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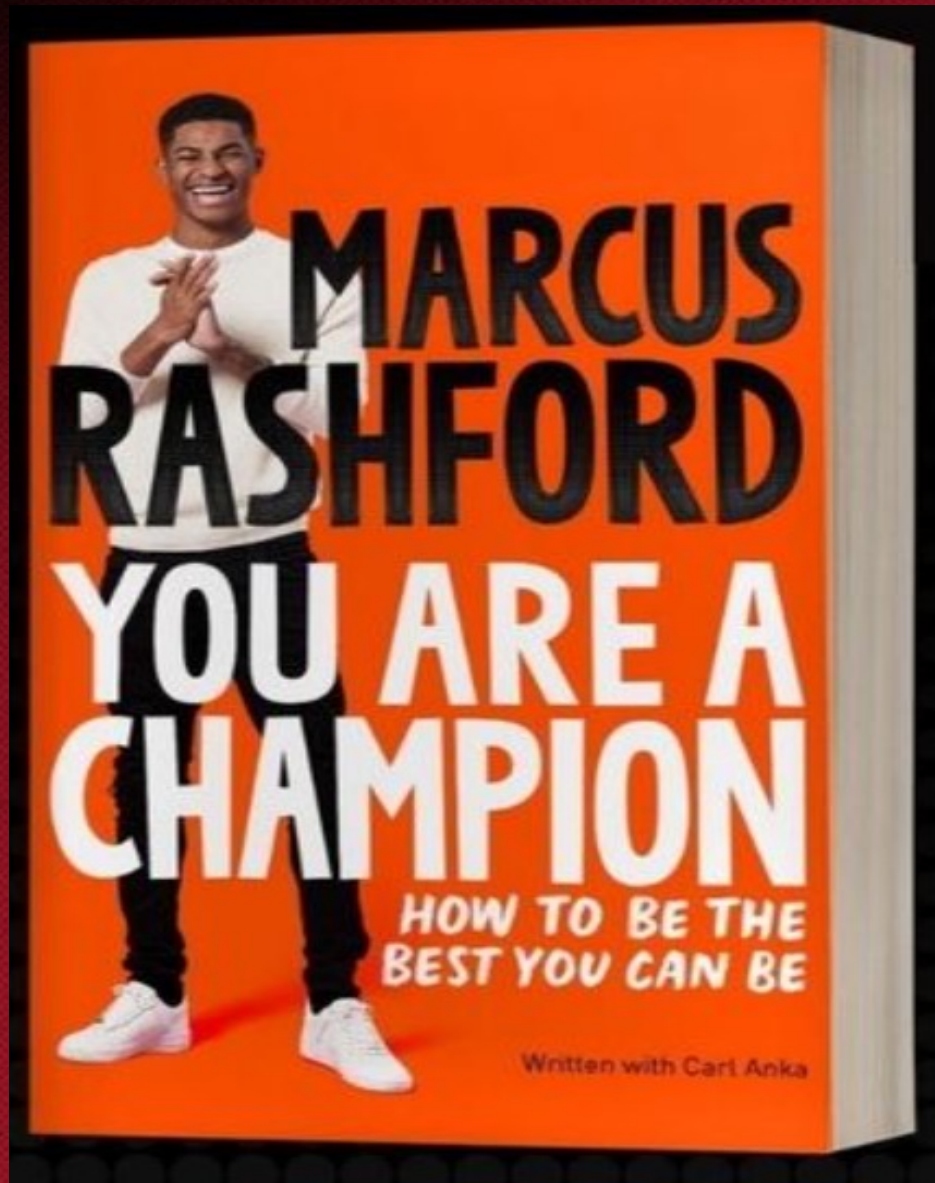
ST JOSEPH'S RC HIGH SCHOOL



You  
are a  
champion

M A R C U S  
RASHFORD  
MBE





## Prayer

God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking?

Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ.

All glory and power to him forever and ever!

Amen.

