

What do you think this quote means?

How could you apply it to physical activity or sport?



Paula Radcliffe



Paula Radcliffe held the world record for the women's fastest marathon (26.3 miles) for 16 years from 2003 to 2019 when it was broken by Brigid Kosgei.

It isn't always about winning, it is about having the right attitude, determination and passion to want to improve.

At 13 years old, Paula Radcliffe finished 239th out of 655 in a county championship. She went on to become the womens record holder for the marathon.



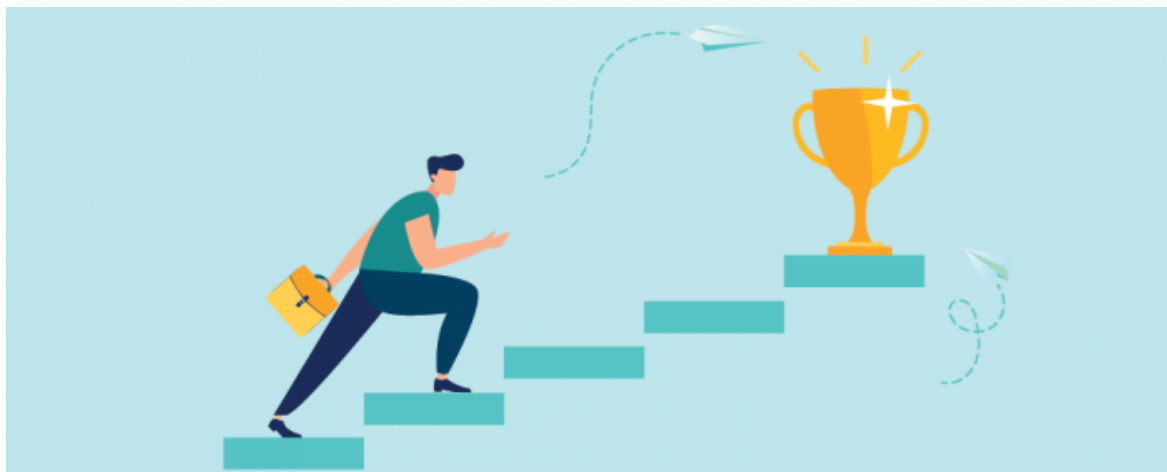
'If we don't aim high, we will never know what we are actually capable of' Paula Radcliffe.

'Give it your best shot everyday, step back and check that you're happy and proud'.

How could you apply these to your daily lives?



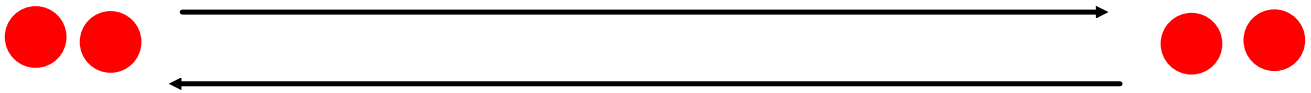
This week you're going to work as a team to set realistic goals and small stepping stones to improve as team day by day. You'll be amazed at the progress you can make in just one week, when you work as a team.



As you're working from home, can you set yourself a personal challenge to work on daily?

It may be balancing for a period of time, holding the plank, a football or tennis skill etc?

Option A- Team relay

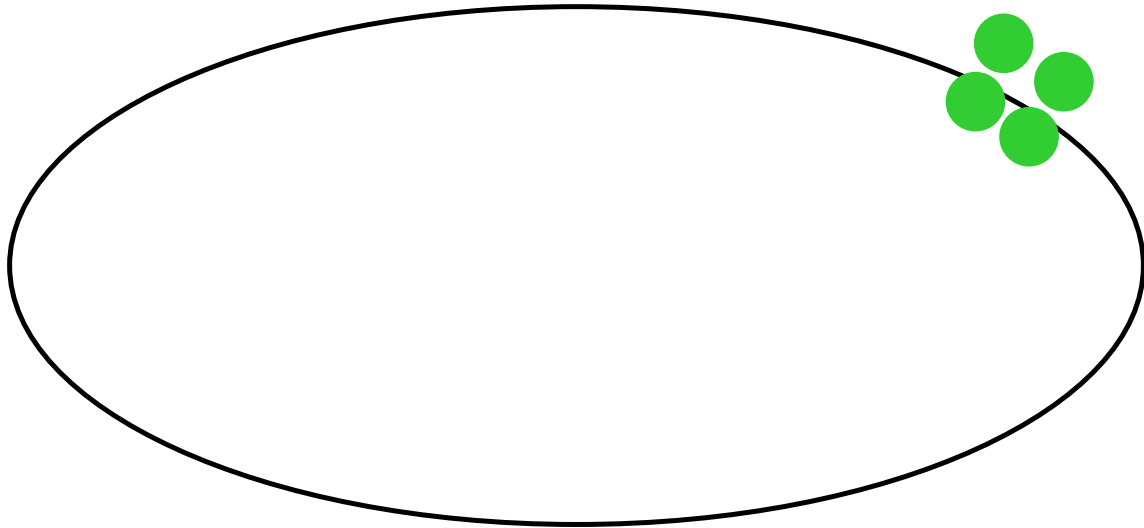


Put children into small groups (possibly 4). Children to run a relay (not a race as need to pace themselves) across the field width ways for a set amount of time. Oceania class are going to do 5 minutes on day 1.

Afterwards the team discuss how they did and set a new goal for the next day, could this be 7 minutes or did they find it too easy and could do 10 minutes?

Repeat the next day with a new team goal until the end of the week. The team should notice their stamina building and feel a sense of success.

Option B- Team long distance



Same set up as before with setting a time to keep running for but this time the children run as a group around a course and keep going by encouraging each other and setting a group pace.