT AND I TOLD THEM
THEY DIDN'T UNDERSTAND LIFE**

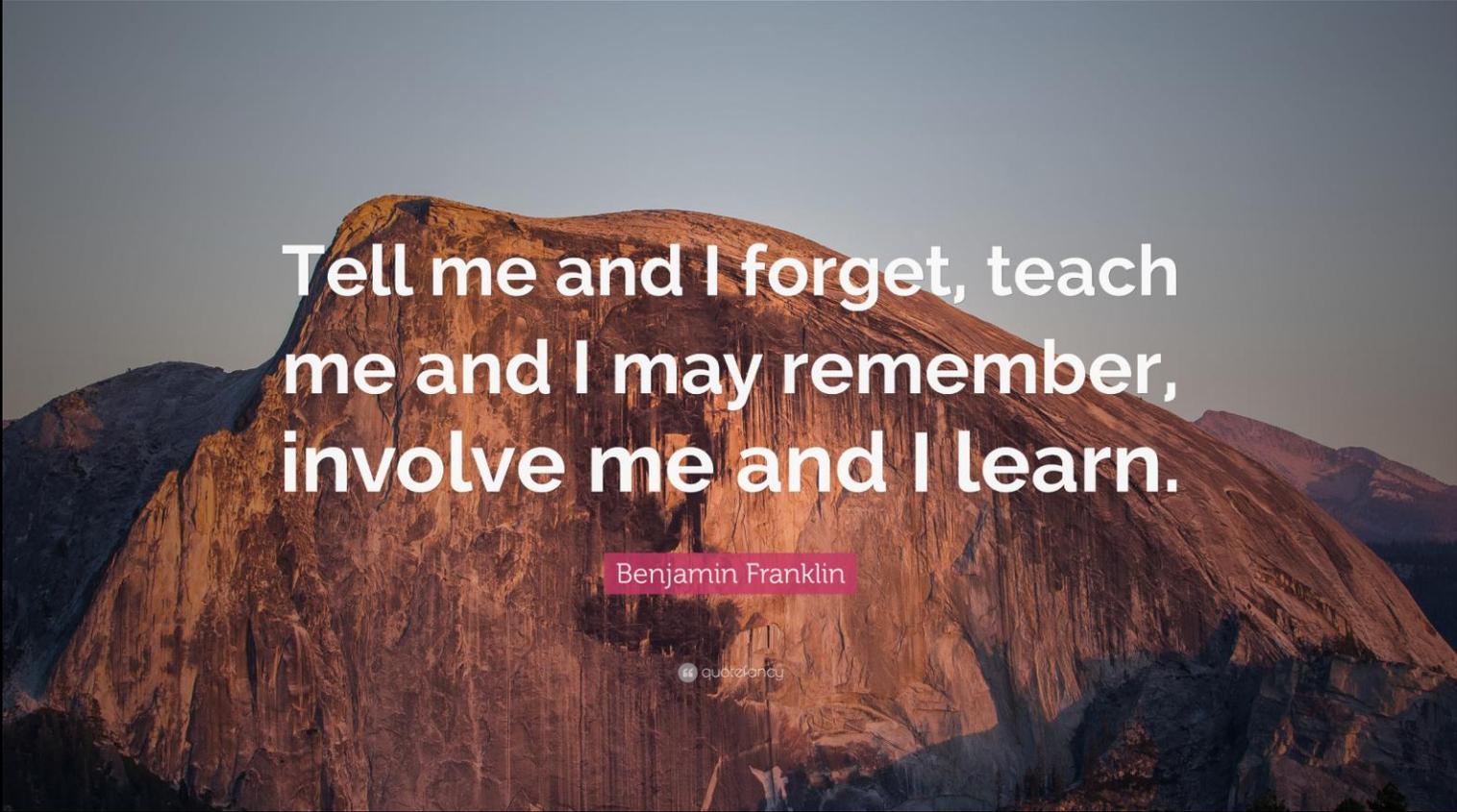
-John Lennon



“

IF THERE IS ANYTHING THAT IS TRULY CLOSE TO A SPIRITUAL
PROCESS, ITS SPORTS. ONE CANNOT PLAY SPORTS WITHOUT
ABSOLUTE INVOLVEMENT WHICH IS THE ESSENCE OF LIFE

”