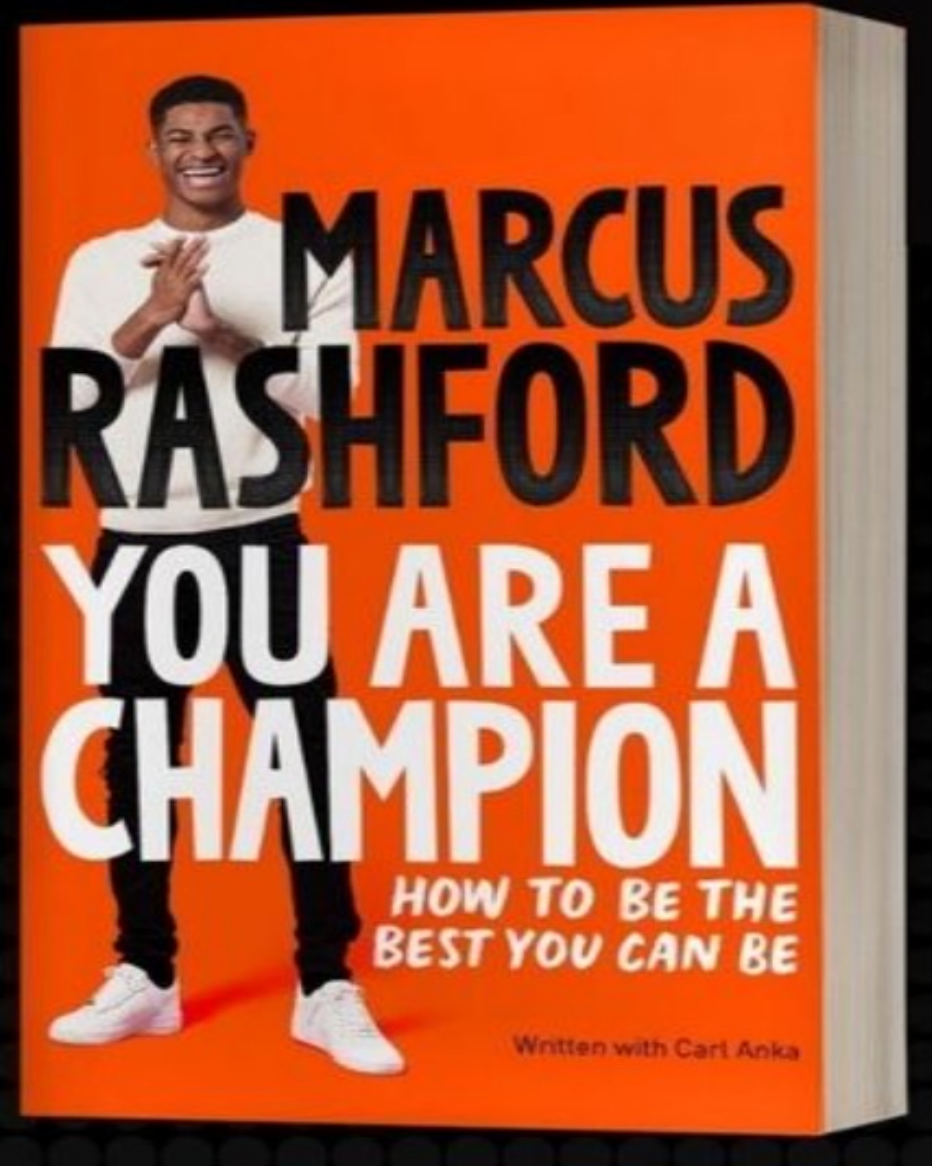
Today we will be thinking about what makes us special.

# You are a champion

Marcus has recently written a book, 'You are a champion'

Over the next two weeks, we will be sharing his advice in PSHE sessions.

Some year groups will also be looking at these ideas during other timetabled subjects by doing exciting challenges.

