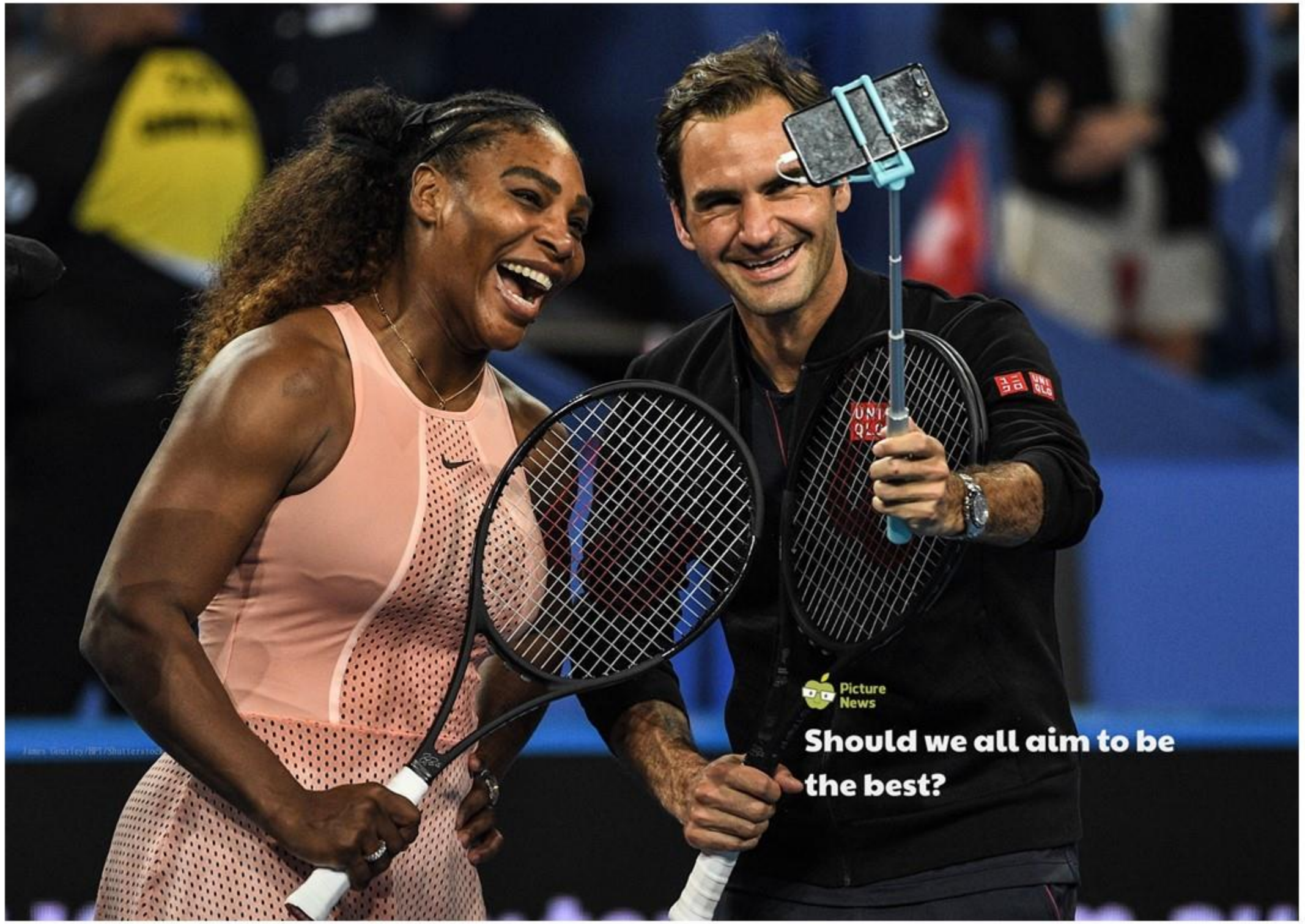


What's happening in the news this week?



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

10th - 16th October 2022



James Dentley/REUTERS/SHUTTERSTOCK

Picture News

Should we all aim to be the best?

Let's look at this week's story



For over 20 years, Serena Williams and Roger Federer have dominated tennis tournaments all over the world.