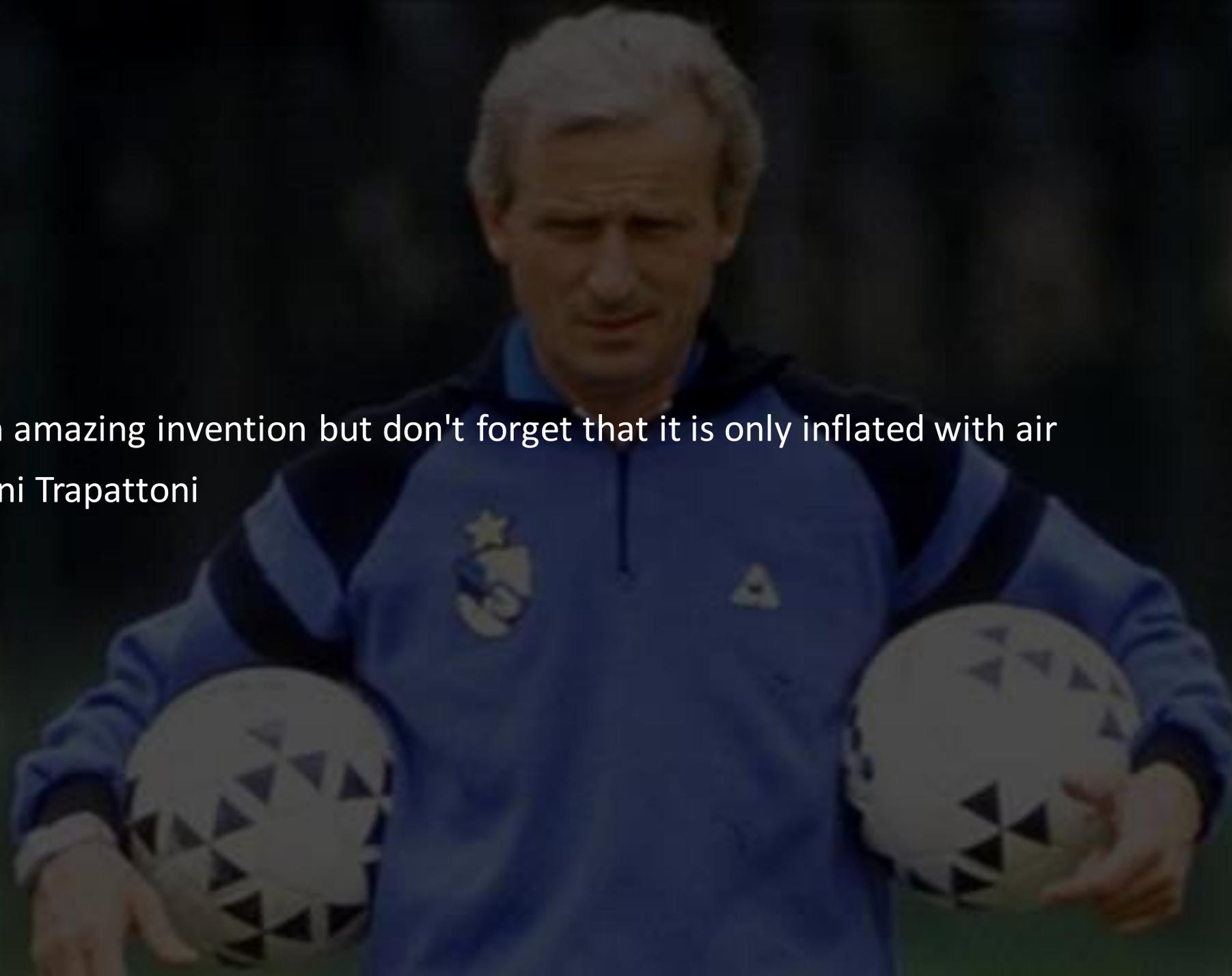


Tell me and I forget, teach
me and I may remember,
involve me and I learn.