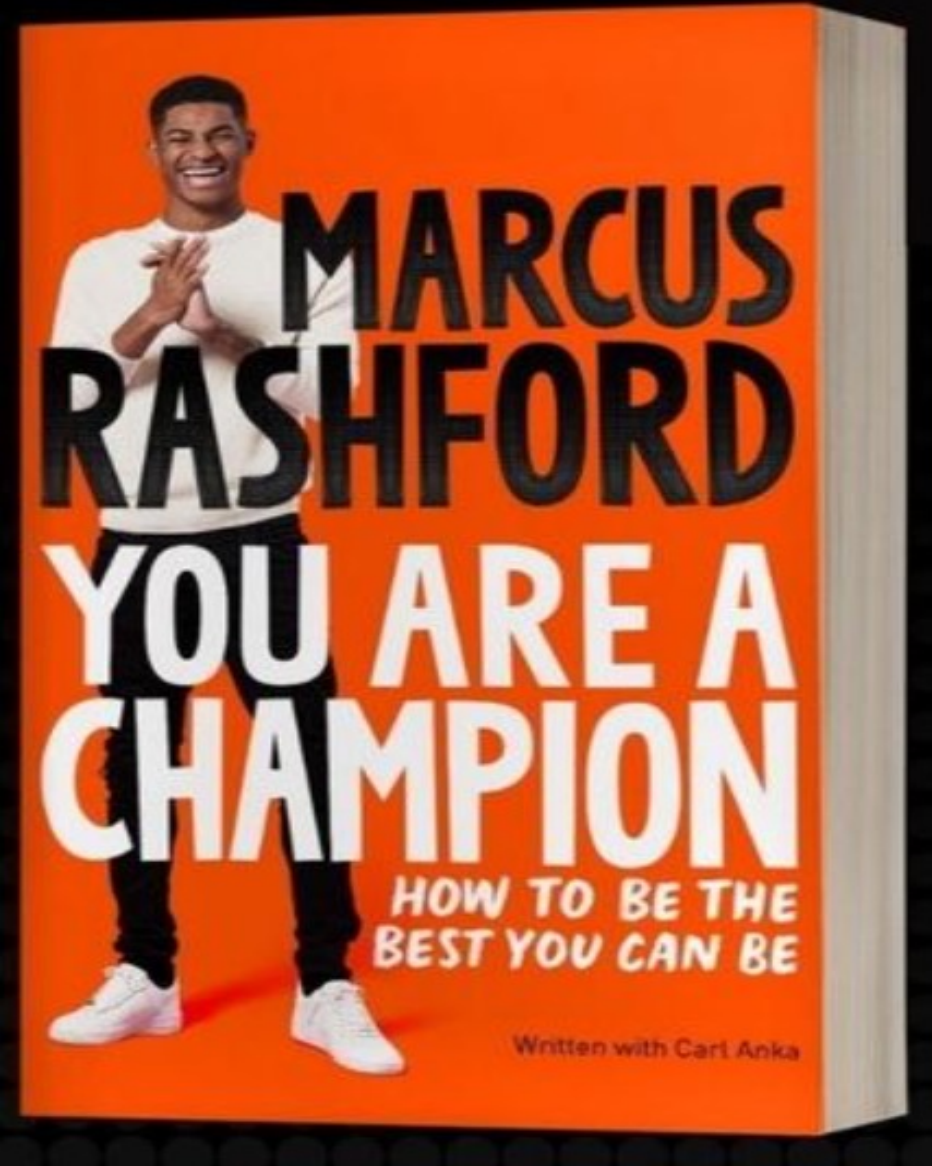


# You are a champion

Marcus dedicated his book to  
*'.....every young person who is trying  
to find their way.'*

Q – What does 'trying to find your  
way' mean?

[https://www.youtube.com/watch?v=gHuAgX5rX\\_E](https://www.youtube.com/watch?v=gHuAgX5rX_E) (first 2 minutes)



## Chapter One:

You are a champion when you are being YOU

Q – Focus on one of the sayings. Discuss your interpretation with the person next to you.

Your **time** is **limited**, so don't **waste** it living someone **else's** life.

- Steve Jobs

Goalcast

**“Be yourself; everyone else is already taken.”**

—OSCAR WILDE



"Don't chase people. Be yourself, do your own thing and work hard. The right people -the ones who really belong in your life- will come to you. And stay."

~Will Smith

“Anything is achievable.”



