

**What's happening
in the news this week?**



Let's have a look at this week's poster!

1st - 7th July 2024



What does it take to be an Olympian or Paralympian?





Mutual Respect and Tolerance

The Games in Paris will bring people together from all over the world. We understand that we are all different in lots of ways, and everyone deserves to be treated with respect.



Let's look at this week's story

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Learn more about this week's story [here](#).
Watch this week's useful video [here](#).
This week's Virtual Picture News [here](#).



How does it make me feel?



sad

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

embarrassed

ashamed
awkward
chagrined
demeaned
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

This week's story looks at events related to ...





Read the information below, all about Stef Reid MBE, and her Paralympic journey.

Paralympian Stef Reid's story

Stef was born in New Zealand to a Scottish father and English mother, grew up in Toronto, Canada, and settled in the UK in 2010. Stef's talent and passion for sport were spotted early, and aged 12, she was already dreaming of playing rugby on the world stage. But at 15, Stef was involved in a boating accident. Her life was saved, but her right foot was amputated.

Stef Reid continued her love of sport following her accident, and became a British Paralympic long jumper and sprinter.

She is a World Champion, four-time Paralympian, triple Paralympic medallist, and five-time world record holder.

Stef has a degree in biochemistry, and her adventures off the track include acting and modelling (including being the first amputee to walk the London Fashion Week catwalk!).

Stef starred in the 2022 series of Dancing On Ice, making it to the quarter finals, and showing the world you can learn to skate with an artificial foot.

Taken from www.stefreid.com.



Pictured: Stef Reid representing GB in the previous Paralympics.
Source: Stef Reid.

What has Paralympian Stef Reid achieved?

- 2021** Tokyo Paralympic 4th Long Jump
- 2018** European T64 Bronze Long Jump
- 2017** World Champion T44 Long Jump
- 2016** Paralympic Silver Medallist T44 Long Jump
- 2014** T44 European Long Jump Champion
- 2012** Paralympic Silver Medallist T44 Long Jump
- 2011** World Bronze Medallist T44/46 Long Jump
- 2011** World Bronze Medallist T44 200m
- 2008** Paralympic Bronze Medallist T44 200m
- 2006** World Championship 6th Long Jump



Talk about some of the obstacles she encountered and overcame.



Look at the resource below, which shares some information about some of the sports that will appear at the Olympic and Paralympic Games.



Taekwondo

A form of martial arts, which originates from Korea. The aim of the sport is for an athlete to kick and punch their opponent, without being struck themselves.



Boccia

Pronounced botch-uh. Similar to the game of pétanque, athletes play individually, in pairs or as a team of three. The aim is for athletes to get their coloured ball closest to the white ball, called the jack.



Beach volleyball

Played by two teams of two players. Unlike traditional volleyball, beach volleyball is played on a sandy outdoor court, meaning players must cope with a variety of weather conditions.

Artistic swimming

Combines water acrobatics with music. The sport has two events: a team and a duet competition.



Wheelchair tennis

Similar to tennis in all ways bar two main differences: athletes use specially designed wheelchairs and the ball is allowed to bounce twice before returning.



Look at the resource below, which shares some information about Paris 2024.

The official Paris 2024 Olympic Games slogan is 'Ouvrons Grand Les Jeux', which translates as 'Games Wide Open'.

Paris 2024 intends to make society more inclusive. The official Olympics website states, 'The Games will help accelerate the changes needed to ensure that everyone enjoys the same rights, access and opportunities.'

Women took part in the Olympics for the first time in the 1900 Paris Olympic Games. There were 22. In 2024, there will be 5,250 – 50% of the athletes. For the first time in history, the same number of men and women are participating in the Games.

The Paralympic Games were first held in 1960. Paris 2024, will host the biggest Paralympics in history with 549 events and 3.4 million tickets on sale.

This year's Olympic Games will feature some of the world's most famous landmarks, including the Eiffel Tower, the Alexandre III bridge, and the Palace of Versailles.