Benjamin Franklin

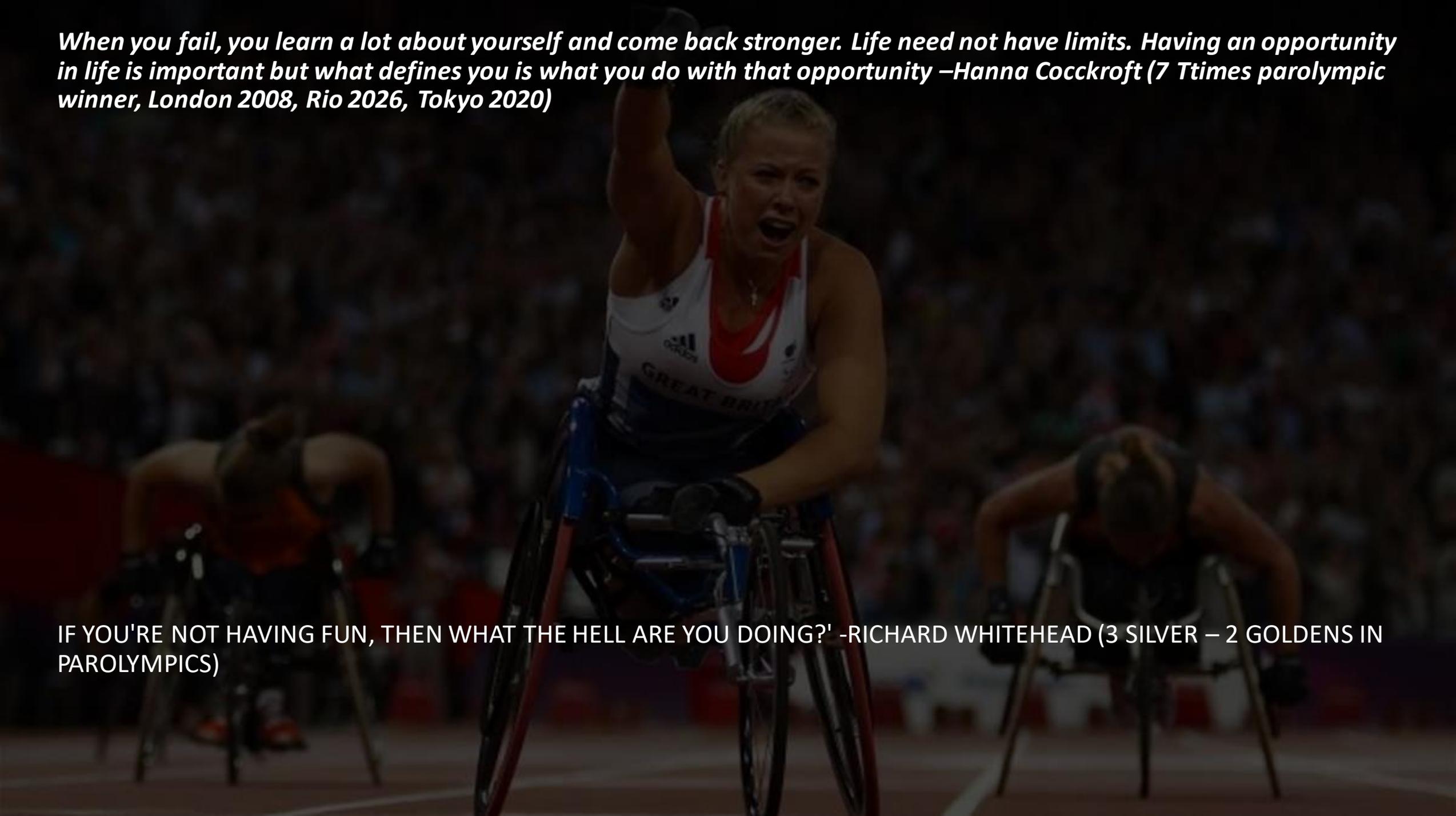
quartzanaj

Ball is an amazing invention but don't forget that it is only inflated with air
-Giovanni Trapattoni



When you fail, you learn a lot about yourself and come back stronger. Life need not have limits. Having an opportunity in life is important but what defines you is what you do with that opportunity –Hanna Cocckroft (7 Ttimes parolympic winner, London 2008, Rio 2026, Tokyo 2020)

IF YOU'RE NOT HAVING FUN, THEN WHAT THE HELL ARE YOU DOING?' -RICHARD WHITEHEAD (3 SILVER – 2 GOLDENS IN PAROLYMPICS)



- *"If we love ourselves, we can experience very beautiful things. The world is good and has something to offer, as long as we believe in something beautiful and collective. Don't close yourself off. Go out and live."*

