

Resource
one



Look at the resource below, which shares some examples of situations when people might feel under pressure.

When there isn't enough time to do everything



Before a race

Having money worries



When family members are arguing

A fallout with friends



Before a spelling or maths test



Before performing a song or playing an instrument in front of an audience

Have you ever felt under pressure in any of these situations?



Look at the resource below, which shares some of the strategies we can use to help us manage stressful situations.



Some people find squeezing a stress ball or toy can help.

Talk to someone you trust about how you are feeling.

Think about something you like or are looking forward to.

Make sure you get a good night's sleep.

Write down or make a list of how you are feeling.

Use breathing techniques to help you feel calm.

Take a break and do something you enjoy.

Have a reward for overcoming/facing the stressful situation.

Remind yourself of the things that are really important to you and focus on them.

Exercise.

Squeeze a stress ball or toy.

Writing down how you are feeling and what your stressful situations are can help. Making a list of things you need to do can provide focus and help you prioritise.



Have you ever used any of these strategies to manage stressful situations?

**Which do you think would help you?
Are there any that you feel would make your situation worse?**

Can you think of any other strategies you might use?

Picture News



Can you learn how to manage under pressure?

18-year-old Andrea Spadolini-Sirieix has been named as a BBC Young Sports Personality of the Year finalist. She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre synchronised diving. Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were nominated alongside Spadolini-Sirieix. Andrea is continuing with her A-Levels, attending school 3 days a week.



- Look at this week's poster image. It shows GB diver Andrea Spadolini-Sirieix competing in the Women's Platform Preliminary in Rome, Italy. As she stands on the diving board, what do you think she is thinking and how do you think she might be feeling?
- Read the information found on the assembly resource about Andrea and her achievements. Talk about the challenges she has faced and how she has overcome them.
- Can you think of times when you have felt under pressure? How did you deal with it and did anyone around you help?
- Have you helped someone else when they felt under pressure or stressed? What did you do?
- Watch this week's useful video, which shows one of Andrea's dives. How do you think Andrea will have felt before, during and after the dive? How do you think she felt when she heard that she came in 1st place?

Reflection

At times, we will find ourselves in situations where we feel stressed and overwhelmed with things around us. It's important for us to find strategies that help us deal with pressure, to ask for help when we need it and also to support others when they are feeling things are too much.

Picture News



KS1 focus

What are some of the situations when we might feel under pressure?



- Have you ever heard anyone say they feel under pressure? What do you think it might mean? Under pressure can mean different things but today we are using it to explain a feeling people might get when they are facing something difficult or challenging.
- Look at resource 1, which shares some examples of situations when people might feel under pressure. Have you ever felt this way in these situations?
- Can you think of a time when you have felt under pressure? When was it? What was it? How did it make you feel? Nervous, stressed, overwhelmed, worried, sad? How did you deal with the pressure? Were you able to overcome it?
- Not all pressure is bad. Can you think of any examples of times when pressure might help you e.g., only having a small window of time to tidy your room makes you do it quickly or feeling nervous and worried before a race helping you run faster?
- Some people work well under pressure or find it helps them do something better or quicker. How do you feel about being under pressure? Does everyone feel the same? Are there times when you like it and times when you do not?

Reflection

There are many situations when we might feel under pressure. We are all different so we respond to pressure differently. We can learn to recognise pressure and ask for help if we need it.

Picture News



KS2 focus

What are some strategies we can use to help us manage stressful situations?



- Think about some of the stressful situations you may have found yourself in or have seen someone else struggle with. Record a list e.g., money worries, struggling with homework or schoolwork, nervousness before a performance, race or match, fallouts with friends, being teased, people expecting too much of you.
- Discuss how you feel when you find yourself in a stressful situation e.g., overwhelmed, worried, angry, sad, nervous, excited. What do you do when you find yourself in a stressful situation? How do you manage it? Has there ever been a time you don't think you managed a stressful situation well?
- There are many times in life when we will face stressful situations. Being able to recognise when we are feeling this way and finding strategies to deal with the stress can help. Look at resource 2, which shares some of these strategies. Have you ever used any of these? Which do you think would help you? Are there any that you feel would make your situation worse?
- Everyone is different, so some strategies for managing stressful situations will be more effective for some people than others. Recognising what works for you can help to keep you healthy and ensure that stressful situations don't build up, get out of control and become unmanageable.
- Go back to the list of stressful situations you recorded at the beginning. Discuss which we can manage easily and which might be more tricky. How does it feel if you overcome/manage a stressful situation?

Reflection

There are many stressful situations we may need to manage or overcome throughout our lives. We can learn which strategies work for us and use them to help us.



KS2 follow-up ideas

Option 1

Imagine you are standing, waiting for your competition/performance to begin.

- What are you about to do? A race, a dive, a singing solo?
- How do you feel? Excited, nervous, worried?
- What is your body doing? Legs trembling, heart racing, palms sweating, fists clenched?
- What can you see/hear when you look up? Crowds mumbling in anticipation, the clock ticking?

Write a description of the build-up to your competition/performance in first person.

Option 2

Feeling pressured can alter our heart rate. You can find out your heart rate by feeling your pulse. Your heart rate is how many times your heart beats in one minute. Explore this further by completing the following:

- What is your resting heart rate? Find your pulse and record how many beats per minute.
- If you close your eyes and take deep, slow breaths, does this alter the number of beats per minute?
- Focus your mind on something you are excited about and looking forward to. Tell somebody near you about it. Afterwards, measure your heart rate again.

Continue to investigate heart rate and how it can change. Remember, some people find using breathing techniques or focusing their minds can help them to cope with life's demands and pressures.



KS1 follow-up ideas

Option 1

Make a card or write a letter to say well done to Andrea Spendolini-Sirieix. Think about:

- Why do you want to say well done?
- Have you learned anything from her?
- Do you have any questions for her?
- What design or layout will your card/letter have? Will you include any pictures?

If possible, send your cards and letters to Andrea Spendolini-Sirieix!

Teacher note - you can find Andrea on Instagram.

Option 2

Explore having a time pressure during a PE session. Work in pairs or small groups (either give each group a stopwatch or time everyone together) to complete the following:

- How many star jumps can you do in 30 seconds?
- How many times can you throw the beanbag into the hoop in 1 minute? If you stand further back, how many times can you get it in in 1 minute?
- Can you balance on one leg for 20 seconds?
- How many shuttle runs can you complete in 1 minute?

Once you have completed your time pressure challenges, think about the following:

- Did you like having a time pressure to complete these challenges?
- Do you think it is easier or harder with people cheering you on or watching you?



This week's useful websites

This week's news story

www.swimming.org/diving/spendolini-sirieix-bbc-young-sports-personality-year-finalist/

This week's useful video

Andrea Spendolini-Sirieix competition dive
www.youtube.com/watch?v=Cjzo1MebDBQ

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

Nominated

To officially suggest someone for an election, job, position, or honour.

Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were **nominated** alongside Spendolini-Sirieix.

Overwhelmed

Feeling a sudden strong emotion.

At times, we will find ourselves in situations where we feel stressed and **overwhelmed** with things around us.

Preliminary

Coming before a more important action or event, especially introducing or preparing for it.

It shows GB diver Andrea Spendolini-Sirieix competing in the Women's Platform **Preliminary** in Rome, Italy.

Strategies

Ways of doing something or dealing with something. It's important for us to find **strategies** that help us deal with pressure.

Stressed

Feeling tense and anxious because of difficulties in life. Have you helped someone else when they felt under pressure or **stressed**?

Synchronised

Happening together, at the same time or rate.

She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre **synchronised** diving.