Each Games medal is embellished with an original piece of the Eiffel Tower!



Paris 2024 aims to instil sporting values in children. It states, 'Sport can be many things – a profession, a passion, a hobby, even a vehicle for learning—but above all else, it is a way of communicating and sharing; a way of learning techniques or tactics, of course, but also a space to agree on a common set of rules, where we form a team in which anyone can earn their spot, where you can learn as much from a defeat as a victory.'



Paris 2024 is committed to providing a more environmentally responsible and sustainable Games, with a carbon footprint that is half of the previous Games.



What can you learn about history culture, sport, values and inclusivity from Paris 2024?



What does it take to be an Olympian or Paralympian?



Reflection



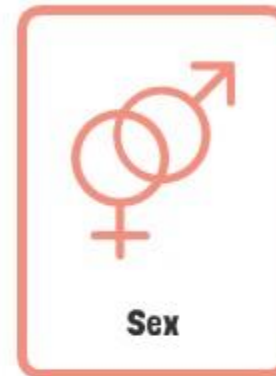
Winning and losing is a part of life. The athletes competing in the Paralympic and Olympic Games will all have been on their own journey, facing and overcoming many challenges along the way.



Protected Characteristics



On the world stage of the Olympics and Paralympics, we can celebrate people from all different cultures and continents. We can learn from our differences.





UN Rights of the Child



The Olympic and Paralympic Games are incredible opportunities for people to come together from all over the world. We all have rights that must be respected, no matter who we are or where we come from.



Useful vocabulary



Accolade

An award or privilege granted as a special honour or expression of praise or admiration.

For many athletes, these Games are the peak of their sport, with a gold medal as the highest **accolade**.

Amputated

Part of the body cut off.

Her life was saved but her right foot was **amputated**.

Encountered

Unexpectedly be faced with or experience something difficult.

Discuss some of the obstacles she **encountered** and overcame.

Peak

The point of highest achievement.

For many athletes, these Games are the **peak** of their sport, with a gold medal as the highest accolade.

Podium

A raised area on which a person stands to receive a prize in a sports competition.

The Games will see the world's greatest athletes come together in France's capital city to compete for their place at the top of the **podium**.

Setback

Something that happens that delays or reverses progress.

Can you think of a time you have had a **setback** or failure when you were trying to achieve a goal?

Can you use them in your writing this week?

Picture News



What does it take to be an Olympian or Paralympian?

This summer, the 2024 Olympics, held in Paris, will run from 26th July to 11th August, and the Paralympics will take place from 28th August to 8th September. The Games will see the world's greatest athletes come together in France's capital city to compete for their place at the top of the podium. For many athletes, these Games are the peak of their sport, with a gold medal as the highest accolade. The competitors are likely to have spent months and years training for numerous hours per day to prepare.



- Look at this week's poster and share what you think this week's story could be about.
- The 2024 Olympic and Paralympic Games will be held in Paris in July, August, and September. What do you know about the Games already? Do you know some of the sports that will be part of them?
- Will you be watching any of the coverage of the events? Which sports do you like and enjoy watching?
- Read this week's resource about Stef Reid and her Paralympic journey. Then, discuss some of the obstacles she encountered and overcame.
- Watch this week's useful video, which shows different athletes rising after facing difficulties. Talk about the courage it must take to continue in that moment. How do you imagine you might react?
- Can you think of a time you have had a setback or failure when you were trying to achieve a goal?

Reflection

Winning and losing is a part of life. The athletes competing in the Paralympic and Olympic Games will all have been on their own journey, facing and overcoming many challenges along the way.

Picture News



KS1 focus

What are some of the sports we'll see at the 2024 Olympics and Paralympics?



