



# PASSION



This task is based around you finding out what you are passionate about, sharing that passion with others and developing life skills. Sport and physical activity teach us many life skills and help develop our resilience but also help develop good physical and mental health. We can enjoy many other things and these are often active and provide us with life skills too, like cooking, attending museums, nature trail walks and even watching sport on tv! Your challenge is to pick 2 things you are passionate about and do them with a friend or family member. You never know, they might have the same passion as you and you might gain a new passion by trying something they enjoy too!

## Task:

Which leads me onto your challenge: pick two things you are passionate about. This could be walking, baking, cooking, playing games, going to a historical site, watching a sport on tv, dancing to youtube videos or testing out some new found skills. Over the next week, complete these activities with a family member or friend and share your passion with them. Then, ask them to share one of their passions with you.

Remember as always to provide evidence of your task completion and good luck!

Watch a sport or activity on TV or youtube.

Make a list of the things you would like to try and think you might become passionate about.

Research one of these and find out more information about it.

Find three friends or family members and ask them what they are passionate about and why.



# PASSION



- **Emma Raducanu** won the US Tennis Open at the age of 18. She got a spot in the qualifying event for the US Open and stunned everyone with her pure determination and passion for tennis by winning 10 matches in a row to be the youngest female to win the US Open and only the second British female to win the US Open. She had just finished studying for her A levels at college and was not playing full time. But her passion and skills shone through on the worlds biggest tennis stage. Watch out for her in the French and Wimbledon Opens this summer!

- Both **Raducanu** and **Serena Williams** are passionate about fashion and sustainable clothing showing a wealth of knowledge about the need to protect our planet and look stylish doing it! Variety in our passions, skills and knowledge is key to having a balanced lifestyle.

