



Twin Power: Throw In!

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Teaching Guide

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RATIONALE & THEMES

Fun, friendship and football are the themes woven through the lives of the Power twins and their friends at Droichead Beag as they play their way through the Star School competition, coached by their teacher Ms Kelly.

However, bullying sours their enjoyment and provokes a retaliation, threatening to ruin their team's reputation and disrupt their fun.

A timely All-Star intervention helps to reset their perspective and restore their excitement at participating in the contest.

The themes explored are:

- Friendship
- Determination and commitment
- Gender stereotyping
- Sporting equality
- Sportsmanship and solidarity
- Perseverance
- Provocation and retaliation
- Bullying

SUMMARY

Football is at the centre of everything the Power twins, Aoife and Aidan, do. It is their core activity together with friend and at school.

When Aoife withdraws from competition, her friends are concerned.

At school her teacher Ms Kelly has noticed too.

The twins and their friends play football together after school and anticipate the return of competition, except for Aoife; efforts to get her to confide result in silence or cross words.

A new Star School competition is announced to great excitement; however, Aoife's muted response is noticed when it becomes clear that they will have to play against Gorman, their local rivals.

Finally, Aoife reveals a nasty bullying incident with Gorman player Tommy as the reason for her reluctance to play and despite reassurance from her friends, she remains

adamant that she will not play against him.

At home practising football techniques with her mum, Aoife is coaxed to reveal the bullying incident. Her mum asks her to consider returning to the game and Aoife agrees to think about it.

Attending a club seniors match against Gorman, Tommy locks Aidan in the toilets causing him great distress,

Training and playing their way through the Star School competition, Droichead reach the final against Gorman and Aoife confides the bullying to Ms Kelly, who suggest that the behaviour might be due to Tommy's intimidation by Aoife's skill.

When they meet Gorman in the first U-12 match of the season, Droichead retaliate, filling Tommy and Ellie's boots with yoghurt.

However, satisfaction is short lived and the resulting mêlée forces the match to be abandoned.

On a research visit to their grandparents for a school project Aoife hears gentle encouragement from her nan on her fear of facing Tommy and decides to face both her fears and Tommy agreeing to play in the final.

It is a very close contest, however a passage of sublime play from the twins in the dying minutes of the match secures victory for Droichead and when the post-match celebrations reveal plans to inaugurate a Ladies team at Droichead, Aoife's delight is complete.

APPROACH

This story highlights the courage, support and understanding that is needed for any individual who is a victim of bullying behaviour to challenge it and develop resilience against it.

It provides many opportunities for discussion around the pivotal points in the story.

The themes sit firmly within the remit of the SPHE and PDMU guidelines.

Development can be more effectively

facilitated with small-group discussion.

The guide has been divided into three sections to reflect the development of the story.

Section 1 Aoife's Secret Pages 7 - 58

SUMMARY

The Power twins, Aoife and Aidan, live outside the village of Droichead Beag.

Gaelic games are their passion, playing with their friends for school and their local club. They are talented and together display a lethal skill. However, to Aidan's dismay, Aoife has withdrawn from competition and he is sworn to secrecy about her reason.

At school, their first lesson is football. Tina is delighted that Ms Kelly adopts a drill she has devised and they all engage enthusiastically until, exhausted, John appeals for respite.

Finishing the lesson with a short game, Ms. Kelly watches the twins' uncanny ability to read where the other will be and use this to incredible effect passing and scoring.

After school, they organize a game on the green after homework.

Billy joins Aidan and Aoife as a guest for soup, chatting to Mr Power who coaches their local club team, before his mam picks him up later,

When Billy casually asks Aoife if she will reconsider playing with Droichead again he receives a stony no.

Billy and Aidan decide to try to change Aoife's mind.

In school, their teacher announces a new county football competition for schools. Aoife is thrilled until she realizes that they will meet Gorman if they reach the final and she will face her nemesis, Tommy. Ms Kelly notices the deflated glance she exchanges with Aidan.

On the way home the others notice Aoife

is subdued and persuade her to reveal the nasty bullying incident she experienced from Tommy.