- *-Dorothea Poimenidou, 4th Paralympic Archery Championships, Tokyo 2020*

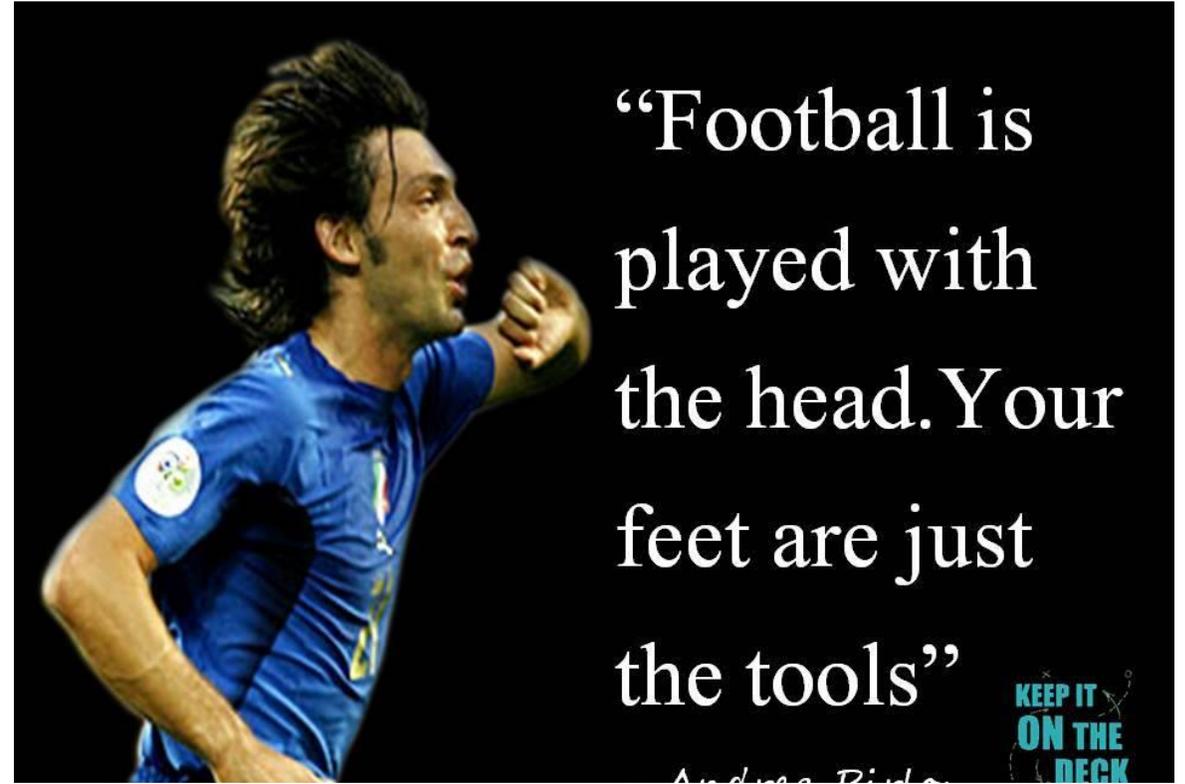


the worst disability is bad behavior

Η χειρότερη αναπηρία
είναι η κακή συμπεριφορά.

Gratitude can change your life experience. Feel grateful every day.

Thanks!



“Football is played with the head. Your feet are just the tools”

Andrea Pirlo

KEEP IT ON THE DECK

Andrea Pirlo Bronze Olympic Medallist (Athens 2004)

Grateful Always

Grateful for the smiles and for the tears,
Grateful for this new day and the bygone years,
Grateful for this life and all that it brings,
Grateful for the winters, summers, and springs.

Grateful for the sun and the moonlight,
Grateful for the day and the dark night,
Grateful for the bad and for all the good,
Grateful for the hunger; grateful for the food.

Grateful for obstructions; grateful for the flow,
Grateful for the 'soon' and for the 'slow',
Grateful for the successes and for the delays,
Grateful for the straight and the winding ways.

Grateful for sickness; grateful for good health,
Grateful for penury and for every wealth,
Grateful for the rest and for tiring toil,
Grateful for the peace and all the turmoil.

Grateful for the friends; grateful for the foes,
Grateful for joys; grateful for sorrows,
Grateful for the 'denials' and for grants of grace,
Grateful for the blames; grateful for the praise.

Grateful for all I have and that I have not,
Grateful for ignorance and the wisdom taught,
Grateful for the more, grateful for the less,
Grateful for dualities, grateful for oneness.

Grateful is all I am, and I shall ever be,
For You know best what is good for me,
I shall never ask, and doubt Your mystic ways,
I shall stay surrendered and grateful always.



A green road sign with the word "Motivation" written in white, set against a blue sky with white clouds. The sign is mounted on a wooden post and is tilted slightly to the right. The word "Motivation" is written in a large, bold, sans-serif font. The background is a clear blue sky with scattered white clouds. The sign has a white border and a reflective surface.

Motivation

DREAM BIG



Motivation

A GOAL
WITHOUT
A PLAN
IS JUST
A WISH



Management is doing things right... Leadership is doing the right things..

- Peter Drucker

People like to be led, they dislike to be managed...