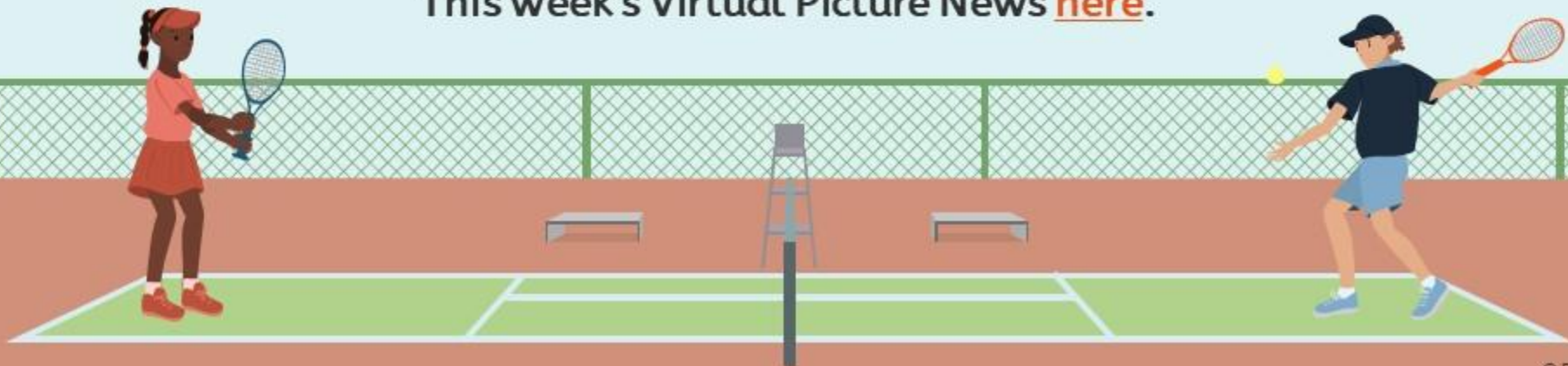
Between them, they have won 43 Grand Slam titles.

In a five-week span, both players announced their retirement. Williams announced on Vogue magazine's website that she would retire after this year's U.S. Open, saying that at her age, "something's got to give." Federer's announcement followed after. He said his body's "message to me lately has been clear" and noted that his final competition would be the Laver Cup in London.

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

Watch this week's useful video [here](#).

This week's Virtual Picture News [here](#).



How does it make me feel?



sad	angry	happy	confused	excited	worried	shocked	afraid
despondent disconsolate dismal doleful downhearted forlorn gloomy melancholic miserable woeful wretched	aggrieved annoyed discontented disgruntled distressed exasperated frustrated indignant offended outraged resentful vexed	beaming buoyant cheery contented delighted enraptured gleeful glowing joyful	addled baffled bemused bewildered disorientated indistinct muddled mystified perplexed puzzled	animated elevated enlivened enthusiastic exhilarated exuberant thrilled	agitated anxious apprehensive concerned disquieted distraught distressed disturbed fretful perturbed troubled uneasy	astonished astounded disconcerted distressed dumbfounded horrified staggered startled stunned surprised	alarmed apprehensive daunted fearful frantic horrified petrified terrified

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





Read through the information below and share your thoughts about the retirement announcements that Serena Williams and Roger Federer gave.

Roger Federer

To my tennis family and beyond,

Of all the gifts that tennis has given me over the years, the greatest, without a doubt, has been the people I've met along the way: my friends, my competitors, and most of all the fans who give the sport its life. Today, I want to share some news with all of you.

As many of you know, the past three years have presented me with challenges in the form of injuries and surgeries. I've worked hard to return to full competitive form. But I also know my body's capacities and limits, and its message to me lately has been clear. I am 41 years old. I have played more than 1,500 matches over 24 years.

Above all I must offer a special thank you to my unbelievable fans. You will never know how much strength and belief you have given me. The inspiring feeling of walking into full stadiums and arenas has been one of the huge thrills in my life. Without you, those successes would have felt lonely, rather than filled with joy and energy.

When my love of tennis started, I was a ball kid in my hometown of Basel. I used to watch the players with a sense of wonder. They were like giants to me and I began to dream. My dreams led me to work harder, and I started to believe in myself. Some success brought me confidence and I was on my way to the most amazing journey that has led to this day.

So, I want to thank you all from the bottom of my heart to everyone around the world who has helped make the dreams of a young Swiss ball kid come true.

