



‘Be the best you can be’ is a framework, inspired by 400m hurdles Olympic Champion Dr David Hemery, and the 21st Century Olympic Legacy. The framework launches in a school with an ex-olympian giving an aspirational talk and becomes integrated into the curriculum. The programme enables children to find their potential within themselves and inspires them to fulfil their dreams through assemblies, activities and discussion.

Ex-Olympian Jo Mersh launched ‘Be the best you can be’ at Gosbecks Primary School in October 13 and told the children all about her journey to becoming a great Olympic athlete and how she never gave up, despite many setbacks. The children were inspired by her story and since then, the programme has gone from strength to strength.

Staff regularly talk to the children about setting themselves personal goals for the future and how they can take smaller steps towards reaching those goals.

Each week across the school, all the children are encouraged to ‘step out of their comfort zone’ and try learning they have never tried before or have another go at something they have found difficult.

Each child at Gosbecks has a ‘Dream folder’ which they fill with their ideas, dreams and challenges-of which they are very proud. The folder is totally personal to them and is a record of their thoughts and aspirations which they are building up over the year.

In a world where children aspire to be like their celebrity favourites, they need to be shown that it isn’t always easy to achieve your dream. You have to have goals, work hard towards those goals and if you don’t succeed you need to try again. With the help of the ‘Be the best you can be’ programme at Gosbecks, the children are really developing their confidence to ‘have a go’ and we are very proud of them.