



Look at the resource below, which shares an example of what a professional sportsperson's timetable might look like.

Time	Activity
5.00am	Get up, get dressed and grab a quick snack.
5.30am	Go to the gym to complete special workouts that are designed to improve performance such as strength, stamina, speed, endurance.
7.30am	Breakfast. A meal that is designed specifically to help replenish energy (carbohydrates) and help recover and repair muscles (proteins).
9.30am	Head to the court, pitch or pool to take part in training designed specifically for the sport, which is led by a coach or team of coaches.
12.00pm	Lunch. Another meal designed to refuel the body.
1.00pm	A rest.
3.00pm	Head back to the court, pitch or pool for more training.
5.00pm	Back home for an evening meal, which includes foods to refuel, recover and repair muscles and plenty of vegetables loaded with nutrients. After the evening meal, there is usually a few hours to relax.
8.00pm	Go to bed.

Each day is dedicated toward a vigorous amount of training and when not training, it's important to maximize recovery for the next workout...Having a detailed schedule to follow makes maximizing each day easier. Rather than thinking about what needs to happen in an allotted time, one can just execute the training or recovery that needs to take place.

Roy-Allan Burch
Two-time Olympic swimmer
(2008, 2012)



How does your typical day compare with a professional sportsperson's?



Look at the resource below, which highlights some of the achievements of four professional tennis players.

Esther Vergeer is a former professional wheelchair tennis player. The Dutchwoman won 470 successive matches between 2003 and her retirement in 2013. She finished her career with 44 Grand Slam titles across singles and doubles and seven Paralympic gold medals.

Esther also played wheelchair basketball and was part of the Dutch national team that won the European Championship in 1997.



Source:
@Letsgofitness2 Twitter

Venus Williams is the older sister of Serena Williams. Venus has won seven Grand Slam singles titles, five at Wimbledon and two at the US Open. As teammates and as competitors, the sisters have both credited each other with pushing one another. Together, they have won 14 Grand Slam doubles titles and have competed against each other many times, including at the finals of eight Grand Slam tournaments.



Source:
Sascha Wenninger Flickr



Source:
Carine06 Flickr

Serbian professional tennis player, Novak Djokovic boasts 21 Grand Slam singles titles, second only to Rafael Nadal, who has 22. He has also finished as the ATP (Association of Tennis Professionals) year-end No. 1 a record of seven times. Djokovic has earned more prize money on the ATP World Tour than any other player and is the highest-earning tennis player in history.



Source:
robbiesaurus Flickr

American, Billie Jean King holds 39 Grand Slam titles: 12 singles titles, 16 women's doubles titles, and 11 mixed doubles titles and was at the height of her professional career between 1966 and 1975. King is described as being a long-time champion for gender equality and social justice.

In 1973, she accepted a challenge from Bobby Riggs, who was 55 years old and had been a top men's player in the 1930s and 40s. Riggs claimed the women's game was so inferior to the men's game that even someone as old as he, could beat the current top female players. 90 million viewers watched Billie Jean King beat Bobby Riggs in straight sets.

Do you think each of these professional tennis players are successful? Why?

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Should we all aim to be the best?

For over 20 years, Serena Williams and Roger Federer have dominated tennis tournaments all over the world. Between them, they have won 43 Grand Slam titles. In a five-week span, both players announced their retirement. Williams announced on Vogue magazine's website that she would retire after this year's U.S. Open, saying that at her age, "something's got to give." Federer's announcement followed after. He said his body's "message to me lately has been clear" and noted that his final competition would be the Laver Cup in London.



- Look at this week's poster image. Does anyone recognise who is on the poster? Explain that it is tennis players Serena Williams and Roger Federer, who have both recently announced their retirement from the sport.
- Read through the information found on the assembly resource and share your thoughts about the announcements that the two tennis players gave. Do you think it was an easy decision for either of the players to make?
- Watch this week's useful video, which shows Roger Federer speaking about his and Serena Williams' retirements. Do you think they will have had to make a lot of sacrifices to achieve all that they have?
- Both Serena and Roger were at the top of their sport for a long time. What do you think are the positives and negatives of being 'the best'?
- Talk about the difference between trying our best and being the best. Which do we have control over? Which do we think is more important, why?
- Think of some things that you are good at; do you still need to try to be good at them? Do you think it's also important to try our best with things we're not as good at?

Reflection

In life, there will be some things we will be good at and other things that may not come easily to us. It's important to remember to try our best and support those around us too!

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KS1 focus

What is a typical day like for a professional sportsperson?