<https://www.youtube.com/watch?v=5CKRAJotTSY>

Marcus is proud of the work he has done to support vulnerable children. As a child, he never imagined he would achieve an MBE.

Click the link, watch the video and then talk the people nearest to you about:

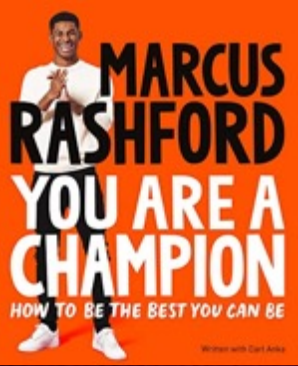
- Q – What has Marcus done?
- Q – How does Marcus inspire others?

# Marcus Rashford

You may only know Marcus Rashford as a Manchester United and England football player, but here are some other facts about him:

- He is one of five siblings.
- He was brought up by a single mum, who worked several jobs to put food on the table.
- He didn't read his first full book until he was 17.
- His mum is a practising catholic, and Marcus says he can't imagine where he would be without his faith.





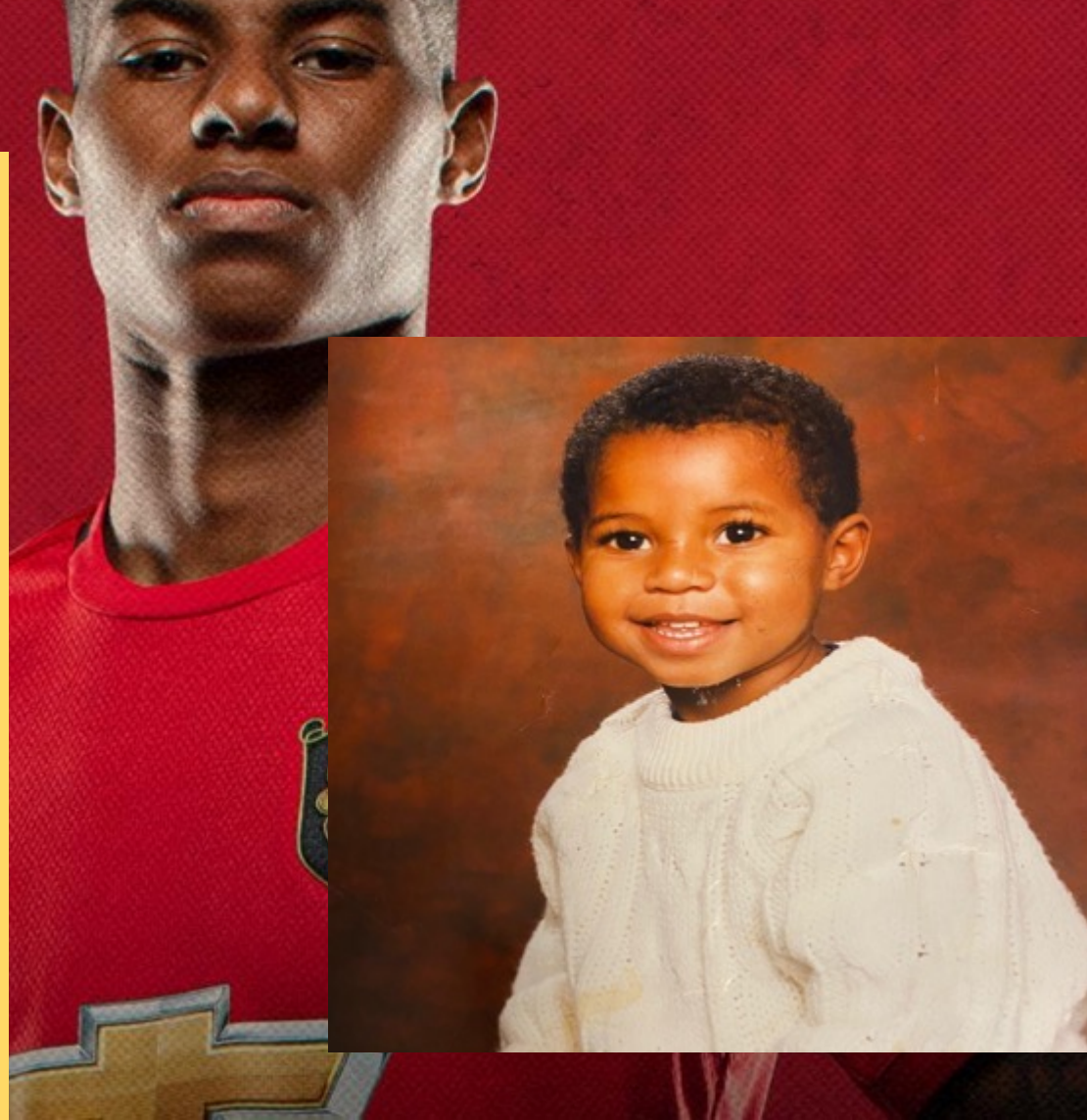
**‘You’re only in competition with yourself, so stop comparing yourself to other people’ – Marcus Rashford.**