Despite their support, Aoife is determined that she won't face Tommy on a pitch again.

John accuses her of being selfish and storms off as a soured feeling of gloom descends on the group.

DISCUSSION POINTS

- (*Read pp17-18*): Ms Kelly knows that not everyone in the class can develop good football skills, so why does she insist that everyone trains? Why is sport important for everyone? What can you learn from doing something that you may not be good at or even like doing?
- (*Read pp24-25*): Aoife and Aidan are alike in almost every way, except that Aoife is a girl, so why do people expect Aidan to be a leader? How would the story have been different if their roles had been reversed? Why are leaders usually male? Do males have an extra quality that makes them better leaders?
- (*Read pp35-36*): Aoife is pleased when Sara comments that she looks like Jenny McCarthy. Is it healthy to try to be or look like someone else? Is it harmless or are there dangers? How can you develop the confidence to simply be yourself?
www.scoilnet.ie/search/?q=being%20me
- (*Read pp52-53*): Aoife's joy after the match is ruined by a nasty sexist insult. What made Tommy's remark sexist and not just simply rude? Why are sexist insults more offensive? Why are they usually directed towards women and girls?
- (*Read p29*): Clare is seen as a nuisance and usually has to be removed from their game? Is this fair? Should anyone be made to feel like a nuisance during a game? Does sport always have to be about winning?

ACTIVITIES

1. Difference is Good (*Read p8*)

Aoife and Aidan are twins, however, there are many differences between them. Difference is something that makes each of us unique and charming in our own ways.

In groups, identify some of your differences. Draw a self-portrait and list three ways that you are different from your friends explaining how each difference makes you charming and unique.

2. Metaphor (*Read p21*)

The author uses the metaphor of a *senryu* to describe the daffodils.

Good metaphors are critical to good description.

Find three flowers or bunches of flowers either in a garden or display and find a good metaphor to describe each of them.

Draw them and explain what quality the metaphor is describing.

www.scoilnet.ie/search/?q=using%20metaphors

bbc.co.uk/bitesize/topics/zfkk7ty/articles/z9tkxfr

3. Tummy Ache (*Read p32*)

Aoife has developed a tummy ache from the anxiety caused by Tommy's bullying.

In groups, make a list of 5 things she could do to help her deal with the anxiety she is feeling.

www.sport-excellence.co.uk/3-tips-to-deal-with-bullying-in-sport/

the cpsu.org.uk/help-advice/topics/anti-bullying/

4. The French Plait (*Read p35*)

Aoife feels really good about herself because she has learned how to do a French plait.

Think of a new skill that you have recently acquired. Explain and illustrate what it is and describe how learning this skill has made you feel about yourself.

5. Tell Us (*Read pp49-50*)

Aoife has resisted every attempt by her friends to get her to share what is causing her distress.

To help, her friends, suggest 3 conversation openers that they can use to reassure Aoife and encourage her to share her secret.

List the openers.

www.scoilnet.ie/search/?q=talking%20about%20bullying

6. More than Bullying (*Read pp52-53*)

Sexism is a type of bullying that makes people unhappy because of their gender.

Her friends realise that Aoife is a victim of sexist bullying and decide to create a poster for their club to identify, challenge and provide information if someone sees this behaviour or becomes a victim of it.

Design a poster for them. Think about whom you will want to read the poster as you design it.

7. Consequences (*Read p54*)

When they hear what Tommy did, Billy suggests retaliation, but John advises caution.

To help them decide, draw a consequences flow diagram.

At the top of the page use a box to describe

the bullying. Use arrows to link to boxes with the decisions they could make about what to do.

Link these decision boxes with consequent boxes describing what the outcome for each of their actions might be.

Suggest what they could do and explain their best option.

8. I'm Sorry (*Read p57*)

Later, Billy messages Aoife an apology and Aoife replies, explaining what she meant.

Create the conversation thread they had.

Section 2 The Yoghurt Wars Pages 59 - 117

SUMMARY

At school Ms Kelly introduces a Gaelic Games history assignment and the twins decide to interview their grandparents, who are former county players for a joint submission.