Finally, to the game of tennis: I love you and will never leave you.

Roger Federer



Roger Federer winning his match against Novak Djokovic in the men's final of the U.S. Open tennis tournament at Flushing Meadows, New York, 2007. **Source:** Shannon Stapleton

Serena Williams

Serena Williams has won 23 Grand Slam titles – the second most of all time! Her first major title was the 1999 US Open, when she was just 17. She won her last Grand Slam title at the 2017 Australian Open against her sister, Venus. Serena was eight weeks pregnant with daughter, Olympia, at the time. She says there is "no happiness" in the possibility of no longer playing tennis.



Vogue: September issue Cover. There comes a time in life when we have to decide to move in a different direction. That time is always hard when you love something so much. My goodness do I enjoy tennis. But now, the countdown has begun. I have to focus on being a mom, my spiritual goals and finally discovering a different, but just exciting Serena. I'm gonna relish these next few weeks. 😊

Source: Instagram/SerenaWilliams



Look at the resource below, which shares an example of what a professional sportsperson's timetable might look like.

Time	Activity
5.00am	Get up, get dressed and grab a quick snack.
5.30am	Go to the gym to complete special workouts that are designed to improve performance such as strength, stamina, speed, endurance.
7.30am	Breakfast. A meal that is designed specifically to help replenish energy (carbohydrates) and help recover and repair muscles (proteins).
9.30am	Head to the court, pitch or pool to take part in training designed specifically for the sport, which is led by a coach or team of coaches.
12.00pm	Lunch. Another meal designed to refuel the body.
1.00pm	A rest.
3.00pm	Head back to the court, pitch or pool for more training.
5.00pm	Back home for an evening meal, which includes foods to refuel, recover and repair muscles and plenty of vegetables loaded with nutrients. After the evening meal, there is usually a few hours to relax.
8.00pm	Go to bed.

Each day is dedicated toward a vigorous amount of training and when not training, it's important to maximize recovery for the next workout...Having a detailed schedule to follow makes maximizing each day easier. Rather than thinking about what needs to happen in an allotted time, one can just execute the training or recovery that needs to take place.



Roy-Allan Burch
Two-time Olympic swimmer
(2008, 2012)

How does your typical day compare with a professional sportsperson's?



Look at the resource below, which highlights some of the achievements of four professional tennis players.

Esther Vergeer is a former professional wheelchair tennis player. The Dutchwoman won 470 successive matches between 2003 and her retirement in 2013. She finished her career with 44 Grand Slam titles across singles and doubles and seven Paralympic gold medals.

Esther also played wheelchair basketball and was part of the Dutch national team that won the European Championship in 1997.



Source:
@Letsgofitness2 Twitter

Venus Williams is the older sister of Serena Williams. Venus has won seven Grand Slam singles titles, five at Wimbledon and two at the US Open. As teammates and as competitors, the sisters have both credited each other with pushing one another. Together, they have won 14 Grand Slam doubles titles and have competed against each other many times, including at the finals of eight Grand Slam tournaments.



Source:
Sascha Wenninger Flickr



Source:
Carine06 Flickr

Serbian professional tennis player, Novak Djokovic boasts 21 Grand Slam singles titles, second only to Rafael Nadal, who has 22. He has also finished as the ATP (Association of Tennis Professionals) year-end No. 1 a record of seven times. Djokovic has earned more prize money on the ATP World Tour than any other player and is the highest-earning tennis player in history.

