

What's happening in the news this week?



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

23rd - 29th March 2026



**What makes
someone a
champion?**

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



What makes someone a champion?



Athletes from around the world have been competing in the Winter Paralympic Games in Italy. The Paralympics are an international sporting event for athletes with disabilities. Competitors take part in events such as skiing, snowboarding, wheelchair curling and ice hockey. Many athletes train for years to compete at this level. Some have overcome injuries or health challenges, while others were born with disabilities. Using specialised equipment and incredible determination, they compete for medals.

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



Do you have an emotional response you would like to share?



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
discomposed
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted



Questions

- > Think about this week's story and share any initial thoughts or ideas. Think about a goal you would like to achieve. To reach your goal, do you need a physical tool (e.g., a laptop or a football) or a new skill (e.g., learning to code or practising your footwork)?
- > What is one thing you could do every day to help you achieve your goal? How might this help?
- > Has anyone already achieved this goal? If so, who? What question would you like to ask them about how they started?





- Why is it helpful to have goals or things we hope to achieve?
- Is it realistic for everyone to achieve their goals? Does it matter if you don't achieve a goal?
- What impact might it have on a person if they are told their goal is unachievable?
- How can we make sure everyone, no matter their background or ability, has the same chance to set and reach their goals?





Vital statistics

According to the International Paralympic Committee, Milano Cortina 2026 was the biggest Paralympic Winter Games in history, with the highest number of National Paralympic Committees and Paralympic athletes to ever compete.

What does this tell us about inclusion within sport?



According to ParalympicsGB, the Paris 2024 Paralympic Games served as a catalyst for inclusion, with the proportion of disabled people feeling confident to consider participating in physical activity increasing from 45% to 57% following the Games.

Why do you think the Paralympic Games has this effect? What more do you think needs to be done?





What others think

Read through and share your responses to the two quotes below.

“I totally expect there to be a young boy or girl seeing me and going on to be better than me and that’s what I want to see.”

Kadeena Cox, Paralympic athlete.

“The Paralympic spirit is about excellence, friendship and respect; not about what you can’t do, but what you do incredibly well.” Andrew Parsons, president of the International Paralympic Committee.



Further questions for discussion



- Should we only be allowed to pursue goals that help the community, or is it acceptable to have goals that only benefit ourselves? Why?
- If you have already achieved your goal, do you have a responsibility to help others reach theirs? How?





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Reflection



Sport can show us what people are capable of when they work hard and believe in themselves. The Paralympics remind us that determination, resilience, and courage can take many forms.

Media Literacy

I know that information can change over time.



Explanation: Let's explore how the timing of an event happening can change the way a news story is written.



Analyse



Evaluate



Research



Act

Questions to Discuss

- Which news stories are the most reliable – stories about the past, the present, or the future? Why?
- When is a news story most likely to change? What might happen to make the facts change?
- Is it better to write a news story before, during, or after something happens? Why?

Activity

Discuss that news stories can be written using three different tenses.

1. **Past tense** – things that have already happened.
2. **Present tense** – things happening right now.
3. **Future tense** – things that haven't happened yet.

Look at the headline 'Winter Paralympics daily guide: Ten golds to be decided on final day'. Which tense is being used here? Why did the reporter choose this tense for the headline?

Imagine you are a reporter at the Winter Paralympics. Write three short sentences about a sport of your choice (e.g., Para Snowboard or Wheelchair Curling) using the three tenses.



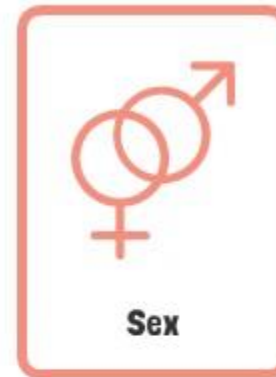
Mutual Respect and Tolerance

The Winter Paralympics value every athlete's achievements equally. By respecting differences, they make sure everyone has a fair chance to succeed and follow their dreams.

Protected Characteristics



The Winter Paralympics show that having a disability shouldn't stop someone from following their dreams or being an elite athlete. By using special equipment and fair rules, the Games make sure everyone has an equal chance to succeed.



