

778

Learning Scotland



**H8DI I ≡ 'G: HDJ G8: H**

**HZXdcY·AZkZa\$ ] ^y·AZkZa**

**6j ij b c' %&**

Thursdays 03.35-03.55

BBC Radio 4 digital (terrestrial, cable, satellite)

**8] ^cV'hi dgZh'hedgj**

Programmes in this series may be purchased on CD.

Contact BBC Schools Broadcast Recordings, telephone 08701 272 272.

They are also available on demand on the BBC website for seven days post-transmission.

# Handwritten Title

Second Level/Third Level

Handwritten Subtitle

## Handwritten Section Header

Introduction	3
Programme One: Handwritten Title	4
Worksheets	6
Programme Two: Handwritten Title	10
Worksheets	12

## 8] ^cV`hi dgZh/hedgj

### I ] Z`Egd\gMb b Zh

These two programmes follow the events of two successful young athletes. Programme One takes a look at how to be a successful sportsman or sportswoman, with intensive training and a positive mental attitude.

In Programme Two the athletes think about the lengths they have to go to and sacrifices



**Duff FY**

- What must Andy's mum be thinking when she got the call from Mr Prentice?
- What do you think of the tone Mr Prentice used when he was making the phone call?
- Was he reassuring or did you think the words he used would panic Mrs Foster? What would you have said?
- When Andy was in the pool the words 'be your best... beat your best' were going around in his head. Do you think this is a good motto?
- Why do you think people use slogans like this?
- Could you come up with another one they might use?
- Andy felt homesick. Have you ever felt homesick or lonely?
- What was it that made you feel like that?
- Was there anything you could do to make yourself feel better at all?

**6X k' Zh****Duff BY**

Ask the children to devise a . Worksheet 1 can be used here. They could be encouraged to make it a healthy Scottish menu, or left a completely free choice. You may wish to discuss the importance of healthy eating, and not just at breakfast time. You could also discuss how our body needs and burns different types of food.

**Duff c**

The children could work with a partner to think about their skill breakb

— e m M

— me. im Q Mt ul YÓ

= ZVá] n'ZVi 'c\

Working with a partner, make up a tasty menu for an athlete.

Remember, all the food should be \YU\h mh

## Menu for an Athlete

Breakfast

---

---

---

---

Lunch

---

---

---

---

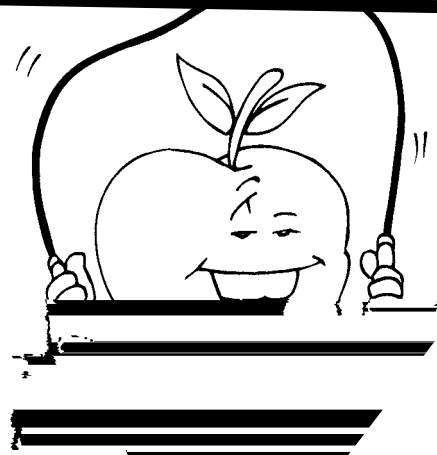
Dinner

---

---

---

---



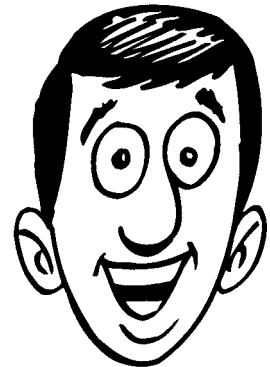


## I dcZ `VcY `ZnægZhh'dc

Think about the tone Mr Prentice used when he called Mrs Foster.

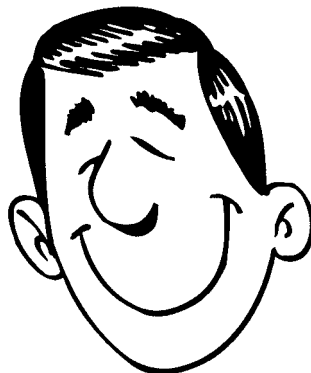


Work with a partner to try saying the same thing in different tones of voice and using different facial expressions. Try to seem happy, or sad, or angry, as you speak. What other feelings can you think of to try?