- Marcus remembers when he was young and he wasn’t allowed to play football with his older brother:

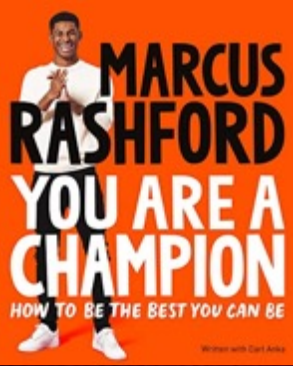
*“I wasn’t allowed because some of the kids were wearing football boots. I didn’t have any of my own, and it can be pretty painful if someone steps on you in football studs”-*

**Marcus Rashford.**

Q- Not having football boots at an early age did not stop Marcus excelling at the sport, why do you think this was?







**‘You’re only in competition with yourself, so stop comparing yourself to other people’ – Marcus Rashford.**

*“...There are going to be times in your life when you’re not going to be able to do the things you want to...It’s never a great feeling being on the side-lines and watching other people do the things you really want to do in life.” –*

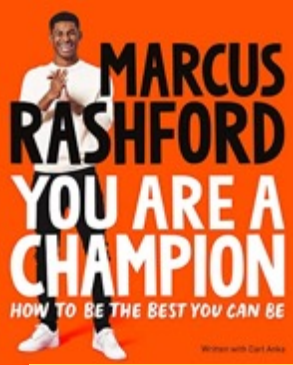
**Marcus Rashford.**

Q – Can you think of times when you felt left out?

Q- How did this make you feel?

Q – Can you think of times when you felt envious about other people’s lives?

Q- Have these experiences changed you for the better? In other words do you think you understand people’s feelings better, show more empathy or you go out of your way involve others.



**‘You’re only in competition with yourself, so stop comparing yourself to other people’ – Marcus Rashford.**

**‘Sometimes you might start to think about ways YOU could be different. It’s important to remember that you can only be the best version of yourself. YOU ARE A CHAMPION AT BEING YOU’ – Marcus Rashford.**

Think about what makes you special:

- Q – What makes you laugh?
- Q – What are your favourite foods?
- Q – Who do you care about?
- Q – What 5 things are you most proud of?



**There are over seven billion people on the planet, but NOT ONE is going to be exactly like you!**

# You are a champion

- Marcus did not have much growing up, but instead of getting upset, he used what he did have.

[https://www.youtube.com/watch?v=\\_koN3o1ojo](https://www.youtube.com/watch?v=_koN3o1ojo)

- There's so much you haven't tried yet that you're going to be amazing at, but you won't find out until the time comes.

Be positive about what you have done!  
Look forward to what is to come.

Q – What things in your life should you be grateful for?

Tell the person next to you three things that you can do now, that you couldn't do last year.



# You are a champion

Don't stress about everything!

- There are going to be times in your life when you're not going to be able to do the things you want to.
- However, wishing things were different won't change anything, and that time you spend wishing is time you could have spent changing what is actually in your control.
- Focus on what you CAN control, and let the rest be.
  - Control the controllables.

Scenario: You have an exam next week. What can you and can't you control? Write two lists as a class.