TO BE

TO DO

TO SEE

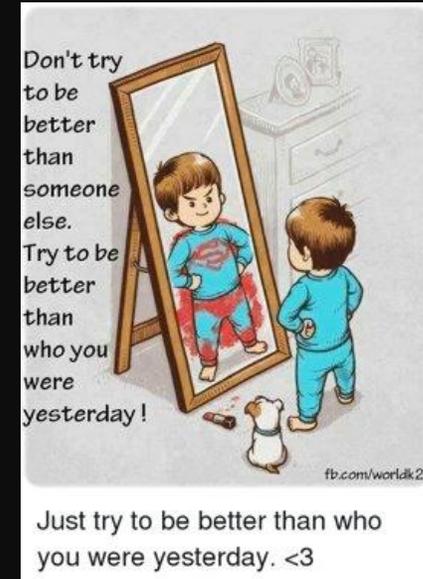
TO TELL

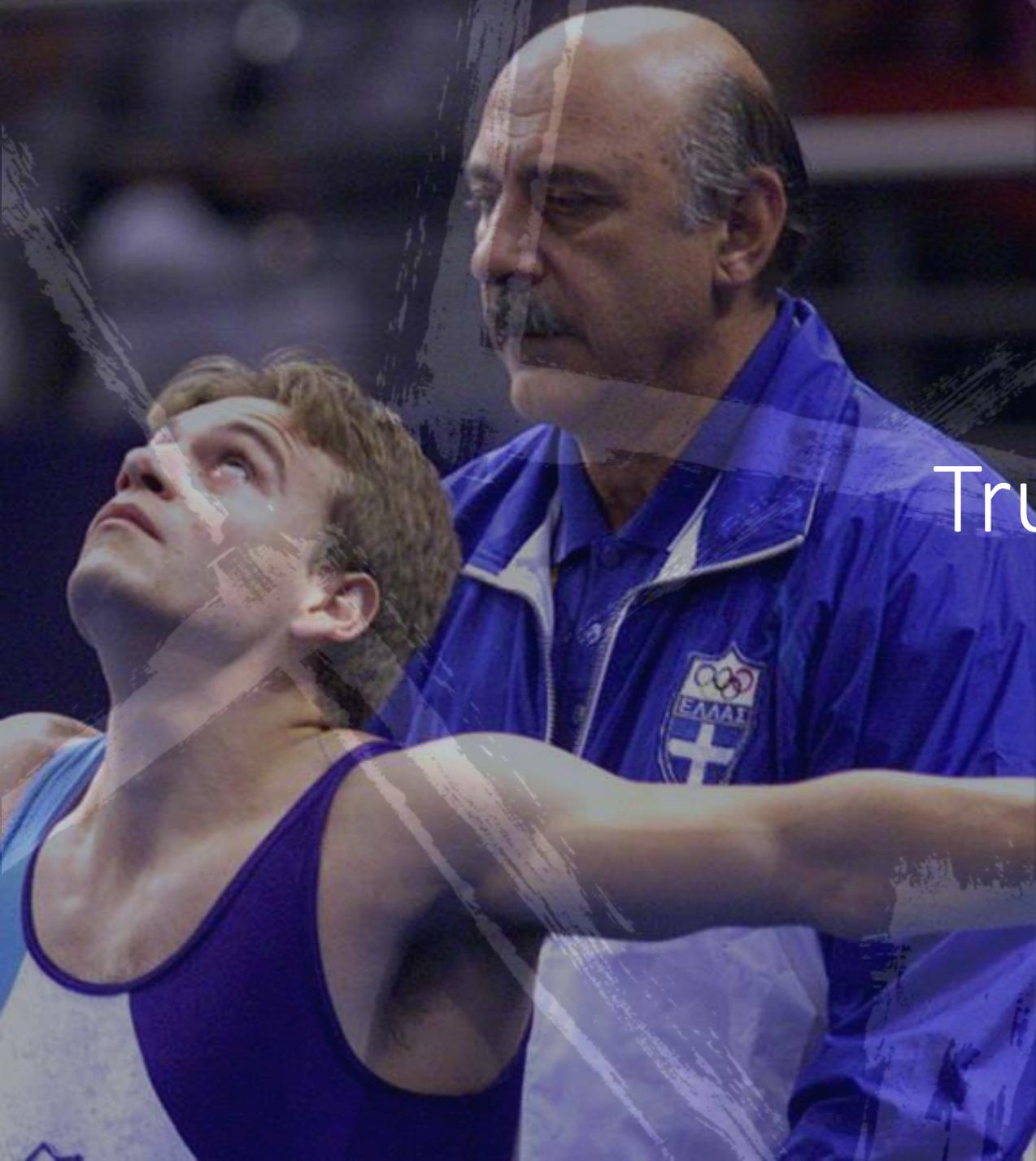


What you are shouts at me so loudly that I can't hear a word you say.

