

What's happening in the news this week?



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

18th - 24th May 2026



**Do we learn more
from winning or
losing?**



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



Do we learn more from winning or losing?



Last weekend, football teams Manchester City and Chelsea competed in the Men's FA Cup Final at Wembley Stadium. The FA (Football Association) Cup is one of the oldest football competitions in the world, with teams from across England and Wales taking part each year. Millions of people watched the match, supporting their teams and hoping to see them win the famous trophy. For the players, reaching the final is a huge achievement after months of hard work.

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. Millions of people in the UK and around the world watch the final of the FA Cup. Why do you think it is popular with so many?
- In a final, someone has to win and someone has to lose. Does this make it more exciting to watch than a non-competitive match? Why?





- Can you think of a time when you lost at something? What did you learn from that experience?
- Is it easier to explain why you lost than it is to explain why you won? How might winning sometimes hide the things we still need to work on?
- Would you rather play a game you cannot lose, or one that challenges you? Which one makes you a better player? Why?
- How does always being the best change the way you handle new challenges?





Vital statistics

Research conducted by Wilson, Shenhav, Straccia, and Cohen (2019) shows the best way to learn is to practise at a level where you succeed 85% of the time. This teaches your brain what is correct while using small mistakes to help you improve.

Would you feel more motivated to practise something if you knew that making mistakes was the fastest way to improve?



Ian Robertson's *The Winner Effect: The Neuroscience of Success and Failure* explains how winning, even in small ways, alters brain chemistry. Increasing testosterone by roughly one third and increasing dopamine to boost confidence, focus, and the likelihood of future success.

Do you feel more confident of future success after winning?





What others think

Read through and discuss the meaning of the two quotes below.

"The more difficult the victory, the greater the happiness in winning." Pelé, professional footballer.

"The only reason for a defeat is to learn from it. If you learn from it, it's just a result. If you don't learn from it, it's a disaster." Jurgen Klopp, football executive, former manager and player.

Do you agree with these quotes? Why?

Further questions for discussion



- > We often hear that it's the taking part that counts. Do you agree with this? Why?
- > If everyone gets a trophy for taking part, does that make winning feel less special, or does it encourage others to keep trying? How?





**Do we learn more
from winning or
losing?**



Reflection



Winning can feel exciting, but losing can also teach us valuable lessons about effort, resilience and improvement.

Media Literacy

I can think about how my actions might affect others.



Explanation: Let's think about how our online actions can have both a positive and negative impact on others and the wider community.



Analyse



Evaluate



Research



Act

Questions to Discuss

- Is it easier to be unkind from behind a screen? Why?
- If one unkind word can ruin a day, how much power do you have to make someone's day with one kind sentence?
- Why is stopping to think before you type the best way to make sure your digital footprint is one you're proud of?

Activity

Look at the social media posts below and decide which is positive, which is negative and which is unreliable.

- I can't believe we missed that penalty. They should be sacked!
- I heard a rumour that the star striker is injured and won't play today... pass it on!
- Well played to the winning team! You guys were amazing today!

Choose one of the statements and in pairs discuss: Who will see these online posts? How will it make the person you are writing about feel?

What might happen to your reputation if you post it? Why?

British Values



I Really Do Matter!



Individual Liberty



Rule of Law



Democracy



Mutual Respect and Tolerance

Which British value do you think this week's story highlights?



The story highlights **Mutual Respect and Tolerance** when players and fans value the hard work of everyone on the pitch, no matter who they support.

By following the same rules and listening to the referee, players in the FA Cup demonstrate **Rule of Law**, which helps make the competition honest, safe and fair.



Do you agree with either person, or think something different?

Protected Characteristics



Which protected characteristic do you think this week's story highlights?



This story links to **Religion or Belief** because it reminds us that in football, everyone should be treated fairly and respected for who they are and what they believe.

Share your thoughts. Do you agree?





