

Title: Finish Line

Word of the week:

“Do you not know that in a race all the runners run, but only one receives the prize? So run the race that you may obtain it... So I do not run aimlessly; I do not box as one beating the air.”

1. Thought of the day:

Finishing well is the sum of small efforts, repeated day in and day out.

Activity: (Media Presentation)

Have a look at Mo Farah’s Training Schedule:



2. Thought of the day:

A kingdom divided against itself cannot stand.

Activity: (Pen and Paper Exercise)

Compare and Contrast the Welsh football team and the other football teams in the Euros 2016.

1. How did Wales demonstrate that teamwork is better than individual efforts?
2. Which teams stood out in the 2016 Euros?
3. What common goal do we have for this year?

3. Thought of the day:

“Life is an adventure that is best lived boldly.”

- Bear Grylls

Activity: (Pen and Paper Exercise)

Do you agree with the Thought of the Day?

1. How does this thought challenge our comfort zones?
2. Take time to think of one thing you can do to challenge yourself.