Try a very simple sentence like 'Come here'. Does the meaning seem to change with the feeling?

Now listen to some ideas from other people.

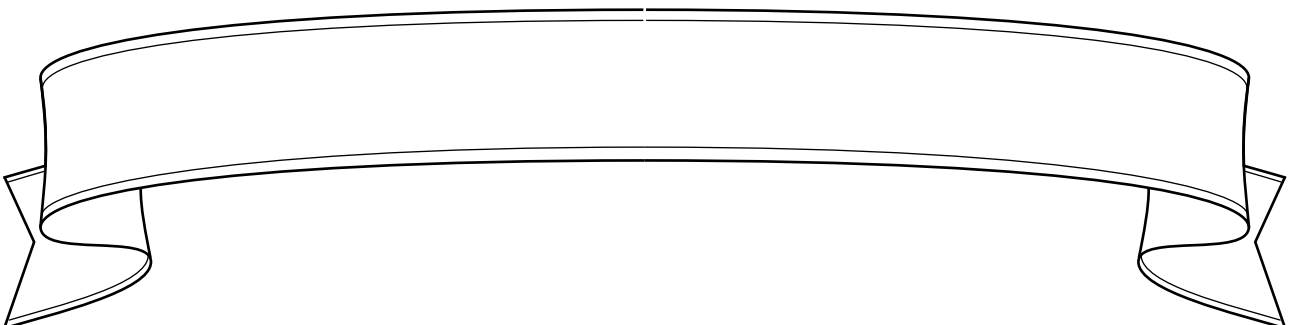


The motto of the school in the programme was

**'Be your best... beat your best'.**

Can you think of a new motto for your own school?

Add it to the banner below.





# HX] ddai dYVn! 'hX] dda'c i] Z'ij ij gZ'

Schools change all the time.

Think about what school is like today, and try to predict what it will be like in the future.

## HX] ddai dYVn

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## 

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

If you were making a time capsule to be opened in 20 years, what would you put in it? Why?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



**Duff**

- So what do you think Greg is going to do?
- What did Greg mean when he said 'The decision's mine... always the decision. Know what I mean?'
- What does it mean for an athlete 'to be in the zone'?
- Are there other groups of people who have other words for 'being in the zone', like musicians?
- Have you ever done anything and felt 'in the zone'?
- Do you think Andy's m... led etQ MfbsjthE sod(

## B Vg Zi ʔ\ i] gɔj \] 'hedgɪ

Can you think of any sportsmen or sportswomen, or teams, that are sponsored by major brands, like Coca Cola? Try to make a 'Fist of Five' listing the sports person or team, their sport and their sponsor, like the example.

Do you think this is a good way to advertise?

Can you think of brands that would be more appropriate for football?

MMM

sl



## Ed'ci hd[ 'k'ZI ' .

Lots happened between Greg and Andy in the programme. They started at a brand new, exciting school. Andy suffered two accidents, while Greg continued to have lots of success.

Greg is still in a situation where he has to make sacrifices for his career and the Director. He has to put his friends and his 'treats' to one side.

What would you do in Greg's situation? Think about the positives and the negatives. Try to imagine the opportunities, and the feeling of winning. But what would happen if you had an injury or an accident?

Name

Date

**= dl 'Y'ndj 'Zi 'dc 'i dYVn4**

Colour the traffic lights to show how well you did today.

**J cYZgh VcY'e\ 'i ] Z 'i de'X**

I didn't really understand the topic ( )

There are some things I'm not sure of ( )

I understood the topic well ( )

**L dg 'e\ 'e 'V\gdj e! 'ah Zc'e\ 'i d 'di ] Zgh'VcY'XdcigVyi 'e\**

I found this hard ( )

I helped a bit ( )

I worked well in a group ( )