~ Ralph Waldo Emerson

Being there....





Trust

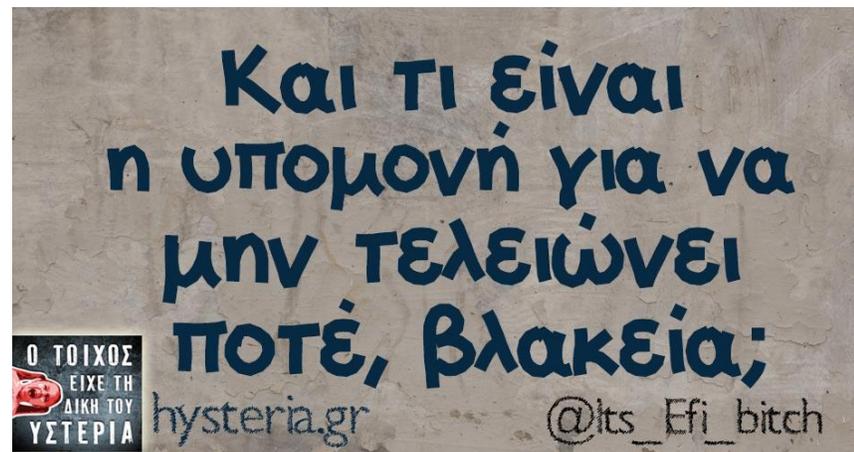
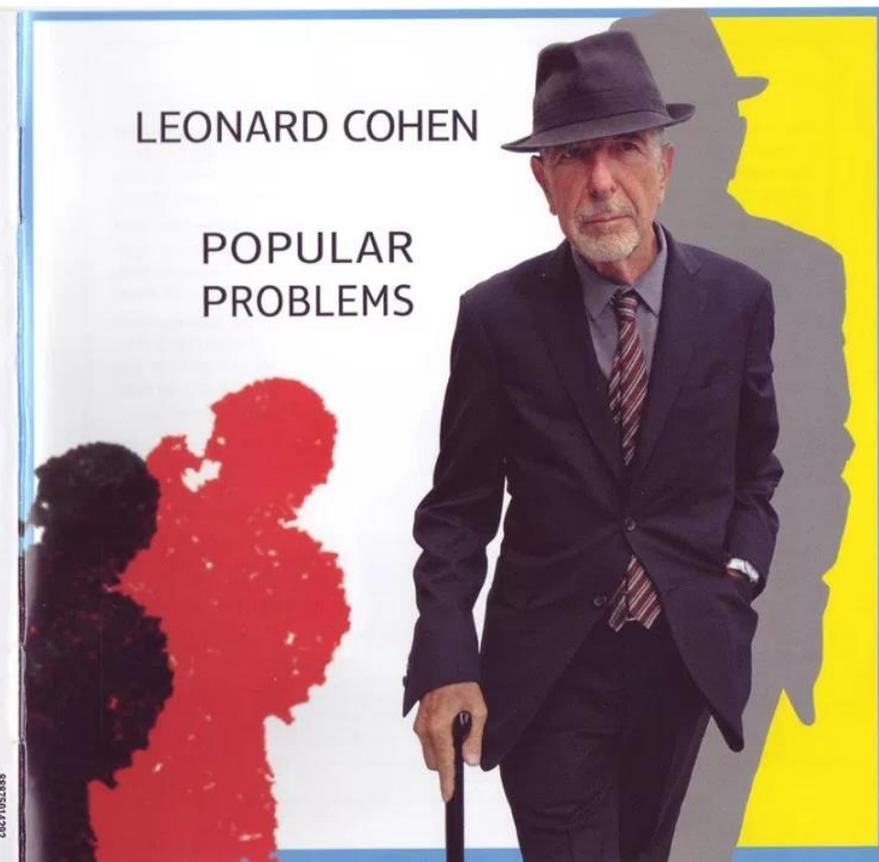


A scenic view of a river flowing through a canyon. The river is in the foreground, surrounded by lush green vegetation. The canyon walls are made of reddish-brown rock. The text "yearning" for learning is overlaid on the image.

"yearning" for learning

Υπομονή

It's been told that Leonard Cohen was working for 40 years for this music disc....





Open mind

Αυτοεκτίμηση

αυτοσυναίσθημα (Self-concept)

– Η αντίληψη που έχει το άτομο για τον εαυτό του όπως εκφράζεται με περιγραφικές προτάσεις της μορφής “Είμαι....”

