

# WHAT AN EXAMPLE!



## LEARNING OBJECTIVES:

To be able to learn determination from the examples set by others.

### Script:

“Think about a time in a PE. lesson or sports event when you had to keep going/be determined. Share your ideas with a partner. How did you feel? Who helped you? Did you succeed? How did you feel afterwards?”

In today’s lesson, we are going to find out about someone who refused to give up, even though many people told her that she would never succeed because of her disabilities.”

### Suggested Resources:

Photocopiable sheet - Determination Storyboard Template.

## Character Coaching

### Guidance:

How can we learn from Wilma’s example?

### Meaningful Praise:

Well done. You were able to identify the thoughts and feelings a person needs to be successful.

**Book** – *Wilma Unlimited: How Wilma Rudolph Became the World’s Fastest Woman.* [https://youtu.be/Uhu\\_wuYsmcA](https://youtu.be/Uhu_wuYsmcA) [available 03/15]

### Suggested Activities:

Read the story through with the children/watch the story being retold using the above link. Discuss with the children the qualities shown by Wilma. What made her determined to succeed? Children should then complete the storyboards to show the main events of the story and state what Wilma thought and felt at each stage.

### Plenary:

Create a key words display for the thoughts and feelings needed to be determined and succeed.

### Correction:

You need to remember how important it is to encourage others to use their determination when they find something difficult.

