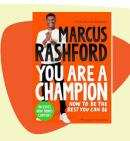
Let's get started...watch this video

The #Tokyo2020 moments that gave us hope.

SOMETHING TO READ



You are a Champion by Marcus Rashford

It will show you how to be the very BEST that you can be. It shows kids how to: - Be comfortable with who you are – you can't be a champion until you're happy ...

SOMETHING TO VIEW



Sky Sports News https://www.skysports.com

Watch the best live coverage of your favourite sports: Football, Golf, Rugby, Cricket, F1, Boxing, NFL, NBA, plus the latest sports news, ...

SOMETHING **TO LISTEN** TO



High Performance Podcast https://www.thehighperformancepodcast.com

The chart-topping podcast that provides an intimate glimpse into the lives of high-achieving, successful individuals.

SOMEWHERE TO VISIT



A stadium to watch a live sporting fixture:

Adams Park (WWFC) **Wembley Stadium Twickenham**

SOMETHING TO DO



Take a warm up session

SOMETHING TO WATCH & WORKOUT



BODYWEIGHT HIIT WORKOUT https://www.youtube.com/watch?v=Og_f0_QO_Ko

20 Minute Full Body Workout - No Equipment Needed | The Body Coach TV - YouTube



- Shake hands with a player on the opposing team at the end of a game. Take a friend along to one of the extra-curricular clubs.