Sex



Sexual Orientation



Age



Disability



Gender Reassignment



Marriage and Civil Partnership



Pregnancy and Maternity



Race



Religion or Belief



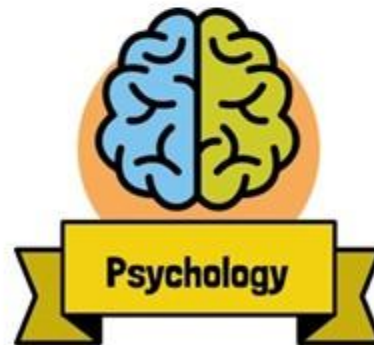
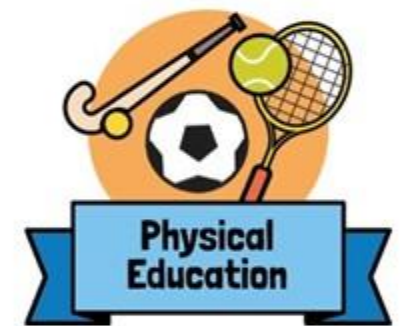
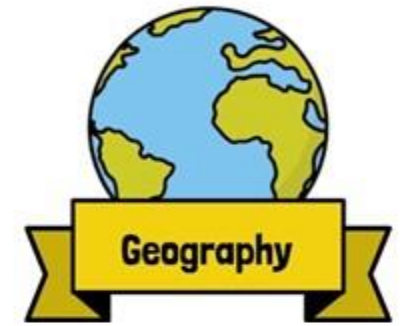
UN Rights of the Child



Every child with a disability has the right to a full life, which includes having the same opportunities as everyone else to stay active and play a part within their community.



Cross Curricular Links



This week's story explores how inclusion helps people achieve their goals.



Who Does This Work?



Job of the Week

Business project manager

Business project managers are responsible for overseeing a project from start to finish. They coordinate team members and distribute resources effectively to ensure that goals are achieved within the set deadline and budget.

Did you know?

According to Learning People, over a third of project management roles involve hybrid or remote working.



Pathways Into This Career

- Undergraduate degree in any subject.
- Post graduate qualification in project management e.g., PRINCE2.
- Associate Project Manager Higher Apprenticeship.
- Project Manager Degree Apprenticeship.
- Workplace experience and professional development.



Skills Needed

- Leadership skills.
- Understanding of business management.
- Performance monitoring.
- Ability to organise time and workload.
- Attention to detail.
- Excellent communication skills.



Discussion Prompt

How can a project manager support every team member's individual needs?

Explore this role further in this week's Career Connection Activity.

LET'S DISCUSS

23rd - 29th
March



This week's news story

<http://www.bbc.co.uk/sport/articles/czr0643d8gmo>

This week's useful video

<http://www.youtube.com/watch?v=HKb2P3Cs-9g&t=53s>



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Notes

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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 **Listen**

 **Think**

 **Share**

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Additional Activities



Cross Curricular Link Activity

This activity encourages pupils to identify a personal goal and break it down into actionable steps while anticipating challenges along the way.

- Think of one thing you hope to achieve by the end of the school year – it could be academic, personal, or social.
- Draw a large outline of a mountain on a piece of paper and label the base (your starting point), the summit (your goal) and three checkpoints (measurable targets you need to achieve to work towards your goal).
- Explain that to climb a mountain, equipment is needed. In the space next to your mountain, list the 'equipment' you need to succeed – these could be physical items, skills, or people.
- Discuss that climbers often face challenges along the way. Identify one thing that might hold you back from achieving your goal. Then, propose a solution to work through this challenge.

Ask the class: On a scale of 1-10, how achievable did your goal feel before the task? Where is it now? Why? Compare your mountain with another person. Even if your goals are different, do you share any of the same obstacles? How can you help one another get past them?



Careers Connection Activity

This activity uses a project management scenario to demonstrate that inclusion isn't just a social goal but a mechanism that encourages every team member to speak up and prevent project failure.

- Explain to the class that they are project managers for a huge project where they are building a new theme park. They are halfway through construction. However, there is a major problem with the foundations that only one junior team member has noticed.
- Present two different project cultures to the class.

Culture A - the PM only listens to the senior engineers. Meetings are fast, loud, and competitive. If you speak up and you're wrong, people roll their eyes.

Culture B - the PM starts every meeting by asking everyone for their thoughts. Teamwork is encouraged and all questions and queries are considered valid.

Ask the class: Which team would the junior member feel they belong enough to mention the problem? Which team do you think will finish the park safely? Why? What other ways can we create an inclusive environment within the workplace? Why is this important?

