

# We Can Do It!

Poems about the Olympic Values  
created by young people from  
Beaucroft School, Dorset, as a result of  
poetry sessions led by  
Tony Horitz and Gill Horitz,  
State of Play Arts

A **Winning Words** Poetry and Film project  
produced by Departure Arts

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## **RESPECT**

Believe In Yourself

I'm listening to your poems.  
I pick them off the floor.  
You put in courage  
and make someone happy.

Put a smile on your face.  
Take a deep breath.  
I want to hear  
you read your poems.

When you're down the lights go red.  
When you're up the lights slowly change  
amber to green.

Raring to go.  
Vroom, vroom.  
Like Formula one.  
He's lit up! Green for go!

Believe in yourself.  
You're good,  
you're very, very good.

He's a happy blue,  
like sky, bringing back memories  
of his family and pets,  
or that good time sitting in your Ferrari  
at the traffic lights.

***Ryan, Nathan, Jamie, Jordan***

## **DETERMINATION**

Try To Be The Best

It's winning together,  
team work and courage.

We've got mates!  
Nothing's going to stop us now!

It's like lightening.  
Like God saying something to you.

Try to be the best!

***Aden, Andrew, Will, Dave***

## **DETERMINATION**

In Order To Thrive

When I go for a jog  
I end up walking.  
All the fibres of my body  
tell me to do better.  
So I must do better.

That's like me -  
I must work harder.

I'm strong.  
I must work better,  
I mustn't be late.

In order to thrive  
we must be strong.  
We much be strong together.

***Holly, Jamie, Peter***

## **DETERMINATION**

Team work is  
doing our stretches,  
pushing and lifting  
and pulling together  
like pulling  
a monster truck  
out of the mud

It's getting something back  
and trying to be the best.

We can do it!  
We can win!  
We can! We can!  
We can, we can, we can.

***Daniel, Aidan, Star***

## **RESPECT**

It's getting a medal.  
It's winning a fight.

It's like the British flag  
or the Statue of Liberty.

It's someone thinking,  
'It feels good to have respect.'

It feels blue like sea  
and green as grass,  
natural and warming.  
like trees.

I just won  
and feel amazed  
and amazing, like a fast  
slick modern Ferrari.

***Whole group***

## **Courage**

Courage is skiing  
over the edge of jumps.  
It's standing up for himself.

Courage pushes you  
to do good stuff  
you've never done before.  
"I tried to get my cat from the tree."

It's sticking up for someone  
It's stopping a fight.

"Leave him alone."  
"Get off my boyfriend."

## ***Group 1***