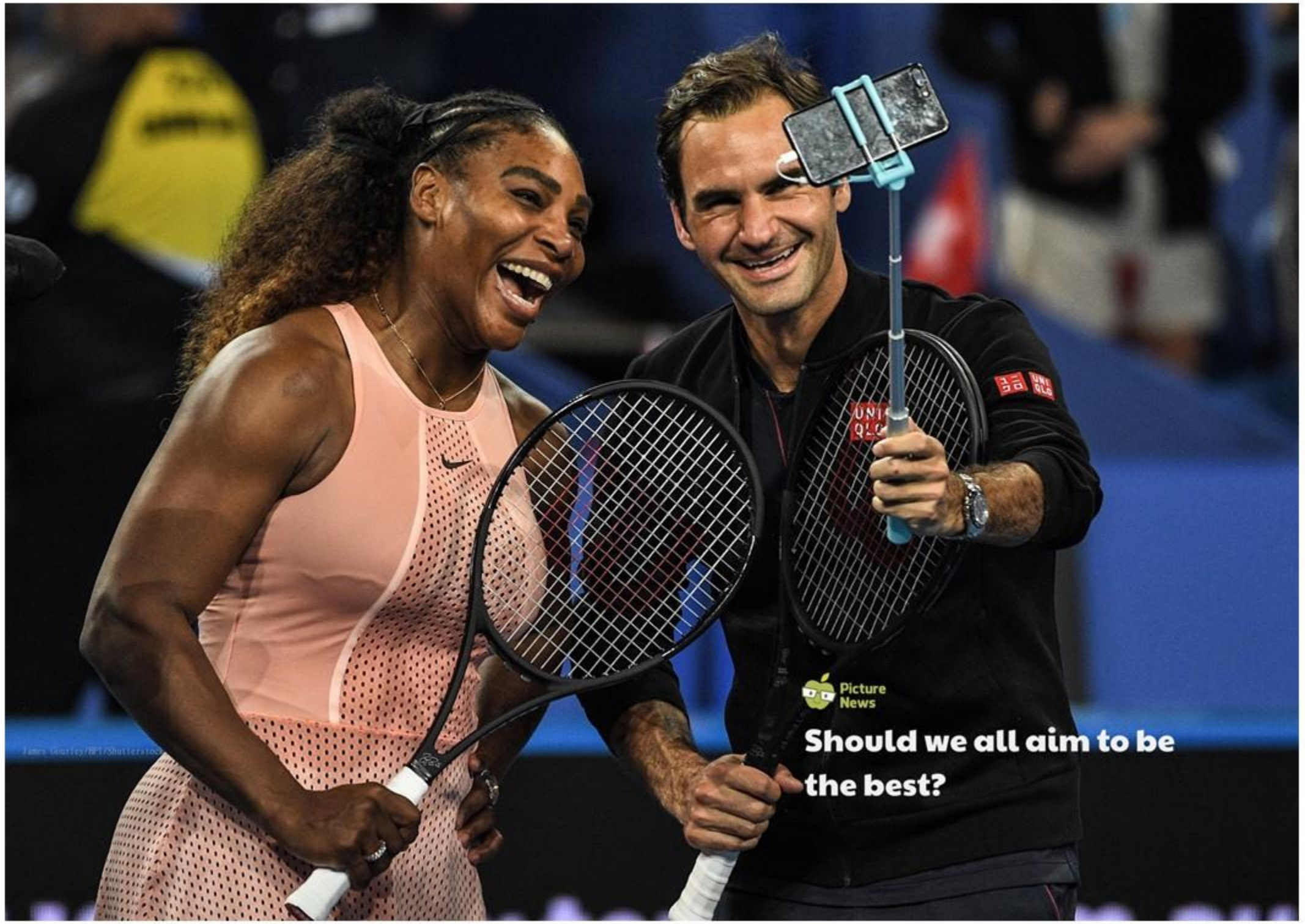


Source:
robbiesaurus Flickr

American, Billie Jean King holds 39 Grand Slam titles: 12 singles titles, 16 women's doubles titles, and 11 mixed doubles titles and was at the height of her professional career between 1966 and 1975. King is described as being a long-time champion for gender equality and social justice.

In 1973, she accepted a challenge from Bobby Riggs, who was 55 years old and had been a top men's player in the 1930s and 40s. Riggs claimed the women's game was so inferior to the men's game that even someone as old as he, could beat the current top female players. 90 million viewers watched Billie Jean King beat Bobby Riggs in straight sets.

Do you think each of these professional tennis players are successful? Why?



James Dentley/REUTERS/SHUTTERSTOCK



Should we all aim to be the best?

Reflection



In life, there will be some things we will be good at and other things that may not come easily to us. It's important to remember to try our best and support those around us too!





**British
Values**



Mutual Respect and Tolerance

Everyone is different, with different talents. We can respect and celebrate the achievements of others and be thankful for the people in our lives who do the same for us.