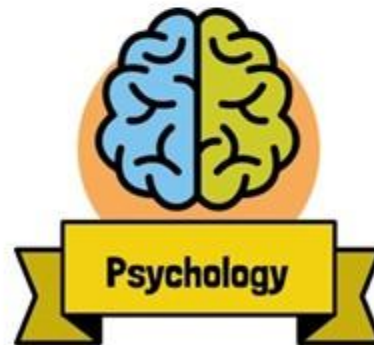
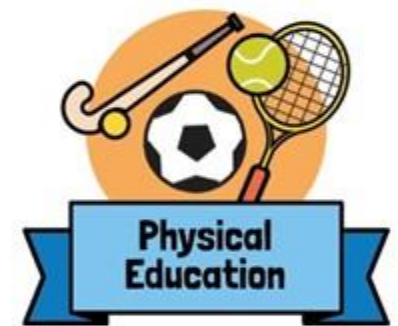
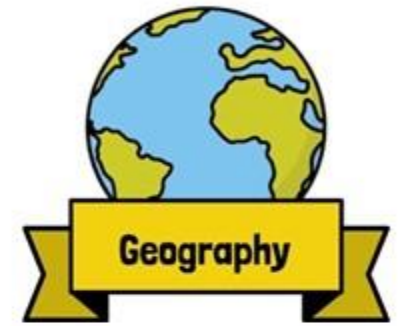
UN Rights of the Child



Every child should have the freedom to show their support for a team by cheering, wearing their kit, and sharing their views on the game.



Cross Curricular Links



This week's story explores the benefits to winning and losing.



Who Does This Work?



Job of the Week

Sports Performance Analyst

Sports performance analysts use data and videos to study an athlete's actions, providing clear evidence that helps coaches and players make better decisions to improve their game.

Did you know?

According to Developing Experts, the demand for sports analysts is increasing, especially as clubs and media rely more on statistical insights for decision-making and commentary.



Pathways Into This Career

- An undergraduate degree in Sport and Exercise Science.
- Internships through a professional club.
- Grassroots volunteering.



Skills Needed

- Ability to analyse software.
- Understanding of a specific sport.
- Ability to transfer data into coaching points.
- Excellent communication skills.
- Ability to deliver precise feedback.
- Calm under pressure.



Discussion Prompt

Is winning all that matters when it comes to playing sport? Why?

LET'S DISCUSS

18th - 24th
May



This week's news story

<http://www.thefa.com/news/2026/apr/22/emirates-fa-cup-final-2026-kick-off-confirmed>

This week's useful video

<http://www.youtube.com/watch?v=O81Y060khxY>



James Marsh/Shutterstock

In the news this week

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Notes

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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Is it easier to explain why you lost than it is to explain why you won? How might winning sometimes hide the things we still need to work on?

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 **Listen**

 **Think**

 **Share**

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Additional Activities



Cross Curricular Link Activity

- Ask everyone to take a piece of paper and write their full name using their dominant hand. Then, task them to switch and write their full name using their non-dominant hand.

Think about: Which version had the best outcome? Why? Which version was more challenging? How? If you practised writing with your non-dominant hand every day for a month, what do you think would happen? Why?

- Explain that using your dominant hand is easier because it doesn't require any new learning. However, when you struggle to use your other hand, that difficulty is proof that your brain is busy building brand-new connections to learn a challenging skill.

Think about: If difficulty is proof of learning, why do we sometimes feel like we are losing when things get hard? Can you think of a time you lost at a game but won at learning a new skill or strategy? How might reframing loss keep you motivated?



Careers Connection Activity

- In pairs, one person acts as the coach (the dropper) and the other as the athlete (the catcher). The coach drops the ruler, and the athlete pinches it as quickly as possible.
- Repeat this three times and record the centimetre mark where the thumb lands. Discuss that the lower the number, the faster their brain processes the falling object.
- Introduce the element of cognitive load. As the coach prepares to drop the ruler, they must simultaneously ask a quick question (e.g., What did you have for breakfast? What's 12 minus 5?). Repeat three times and record the centimetre mark where their thumb lands.
- Calculate the mean score with and without the cognitive load.

Think about: Was there a difference between the two scores? Why? What does this tell us about distraction? What are some things we can do to overcome being distracted?

- Explain that elite athletes, like Formula 1 drivers or tennis players, train to tune out external distractions to ensure their reactions remain as fast as possible.