At the weekend, when Aidan goes to training, Aoife stays at home and joins her mam for some individual drills. Over a toasted sandwich, Aoife shares the details of the bullying. Her mum reassures her and then quietly sets the wheels in motion to deal with the incident.

A Droichead v Gorman senior fixture draws them all to the Gorman ground to watch the match. Tommy and his friends are there too, posturing to cause maximum irritation.

At half time, when Aidan doesn't return from the toilet, Aoife suspects something. She and Billy search and find Aidan locked in a cubicle in the dark sobbing, a victim of another of Tommy's nasty tricks.

Tommy's subsequent insult confirms the decision that retaliation will be exacted.

Not all Tommy's friends approve of the behaviour. Darragh has begun to disapprove of both it and the regime that Annie, (their coach and Tommy's mum) employs with their training sessions.

At their next training session, Darragh notices that Annie is trialing a new girl, Maeve. This is unusual as Annie generally discourages the girls; however, Maeve is talented and has spirit. Darragh finds her a kindred spirit. When the session finishes, he asserts himself and challenges Tommy over the trick on Aidan.

Confiding the incident to Ms. Kelly, Aoife finds support and understanding.

Droichead host Gorman and the retaliation plan is activated. Tommy and his friends are humiliated at half time when they discover a stinking yoghurt mess in their boots.

However, the plan goes awry when a *mêlée* starts and the game has to be abandoned with a report sent to the county board.

DISCUSSION POINTS

- (**Read p60**): Ladies football and camogie have their own separate organization. Why is this necessary? Should the GAA and the LGFA combine? How would this develop sporting opportunities for women? How should finance and resources be fairly divided?
- (**Read p75**): Droichead and Gorman are rivals. Rivalry is normal between friends, neighbours and siblings, however, how can you prevent this from creating sour and corrosive relationships? How would you recognize if this was happening?
- (**Read p96**): Ms Kelly and Annie have different approaches to coaching. Annie wants to *'win at all costs'*, whereas Ms. Kelly thinks that participation and enjoyment are important. Who is right? Is it possible to enjoy a game that you are losing? Does every game need a winner? How could you have a game without winners or losers?
- (**Read pp102-106**): Ellie and Tommy are dealt a stinking yoghurt-filled-boot retaliation by Droichead. However, there is a fight, the match is abandoned and everyone is reported for misbehaviour. Was it worth resorting to Gorman tactics? Was Gorman's reaction a surprise? What are the dangers if you chose to become a vigilante?
- (**Read pp113-115**): Mr Power lectures the twins about being truthful yet he sits in silence at the meeting when he knew who put the yoghurt in the boots. Was this a good example? Should he have admitted who the culprits were and offered to pay for new boots? Should he have allowed the twins to *'get away with it'*? What lesson might this teach them?

ACTIVITIES

1. Did you Know GAA (Read pp 59-61)

A Mhúinteoir is impressed by their knowledge of GAA / LGFA facts.

In small groups create a quiz sheet with 10 questions, each with 3 multiple choice answers. Make two of the answer choices quite similar as a challenge and the third answer ridiculous for amusement.

Test each other with your quiz sheets.

www.scoilnet.ie/search/?q=GAA%20facts
meanwhileinireland.com/top-10-mad-facts-about-gaelic-football-you-never-knew/

balls.ie/gaa/10-incredible-facts-about-ladies-football-342074

2. No to Bullying (Read pp61-62)

Aoife has decided that she would rather avoid Tommy and her friends feel guilty that they didn't realise sooner what was happening.

Together, they ask Ms Kelly if they can design an information poster for their school to help to identify bullying behaviour and recognize and support victims.

Design the poster they should create.

primarysite-prod-sorted.s3.amazonaws.com/wicor-primary-school/UploadedDocument/a7659e82c2844b5c80eea4619a1289cc/beat_the_bully-1.pdf

bbc.co.uk/bitesize/articles/z9gqqfr

www.scoilnet.ie/search/?q=%20bullies

3. Memories (Read P63 & pp118-126)

The twins are entertained by their grandparents' sporting memories.

