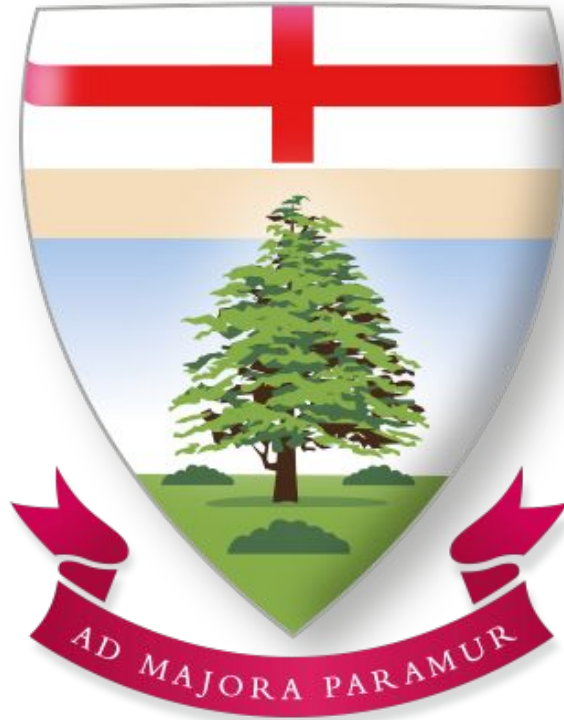


Sports Assembly





Sports Day

The importance of supporting and helping others during a competition



**How are you feeling
about sports day?**

(Take a few minutes to discuss this as a class)



What feelings came up?

- Excited?
- Nervous?
- Anxious?
- Happy?

Even professional athletes such as Mo Farah experience lots of different emotions before a competition like the Olympic games.

Athletes often talk about feeling nervous or excited and being worried they may not do their best after all the training they have done.

Sports day is not just about winning, but also about finishing well and being proud of our achievements.

Take a look at this clip.....



The clip was taken from the summer Olympics in Rio 2016 women's 5000m event.

Athletes that compete in the olympics spend years in training and are determined to give their best possible performance.

However, on this occasion, two female athletes tripped over one another. Instead of blaming each other, the two athletes helped each other up and encouraged one another to finish the race even though they were both injured and they knew they weren't going to win.

Despite injury both women wanted to finish their race well.

Although they didn't come away with a medal by demonstrating **fair play**, **sportsmanship** and **compassion** for one another during the qualifying race, the two athletes were given a place in the final and ended up being given an Olympic award.

Some of us love sport... some of us don't, however we can all try our best and we can all help, support and encourage each other as we take part. So during Sports Day let's be like those two athletes

let's...

- Not give up if we're not winning
- Cheer and support each other over the finish line
- Be proud of your achievements
- HAVE FUN!!!

Please put your hands together for our prayer

Dear God,

Thank you that we all have different abilities and talents.

Help us to be grateful for what we have.

Help us not to be jealous of others.

Help us to keep trying when we find something difficult.

Help us to encourage others.

Help us to enjoy our sports day!

Amen.

Credits...(the rest of this week still counts, so don't give up!)

Murtough - 106 credits

Kean - 126 credits

McCormack - 126 credits

Running Total

Murtough - 5 points

Kean - 8.5 points

McCormack - 10.5 points

I hope you enjoy this mornings
hymn:

Shine Jesus Shine

**Shine Jesus shine
Fill this land
With the Father's glory
Blaze Spirit blaze
Set our hearts on fire
Flow river flow
Flood the nations
With grace and mercy
Send forth Your word Lord
And let there be light**