Can control	Can't control
How much you revise	What questions are on the paper
What time you go to bed/how much you sleep	Whether the exam will be hard or not
Eating as healthily as possible	How other people do in the exam
Having a positive mindset	

# You are a champion

You are **unique**: embrace it!

- Take a moment to look at your hands. Be aware of all the curves and creases.
- No one in the world has your finger prints. You are a complete one-off.
- It can be scary being you sometimes, because no one has done it before. That's how **special** you are.
- Even when big things change, that won't shift who you are. You can move house, your name might change, but you are still going to be you everyday.

Q – Name five extra things that are unique to you.

Q – Name five things that are common to us all.



IF YOU ARE ALWAYS  
TRYING TO BE  
NORMAL  
YOU WILL NEVER KNOW HOW  
AMAZING  
YOU CAN BE.

MAYA ANGELOU

Today you are

**You,**

that is truer  
than **true.**

there is no one alive

who is **Yover**  
than **You.**

-Dr. Seuss

# You are a champion

- You might think, what am I a champion at?
- You are a champion at being you! No one can do it better, you are at your most powerful when you are being you.
- Marcus talks about how he is grateful for all the skills he has, and that he always tries to improve other skills. (He's trying to be a better swimmer!)
- He talks about how his Catholic faith helps guide him in being a champion. He says:  
*"The faith we have in God is shown by the people that we are. If you could see our lives 15-20 years ago to where we are now, it's impossible not to have faith in God and all he does for us."*

Q – What 5 things are you trying to be better at? eg- guitar/spelling/maths/punctuality/patience...

EVERY  
CHAMPION  
WAS ONCE A  
CONTENDER  
THAT  
REFUSED TO  
GIVE UP

– ROCKY BALBOA



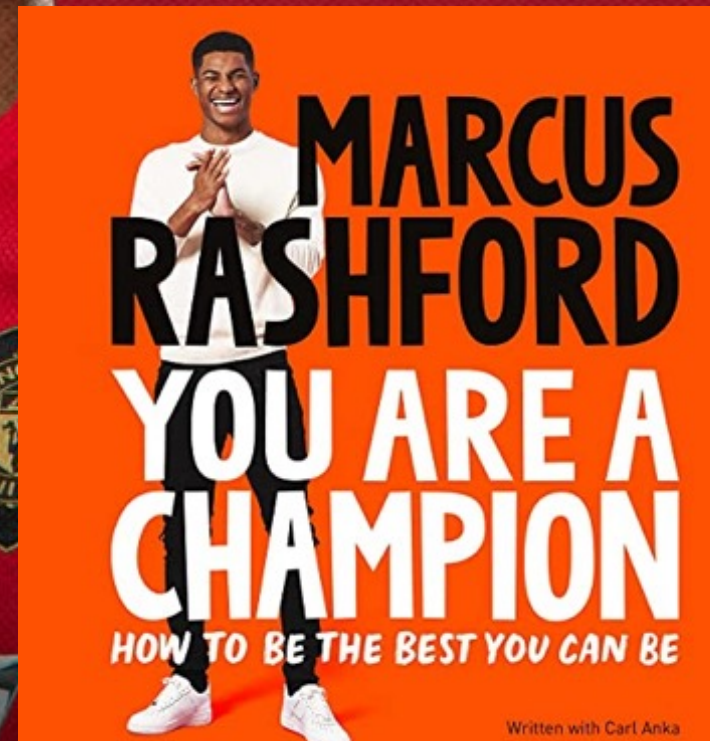
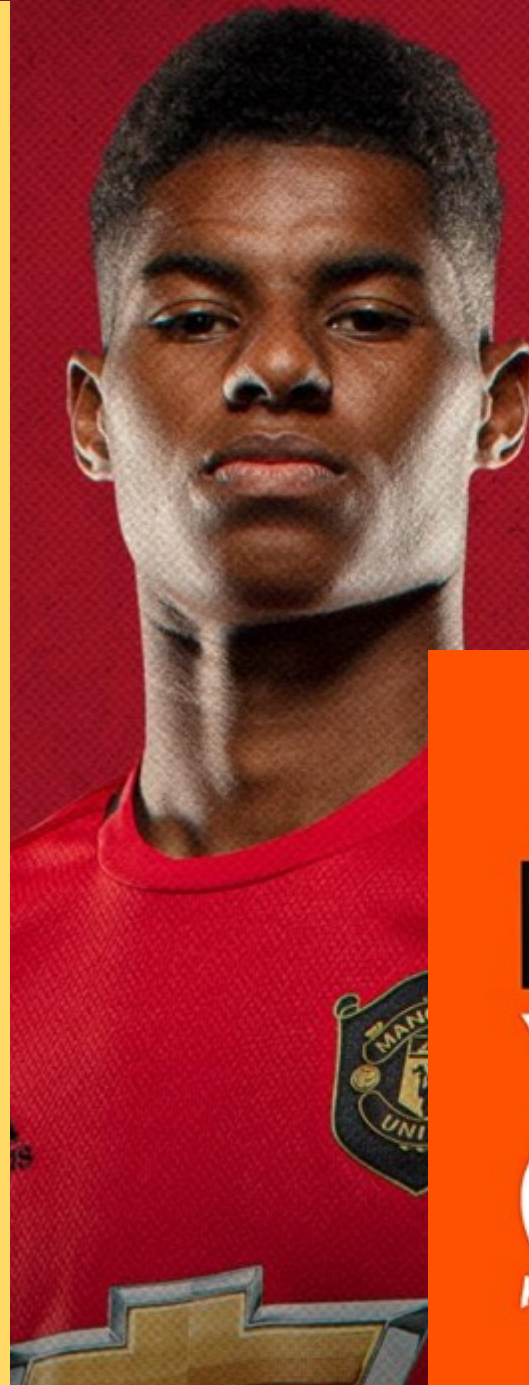
God is next to us  
guiding us through  
ups and downs.