Research a sporting memory in your own family and then create a short, illustrated fact sheet describing the memory and why you are proud that it belongs to your family.

You can display all the memories on a class collage board.

4. Top Skill: (Read pp68-69)

Aoife and her mum spend some time on skill building.

In small groups decide on the top 3 Gaelic Games skills that any player needs to have.

Create a skill sheet for each of them, with descriptions of the skill and illustrations to explain how the skill is used and why it is an important skill.

Include an illustrated description of a drill that can be used to develop the skill.

www.scoilnet.ie/search/?q=Gaelic%20games%20skills

5. Fear (Read pp71-73)

Anxiety and fear are nasty companions and, as happened to Aoife, they can prevent you from doing the things you enjoy.

Describe a time when you were frightened of something or somebody. If you could go to the doctor how would you describe the symptoms of your fear?

In groups draw the silhouette of a child and use arrows to indicate the possible symptoms (E.g., tummy ache)

Write the prescription the doctor might give you to help.

www.scoilnet.ie/search/?q=anxiety

6. Darragh's Diary (Read pp85-91)

Darragh is uncomfortable being associated with Tommy's bullying behaviour and decides to speak out.

That evening he wrote a page in his diary explaining how he felt and why he decided to challenge what Tommy was doing.

Create the page from his diary.

7. Star School (Read p92)

Droichead has reached the finals of the Star School competition and Ms Kelly sets a home work of a 150-word match report of the two matches against Ballykelly and Desmonds on their way to the final for the school web page. She wants the report to give a sense of the excitement as they prepare for the final.

Create the reports that you think Aoife and John might have written.

www.scoilnet.ie/fileadmin/user_upload/PressPass19Lesson18.pdf

bbc.co.uk/schoolreport/18020021

8. The Meeting (Read pp113-114)

At the meeting to discuss the *mêlée* at half time, not everyone is happy that Aoife and Aidan appear to have gotten away with it.

Mr Power is questioned closely and directly about what he knows and he has to avoid saying that it was Aoife and Aidan who were involved, without actually telling a deliberate lie.

The author thought that she might include some of the dialogue from the meeting. Think about who might question him and who might support him. You can create new characters if you wish.

Create a short dialogue to give an impression of what he faced.

Section 3 Fun, Friends & Football Pages 118 - 178

SUMMARY

Reminiscing with their grandparents about their own memories of Gaelic Games, the twins hear the romantic story of how football brought them together. Before they leave with their dad, their grandmother delivers some thinly disguised advice and encouragement to Aoife.

Ms Kelly approaches Annie to encourage better relations, but without success, and Darragh discovers a friend in Maeve, confiding his discomfort with Annie's coaching regime.

Jenny McCarthy drops into the final

Droichead training session and everyone gets the opportunity to present their history assignment to her.

She is thrilled with Aoife's drawing of her and heaps praise on it as Aoife glows with pride. Before she leaves, she manages a quiet chat with Aoife, who confirms that she will play in the final. Ms Kelly is delighted with the text confirmation from Jenny.

It's Friday and the final dawns to great excitement as Ms Kelly names the team. Aidan is stunned to be named captain and relieved to have the support of Jack Murphy, the regular captain.

Team announcement at Gorman runs less smoothly as first Maeve and then Darragh stage a revolt about her exclusion of girls from the team.

When Maeve's mother intervenes as the new Development Officer, Annie is forced to accept the changes.

In the changing room, Darragh tries to make Tommy understand that his mother has to change her methods and finds him receptive. Tommy himself is frustrated at his mother's insistence he play mid-field rather than forward where he is more comfortable and effective and determines to make the change at half time.

The fortunes of the game swing between both teams as Aidan and Tommy marshal their players in a tactical tussle.

Half time sees Tommy enlist Maeve's mother to rejig the team, with him at forward. The change unsettles Droichead, who are 3 scores adrift with time running out.

In a desperate attempt to recover, Billy calls Aoife and Aidan to release 'TWIN POWER'.

Aidan is sceptical, but decides to try: they manage two consecutive scores and then he watches as Aoife executes a perfect block, solos to the goal and buries the ball in the net as the referee blows time.