- Can you make a class list of all the sports you know? Think to yourself, discuss with a partner and then work as a class to add your ideas to your class list. How many did you think of?
- Which of these sports do you think will appear at the Olympics and Paralympics?
- At Paris 2024, the Olympics will showcase 32 sports and 22 sports will appear at the Paralympics. The Paralympic sports often mirror Olympic ones, this year there are two sports unique to the Paralympics: boccia and goalball.
- Look at resource 1, which shares some information about the sports that will appear at the Games. Are there any that you have played before? Did you have all these sports on your list? Which were missing?
- Which sports do you enjoy? Do you prefer playing or spectating? Why?
- Talk to your classmates and look at the examples on resource 1. Are there any sports you would like to find out more about? Are there any you would like to try playing?
- Are there any sports in particular that you would like to see at either the Olympic or Paralympic Games?

Reflection

The Olympic and Paralympic Games are exciting, global events. They can introduce us to new sports or inspire us to practise and become even better at the sports we already love.

Picture News



KS2 focus

What can we learn from the Paris 2024 Games?



- The Olympics began thousands of years ago in Ancient Greece. In 1896, they were revived with the first modern Olympics, under the management of IOC, taking place in Athens. Share anything you know about the Olympic and Paralympic Games. Can you remember where the last Games were held?
- To date, the Summer Olympic Games have been hosted in 23 cities and 20 countries. Paris hosted the Olympics in 1900 and 1924 and will host again this year. Share anything you already know about the Paris 2024 Games.
- Look at resource 2, which shares some information about Paris 2024. What can you learn about history culture, sport, values and inclusivity from Paris 2024?
- Paris 2024 aims to instil sporting values in children. What values do you believe you can learn through sport? Do you have any school sporting values? How are these values reflected in other areas of your life?
- The Games intend to be inclusive. Does it surprise you to learn this is the first time in history the number of men and women competing is equal? Were you aware the first-ever Paralympics took place in 1960? How important do you think it is to learn about the history of the Games in order to promote inclusivity in the future?
- Discuss anything else you think we can learn from Paris 2024 e.g., discovering a new sport.

Reflection

Since 1896, there have been 28 Summer Olympics. There are many things we can learn from Games of the past and we will learn from Games of the future!



KS2 follow-up ideas

Option 1

Find out about some of the athletes who are competing in the Paris 2024 Games. You could use the internet to help you do this. Consider the following:

- Is there an athlete who is competing in a sport you enjoy?
- Can you find any personal information such as where they were born or live? How old they are? Their family and early life?
- What sporting achievements do they already have?
- Have they encountered any setbacks or obstacles on their journey to becoming a world-class athlete?
- Do you find them inspiring? Why?

You could use your information to write a poem, fact file or biography about the Olympian or Paralympian.

Option 2

This year's theme is 'Games Wide Open'. Produce a drawing, painting or collage to represent its meaning. Think about:

- How can you embody the Games' aim for inclusivity in your work?
- What emotions do you want to express through your art?
- What materials and resources will you need?

Consider the use of line, shape, tone and colour.



KS1 follow-up ideas

Option 1

Hold your own mini-Games at school! Pick your favourite sports, or create your own, and work in groups to plan and set up your events. You might like to think about:

- What will your sport be?
- Where will you set up your event?
- Will you need any equipment for your event?

Don't forget to hold an awards ceremony to celebrate everyone's achievement and participation!



Option 2

Design a symbol/coat of arms on a stone or rock to represent one of the sports of Paris 2024. Here are some steps to help you:

- Decide on the sport that you will create a symbol for.
- Design your symbol on paper – will you include some elements from the sport such as equipment or where the sport is played?
- Find the perfect rock for your design – will it be big, small, smooth, round?
- Recreate your symbol on your stone – will you use pens, chalks, paints or something else?