Isaiah 64:8 Yet you, LORD, are our Father.  
We are the clay, you are the potter; we are  
all the work of your hand.

Q- Discuss what you understand by this verse. What  
does it imply about us all being unique and  
different?

Q – If Marcus were to visit school (or you were to  
meet him) what 3 questions about his book, work or  
life would you like to ask him that might have a  
positive effect on your life? Decide as a form and  
your tutor will collect them

Q – If we were to make a St Joseph's '*Champion  
Charter*' what would it look like and which simple  
messages would it include? Keep it simple and slick,  
only 5 points. Your tutor will collect them.



# You are a Champion

## Challenge 1

- How can you inspire others to be the best they can be? What personal characteristics do you think you can share with others that they would benefit from?
- Think about our Catholic virtues and gospel values.
- For example why would being compassionate, generous, loving and truthful help others?

## Challenge 1

Use your thoughts to discuss the following.

On your lunch breaks you have noticed Jamila sitting by herself and looking unhappy and lonely. What small actions could you take for Jamila to start feeling like a champion?

Is there a Jamila in your form/year group that needs your help?



# You are a Champion

## Challenge 2

Izaak seems to have a real talent in school for singing and is a naturally athletic person. He is worried about what others might think if he joins a club for inspiring boy musicians. He is also frightened of staying behind to take part in the football sessions.

## Challenge 2

Q- What do you say to Izaak?  
Q- How do you help Izaak make those first steps to being a champion?

# You are a Champion

## Challenge 3

Use each of the letters in the word CHAMPION. Think of an inspiring word or short phrase for each letter that would help people understand what being a champion means.

An example has been done for you.

Decide as a class what yours is going to be. Your form tutor will capture a final draft and put it up in your room as a daily reminder.

## Challenge 3

Choice

Help

Adapt

Mental

Physical

Inspire

Opportunities

Not on your own

# You are a Champion

## Challenge 4

Please revisit your Champions Charter.

If we were to make a St Joseph's 'Champion Charter' what would it look like and which simple messages would it include? Keep it simple and slick, 5-10 points. Your tutor will collect them.

## Challenge 4

We would like to send Marcus your ideas regarding what a Champions Charter looks like.

Once you have decided what is in yours, elect someone to turn these ideas into your unique, eye catching poster.

We will collect these before Christmas.