αυτοεκτίμηση (Self-esteem)

– Η γενικότερη αξιολόγηση που κάνει ένα άτομο για τον εαυτό του

Self esteem





Feedback

Simplicity



Life is a game; Play it!

Instructions for the Games

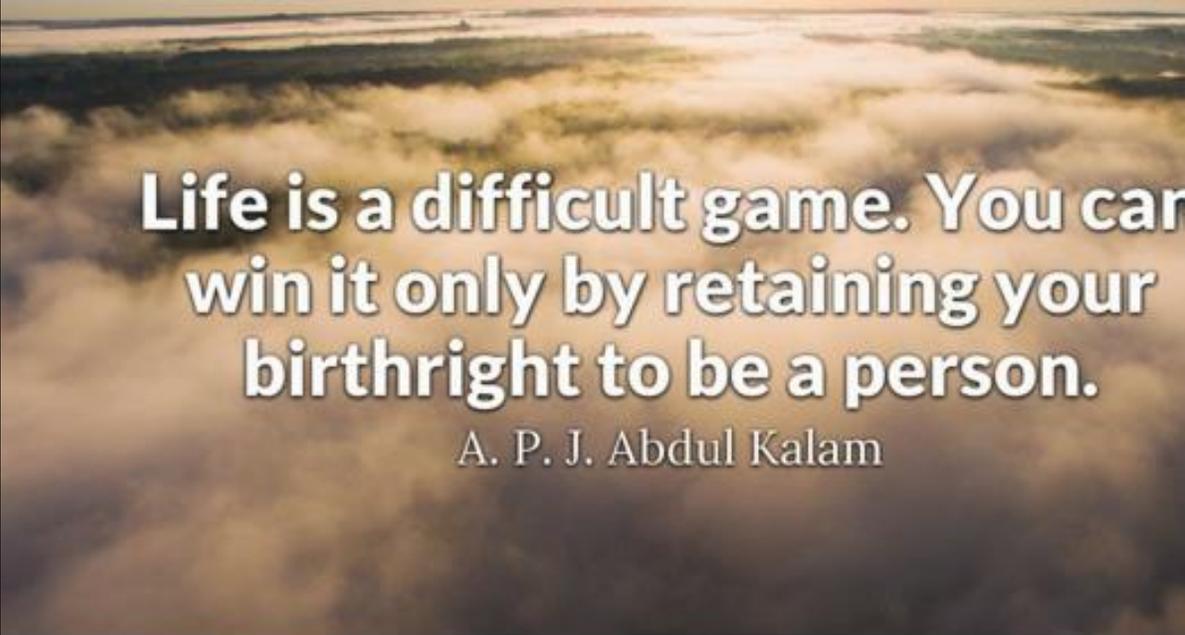
-Replace the ambition for first place with the desire for progress

-Replace the eagerness for fame with the expectation of perfection

-The aim of Physical Education and sports is to convey to the body consciousness, discipline, skill and all the necessary characteristics of a higher and better life.

-Keep them in mind, practice honestly and you will become a good athlete. This is the first step to becoming a real person."

-M. A. Morrissey (The Mother), 1962



Life is a difficult game. You can win it only by retaining your birthright to be a person.

A. P. J. Abdul Kalam

 BrainyQuote



SPORTS

Επαγγελματικός
αθλητισμός
(professional sports)

Υψηλός αθλητισμός
(high level sports)

Ερασιτεχνικός αθλητισμός
(amateur sports)

Αθλητισμός για Όλους
(sports for all – school sports)
Σχολικός αθλητισμός

Ελεύθερη φυσική δραστηριότητα
(free activities)
(παιχνίδι στη γειτονιά)



From an Active Start to "Active for Life"

Scholea (leisure)

- The final product of a society's culture is its ability to use scholea (leisure) intelligently (Curtis, 1979)
-