This week's useful websites

This week's news story

www.bbc.co.uk/news/world-europe-68018536

This week's useful video

Rising after a fall
www.youtube.com/watch?v=3vwSr8Lz9Nc

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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Flower Festival

In Bulgaria, the town of Kasanlak is considered the heart of the rose valley. Here, conditions are almost perfect for growing beautiful roses. The country grows thousands of roses every year, which are used to make rose oil and rose water. These go on to be used in a range of luxury products, such as skincare and perfume. Around the time of the rose harvesting, usually in early June, Kasanlak and the nearby towns and villages host a flower festival! The process of growing and harvesting roses is a long and arduous one. So, the festival is a celebration of

all the hard work that goes into cultivating these pretty flowers. The roses are very delicate so even slight changes in weather can easily ruin them. The flowers must also be picked before lunchtime to avoid the heat of the sun drying out the precious petals. Three main events make up the festival itinerary - the electing of Queen Rose, the harvesting ritual in the rose gardens and the parade along the streets of the town.



Pictured: Picking roses in the Rose Valley, Bulgaria. **Source:** Canva.

Orca Encounters!

Reports have recently highlighted an issue that orca whales seem to be attacking small boats and fishing vessels off the coasts of Spain, France, Morocco and Portugal. The whales have intentionally collided with nearly 700 boats, causing at least seven of them to sink and damaging many others. While orca are known to work in groups to hunt prey, they are rarely aggressive towards humans, so the behaviour is puzzling for experts. A team of marine biologists has been observing a pod (group) of whales and they are beginning to believe



Pictured: A pod of orca whales. **Source:** Canva.

that the orcas are, in fact, teenagers, who are just being playful. A teenage orca can measure up to 4m long and so, even a playful nudge to a boat can be quite forceful and can cause damage, even if the whales do not mean it that way. The researchers suggest staying away from areas where orcas are living, and the behaviour should subside.

Should we always be prepared for an emergency?



I want to be more prepared for risks in the future. That way, I can keep myself and my friends safe. **Sadie**

Our BIGGEST Live Assembly

Will you be joining us as we aim to create the biggest live online school assembly? There will be children taking part from classrooms and assembly halls across the country! We will be joined by special guest, Paralympian Stef Reid MBE, to learn all about the journey to become a world-class athlete, ahead of the 2024 Olympics and Paralympics, starting in Paris this month. Stef will tell us about her experiences as a sportsperson, and of previous games.



Stef is a British Paralympic long jumper and sprinter. She is a World Champion, four-time Paralympian, triple Paralympic medallist, and five-time world record holder. She has also been an actor, model, and reality TV star. Stef has lots of exciting things to tell us, and you will also be able to ask her questions!

Can you think of a question that you would like to ask Stef?

Do you have a favourite Olympic sport? Will you be watching the Paris 2024 Olympic Games?



Pictured: All about our live online assembly.
Source: Picture News on Facebook/Stef Reid.

Album made from River Plastic

Coldplay's new album is going to be their most eco-friendly album yet - made from recycled plastic collected from rivers! Coldplay, working with Ocean Cleanup, have announced that when their 10th record is released in October, the vinyl copies will each be made from nine recycled plastic bottles. The British rock band's upcoming album, Moon Music, will be a world-first for sustainable vinyl production. Coldplay are one of the best-selling music acts of all time, with over 100 million albums sold globally. This is not the first time that the band have considered their impact on the environment. They actively reduced the carbon footprint of their last tour by making changes to be more environmentally friendly, such as, using solar powered lights and sustainable aviation fuel.



Pictured: Coldplay. **Source:** Coldplay on X.

Do you think that it is important for everyone to try to recycle more and reduce waste?
Can you think of any other ways that famous and popular bands could help the environment?

Should we always be prepared for an emergency?



Yes. I think everyone should have a first aid kit and a torch in case of an accident or the power going off, so everyone can be well looked after.
Muhammad

Let us know what you think about this week's news



picture-news.co.uk/discuss



help@picture-news.co.uk



[@HelpPicture](https://twitter.com/HelpPicture)

TAKEHOME



What does it take to be an Olympian or Paralympian?



Utk Pedersen/Photo/Shutterstock

In the news this week

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Things to talk about at home ...

- > Share your knowledge of the upcoming 2024 Olympic and Paralympic Games. Ask someone at home to share their experience with you.
- > Will you be watching any of the events? Which sports do you find most interesting and why?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss

