

MORNING ASSEMBLY · GRADES 2–6

# Morning Assembly

Week 5 — Sport that inspires

## Page 1 — This week's athlete

<b>Who</b>	(Athlete in the news this week — recent winner, record-breaker, or someone overcoming odds)
<b>Sport</b>	(Their sport)
<b>Achievement</b>	(What just happened)
<b>Teacher script</b>	Use BBC Sport or your local paper. Look for the human story behind the headline — the years of training, the setbacks, the comeback.

## Page 2 — What the headlines miss

<p><b>Years of practice</b></p> <p>Most pro athletes train 5+ hours a day, 6 days a week, for 10+ years before they 'make it'. The 'overnight success' story almost always took a decade.</p>	<p><b>Setbacks and injuries</b></p> <p>Almost every elite athlete has been through serious injury or rejection. Michael Jordan was cut from his school basketball team. JK Rowling was rejected by 12 publishers. Setbacks are part of the path.</p>
<p><b>It's not just talent</b></p> <p>Researchers studying elite performers find that hard work, good coaching, and the right environment matter more than raw talent. Talent gets you started; effort gets you to the top.</p>	

## Page 3 — Discuss



1. What's something you're working hard at right now? What's the hardest part?
2. Have you ever wanted to give up on something? What kept you going (or didn't)?
3. Is it more important to be talented, or to work hard? Or both?

**Page 4 — Set a small goal**

Pick something you'd like to get better at this week. Write down ONE small step you'll take TODAY. Check back at the end of the week.

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