LEADERSHIP

Leadership is Idealism in Action

Democracy

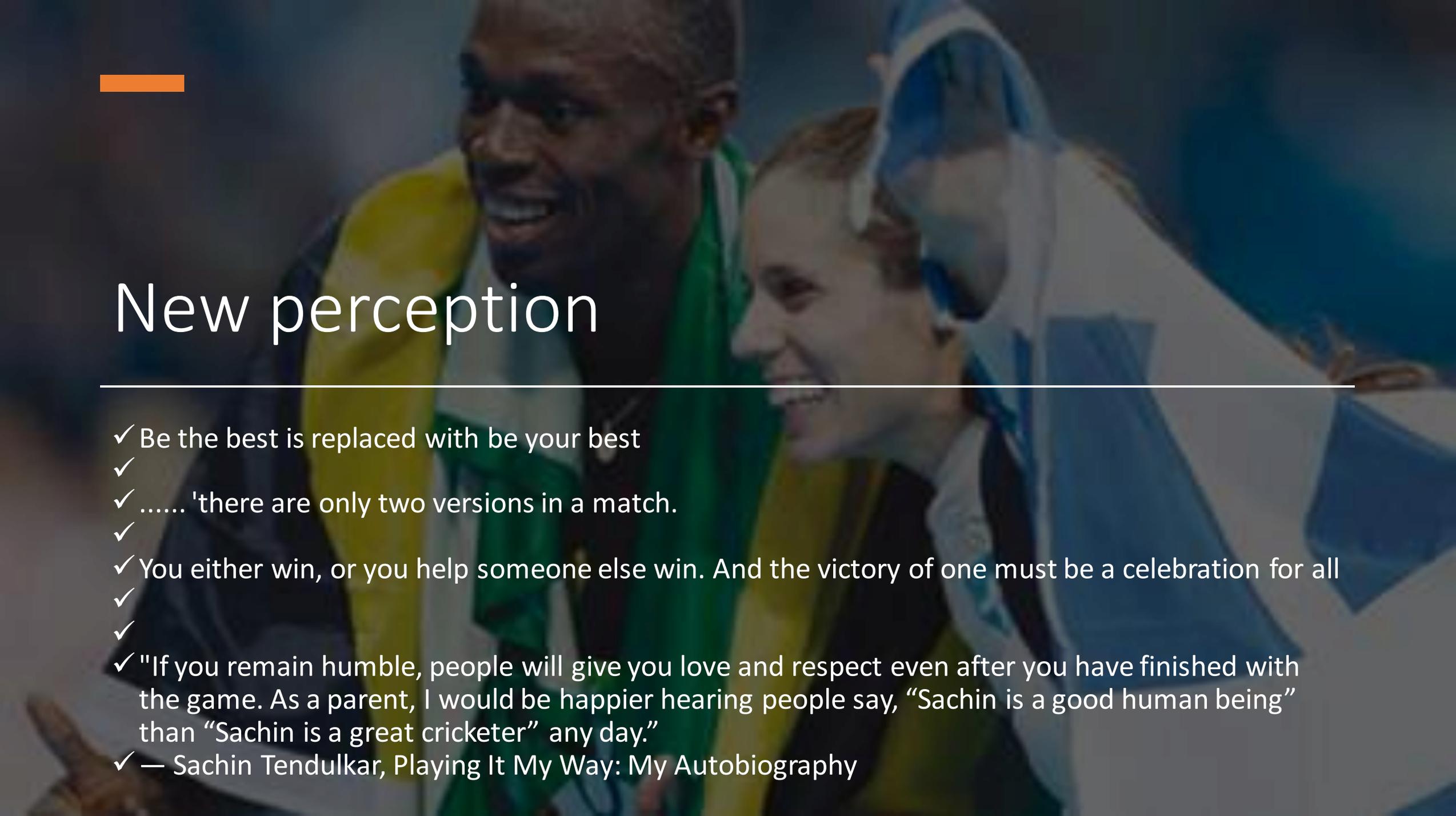
Transparency

Accountability in the decision-making process

Equal representation of interested parties

Lifelong Student

- ✓ If you say 'I don't like this, I don't like that,' you're bottling your personality! When it comes to sports, music, food, language, wisdom, we should see how we can push our boundaries...
- ✓ Be a lifelong student, help others rise !!
- Indra Nooyi



New perception

- ✓ Be the best is replaced with be your best
- ✓
- ✓ 'there are only two versions in a match.
- ✓
- ✓ You either win, or you help someone else win. And the victory of one must be a celebration for all
- ✓
- ✓
- ✓ "If you remain humble, people will give you love and respect even after you have finished with the game. As a parent, I would be happier hearing people say, "Sachin is a good human being" than "Sachin is a great cricketer" any day."
- ✓ — Sachin Tendulkar, Playing It My Way: My Autobiography



Service to man

- the child's happiness is the goal and success follows. And the inner satisfaction of the person, but also the respect, the acceptance, the love that the child receives, it is important to receive it experientially, that all these are not changed by the outcome of the result of a competition!!



Σας ευχαριστώ !!
THANK YOU !!

007



STAYINSPIRED

Life isn't about waiting for the storm to pass,
It's about learning to dance in the rain.