The cheers are deafening as Aidan leads the congratulations.

Things could not be better for Aoife. Droichead have won the county final, the ghost of Gorman has been exorcised, they have the All-Ireland final to look forward to and Jenny McCarthy has announced that there will be a new ladies team created for the girls in both Droichead and Gorman.

DISCUSSION POINTS

- (Read pp118-119): In her granny's day women's football was treated as entertainment. Today, Aoife has greater opportunities to play. There is a structure at all levels. However, is the women's game really treated fairly? Do they have equal access to finance and media coverage? How much of the festival

stigma still exists?

ladiesgaelic.ie/the-lgfa/history/

- (Read pp129-131): The author has introduced a new character quite late in the story and Darragh discovers that he is able to comfortably share his thoughts with her. Why did the author choose this character to be a girl? How did it contribute to the story? What message is the author trying to deliver by introducing the character as a girl instead of a boy?
- (Read p152): When Darragh criticizes Annie, Tommy doesn't defend her. Was he being disloyal to his mother? Should he have contradicted Darragh and defended his mum? Should family loyalty come first in every case, in the way that Mr. Power was loyal to Aoife and Aidan by remaining silent about who put the yoghurt in the boots?
- (Read p162): Ellie disliked Maeve, but realized that if they wanted to win, she would have to co-operate with her. How does disliking someone affect how you behave towards them? How can you co-operate with someone that you don't like?

ACTIVITIES

1. Difference (Read p129)

Joanne Kelly and Annie Doyle have different views on coaching and how players should behave.

Each of them has prepared a handout for their teams.

It contains 3 personal statements to motivate the players and it advises 3 key DOs and DON'Ts about player behaviour.

Make a copy of each leaflet with any images you think appropriate.

2. The Template (Read pp134-138)

It is natural to identify heroes for ourselves and Jenny McCarthy is clearly Aoife's role model.

However, not every hero is worth following.

If you were to advise a younger sibling about choosing a suitable hero, what advice would you give?

In groups draw an outline of a hero and write a list of 10 statements that describe a hero that you would recommend them to follow.

Now rank your own preferred 5 and explain why you have chosen them.

3. Thanks Jenny (Read pp135-138)

After Jenny leaves, Aoife is thrilled to have

met and spoken to her.

She decides to send her a personal 'Go Raibh Maith Agat' card to show her appreciation.

Make a copy of the card she designed.

4. SERIOUSLY! Girls (Read p147)

Annie snorts some cruel excuses about why she won't include girls on the team and these are immediately challenged.

In groups, use a large sheet of paper to collect 10 common excuses why girls are excluded for anything

Draw two columns marked MYTH and CHALLENGE.

Under the MYTH column, rank the myths and beside each myth in the CHALLENGE column, write a fact that challenges it.

E.g. MYTH: *Girls aren't good at science*

CHALLENGE: *Northern Ireland woman Jocelyn Bell's work led to a Nobel Prize in Physics.*

www.scoilnet.ie/search/?q=gender%20myths

5. The French Plait (Read pp151)

Aidan suggests that the girls adopt a French Plait as a symbol on the crest of their new club. Billy suggests that as a sign of support, the boys should learn how to braid the French Plait and Tina offers to create a brief illustrated manual to teach them.

Create the manual

(You might like to organize a class competition to find which boys can braid the best plait.)

[wikihow.com/French-Braid](http://www.wikihow.com/French-Braid)

6. The Match (Read pp155-168)

The match between Droichead and Gorman is a classic; pulsating with excitement and displays of skill from both teams.

The Carrick Herald need a 150-word match report which gives a sense of the excitement and covers all the main scores and events.

They also need a good headline that will encourage people to read the article.

Create the copy and the headline.

7. P.O.T.M. (Read pp154-168)

After the match, the four coaches and Jenny have a quick meeting to decide who will be awarded P.O.T.M. (*Player of the Match Award. Open to either team.*)

Each of them submits a name and a brief support statement. The player with the most votes wins the award.

Make a copy of their reports and the certificate that was awarded.