- Write 'typical day' on the board. What do you think it means? Can you describe your typical day? Consider what time you usually get up, go to school, have lunch and what you usually do after school.
- Think about a professional sportsperson. Do you know anybody who is a professional sportsperson? What do you think a typical day might look like for them?
- Explain that a professional sportsperson is someone who spends most of their time and energy in their chosen sport so that they can make it their career or job and be paid for competing.
- Look at resource 1, which shares an example of what a professional sportsperson's timetable might look like. How does your typical day compare with a professional sportsperson's?
- Discuss what you like or dislike about the typical day of a professional athlete. Do you think you could follow a timetable like this? Do you think it would be easy or hard to stick to? Why?
- Read the comment by two-time Olympic swimmer, Roy-Allan Burch. He thinks having a detailed schedule or timetable is important to get the most out of the day. Do you agree? Do you like having a timetable?

Reflection

A typical day for a professional sportsperson usually involves an early start, scheduled training and carefully planned meals. Being committed to their timetable helps them become the best they can be.

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KS2 focus

Who are some of the most successful tennis players of all time?



- Can you name any successful tennis players? Record a list as a class. Do you recognise all the names?
- What do you think makes a tennis player successful? E.g., winning titles, achieving fame or wealth, inspiring and empowering others. Do you think everyone will view the same tennis players as being the most successful? Why?
- Look at resource 2, which highlights some information about four professional tennis players. For each, discuss whether you think they are successful and why. Who do you think is/was the most successful?
- Sisters, Venus and Serena Williams competed with and against each other. If you were competing with and against your sibling or other family member, do you think it would add to your success?
- Each of the tennis players on resource 2 could be described as having successful careers. What do you think it takes to be a successful tennis player? Resilience, confidence, respect, hard work, talent, dedication? Make a list. Looking at the list, do you think these are skills we need to be successful in our lives? Why?
- Think about what you would like to achieve today, next week, this academic year, the future. What will you do to ensure you succeed?

Reflection

Being successful can be subjective (based on personal opinions and feelings). We can all set our own goals and targets and aim to achieve our own success.

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KS2 follow-up ideas

Option 1

Write a letter to either Serena Williams or Roger Federer to congratulate them on their tennis career and find out about their plans for the future. The following questions may help you plan your work:

- Why are you writing to them?
- What about their tennis career inspires you?
- Is there anything you want to know about being a professional tennis player?
- Do you have any suggestions about what they might do in the future?

Option 2

A doubles tennis court is 78ft (23.8m) by 36ft (11m) and a singles tennis court is 78ft (23.8m) by 27ft (8.2m).

- Can you work out the area and perimeter of both a doubles and singles tennis court in feet?

Feet are from the imperial unit system, which is a traditional system used to measure length. The metric unit system is often used now (mm, cm, m, km).

- Challenge - can you work out the area and perimeter of both a doubles and singles court in metres?



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KS1 follow-up ideas

Option 1

Look at the timetable found on resource 1.

- What might a professional athlete be doing at 5.00am? What are you usually doing at this time?
- What time might a professional athlete have their lunch? What time do you eat your lunch?
- What time do you usually get up/go to bed? Is this before or after a professional athlete?

Use pictures, words, and sentences to create your own daily timetable, making sure you sequence the events in order.

Option 2

Use this opportunity to practise some of your tennis skills! You could take part in the following challenges designed to develop hand-eye coordination:

- Hold your tennis racket like a frying pan and put a tennis ball on it. Can you walk around making, sure the tennis ball doesn't fall off?
- Can you now carefully bounce your tennis ball on your racket (still held like a frying pan)? How many bounces can you do? Challenge – can you twist the racquet 180° between bounces?
- Can you use your tennis racket to bounce the ball on the ground? How many bounces can you do? Can you move around whilst doing this?
- Can you hit the ball to a partner? Can they hit it back?

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This week's useful websites

This week's news story

www.npr.org/2022/09/19/1123726355/tennis-serena-williams-roger-federer

This week's useful video

Federer speaks about his and Williams' retirement
<https://bit.ly/3fllDen>

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

Announcement

A statement made to the public or to the media. Federer's **announcement** followed after.

Decision

A choice that's made about something after considering several possibilities. Do you think it was an easy **decision** for either of the players to make?

Dominated

To be the most important or conspicuous (very noticeable) person. For over 20 years, Serena Williams and Roger Federer have **dominated** tennis tournaments all over the world.

Grand Slam

One of the four major tennis tournaments (Australian Open, French Open, Wimbledon, US Open). Between them, they have won 43 **Grand Slam** titles.

Retirement

The action or fact of ceasing to play a sport competitively. In a five-week span, both players announced their **retirement**.

Sacrifices

To give up something for something else considered more important. Do you think they will have had to make a lot of **sacrifices** to achieve all that they have?