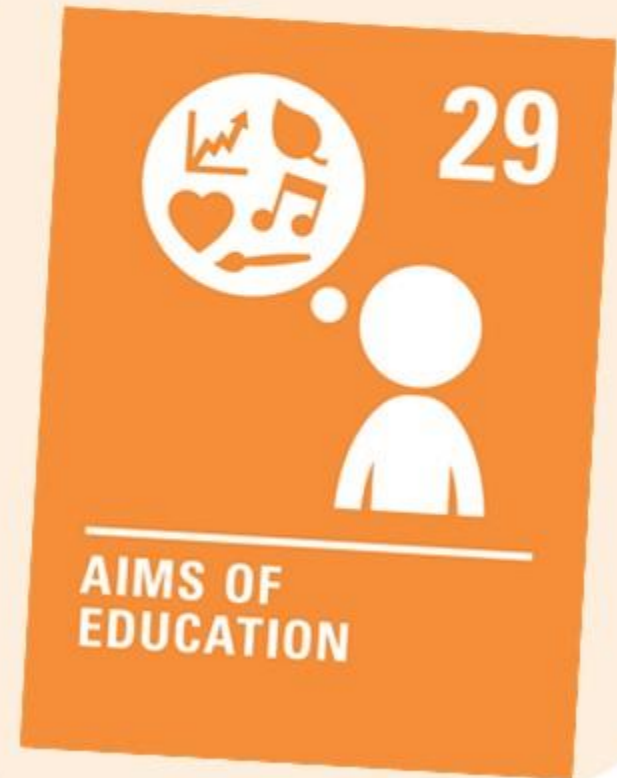




UN Rights of a Child



Our education should help us fully develop our personalities, talents and abilities. This will enable us to be the best that we can be!



Useful vocabulary



Announcement

A statement made to the public or to the media.

Federer's **announcement** followed after.

Decision

A choice that's made about something after considering several possibilities.

Do you think it was an easy **decision** for either of the players to make?

Dominated

To be the most important or conspicuous (very noticeable) person.

For over 20 years, Serena Williams and Roger Federer have **dominated** tennis tournaments all over the world.

Grand Slam

One of the four major tennis tournaments.

(Australian Open, French Open, Wimbledon, US Open).

Between them, they have won 43 **Grand Slam** titles.

Retirement

The action or fact of ceasing to play a sport competitively.

In a five-week span, both players announced their **retirement**.

Sacrifices

To give up something for something else considered more important.

Do you think they will have had to make a lot of **sacrifices** to achieve all that they have?

Can you use them in your writing this week?



Kingsley, the baby giraffe



Pictured: Kingsley and his mother, Arusha. **Source:** West Midland Safari @WestMidSafari Twitter page.

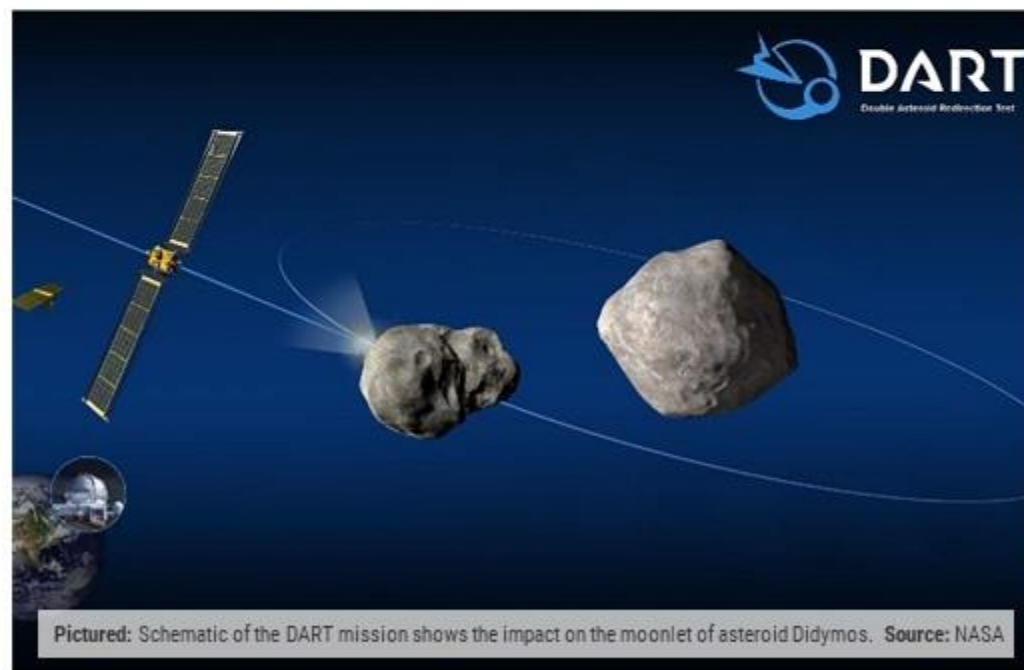
hippopotami, and meerkats in the UK, as well as the largest lemur walk-through exhibit. *Did you know that the collective noun for a group of giraffes is a tower? Do you think that is a good name?*

