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Never give up



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Setting the tone for this week's PSHE session is essential, please think about the key characteristics that are needed in order to get full value from our time together-

Respect

Reflection

Kindness

Self discipline

Thinking of others.

Please follow the poem with your form tutor as we consider our theme of 'Never giving up'.

I Wish You Strength Today My Friend

I wish you strength today my friend
And peace within your heart
Just know that someone thinks of you
Each morning as you start

I wish your day is trouble free
I know that you'll do fine
Just trust yourself and do your best
The sun through you will shine

So here's to thinking of my friend
Who's burdens shall be mine
I'll always help you with your load
And make you feel just fine

Bradley Lester

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Today our session is very different in style to those before. We are going to listen to part of a podcast to try and seek some inspiration, knowledge and guidance from a well-known individual.

The conversation you are about to hear is from an excellent podcast called 'High Performance'. It is hosted by Jake Humphreys, BT Sports presenter, and Professor Damian Hughes who has worked with many world class businesses, sports teams and competitors.

Remember keeping a respectable tone in your class is really important so that you or others do not miss some nice messages.



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The audio piece is long enough for two sessions and during this time please listen to the advice on-

- Planning
- Setting goals
- Attitudes
- How failure helps



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Your tutor will play 50 mins of the podcast, while you are listening, please consider the following questions-

Q- What are you doing to prepare for your life adventure?

Q- What does being noticed for the right things mean?

Q- What is your currency for life?

Q- What examples can you give of NGU?

Q- What does failing mean to you?

Q- How do you set the best example for others?

Q- Your interpretation of ***'Don't let success go to your head or failure to go to your heart'***.



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- <https://www.thehighperformancepodcast.com/podcast/beargrylls>

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