Keepers at the West Midlands Safari Park in Worcestershire have revealed the name of their endangered baby giraffe, who was recently born into their tower. When Kingsley was born, the safari park released footage showing the 1.8m (6ft) tall Rothschild's giraffe calf making his grand entrance into the world by falling several metres to the ground. He was then tended to by his doting mother, who tried to nudge him gently to his feet. He and his parents, Arusha and Rufus, are part of a European breeding programme, which aims to conserve endangered species. The Rothschild's giraffe is one of the most endangered, with less than 1,400 adults estimated to live in wild! The park contains the largest groups of white lions, cheetahs,

Spacecraft slams into Asteroid

NASA has crashed an uncrewed spacecraft into an asteroid at over 23,000km (14,400 miles) per hour - on purpose! The Double Asteroid Redirection Test (DART) is the world's first mission to test technology for defending Earth against potential asteroid or comet hazards. The joint project between NASA and the Johns Hopkins Applied Physics Laboratory, will assess whether crashing a spacecraft into an

asteroid changes the way it travels, ensuring that we could alter the orbit of an asteroid, if needed. NASA tweeted a video showing the mission's success saying, "IMPACT SUCCESS! Watch from #DARTMission's DRACO Camera, as the vending machine-sized spacecraft successfully collides with asteroid Dimorphos, which is the size of a football stadium and poses no threat to Earth."



Pictured: Schematic of the DART mission shows the impact on the moonlet of asteroid Didymos. **Source:** NASA

Pumpkin Boat Birthday

Duane Hansen, from Nebraska, celebrated his 60th birthday by paddling down the Missouri River in a giant pumpkin, that he had grown and named 'SS Bertha'. Duane stated that his aim was to break the world record, which he had heard about whilst attending a giant pumpkin growing seminar, saying, "It wasn't even for the glory. I just wanted to beat the record in a pumpkin." He successfully set a new Guinness World Record for the longest journey by pumpkin boat. He paddled a 384kg (847lbs) floating pumpkin for 61km

(38 miles). The journey, which took over 11 hours to complete along the longest river in the United States, was officiated by workers from the City of Bellevue, Nebraska. One of their spokespeople said, "Lisa Rybar and myself agreed to take on this task which we ... originally thought was to float a 800 pound pumpkin for over 30 miles down the river. It wasn't until later in the conversation that we realized that Mr. Hansen would actually be riding in the pumpkin on this journey".



Pictured: Duane Hansen and his record-breaking pumpkin boat. **Source:** City of Bellevue, Nebraska, Facebook page.

Last week's topic:
How can we help those in need who are far away?



I think me and my classmates can help by donating clean drinking water, toiletries etc because if I were to guess those who were affected by the flood lost their essentials. We can donate by finding a donation site that supports Pakistan in this troubling times.

Nazeefah


We can donate to supportive charities, that help as much as they can so everyone can live without worrying about floods.

Emeli

I think if we all try, we can donate to Pakistan with money, and tools they need to survive also we need to stop littering and make a change.

Laiton

Let us know what you think about this week's news?

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TAKEHOME



Should we all aim to be the best?

In the news this week

For over 20 years, Serena Williams and Roger Federer have dominated tennis tournaments all over the world and have won 43 Grand Slam titles between them. In a five-week span, the two players announced their retirement. Williams announced on Vogue magazine's website that she would retire after this year's U.S. Open, saying that at her age, "something's got to give". Federer's announcement followed after. He said his body's "message to me lately has been clear" and noted that his final competition would be the Laver Cup in London.

Things to talk about at home ...

- Have you watched either Serena Williams or Roger Federer play tennis?
- What do you think would be the positives about being so good at something for so long and what do think might have been difficult?
- Which do you think is more important, trying your best or being the best?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss

