

TAKEHOME

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Do we achieve more when there is competition?



In the news this week

The popular dance competition, Strictly Come Dancing, has returned to TV screens. The 20th series of the competition has the show's largest ever line-up of professional dancers. Fifteen celebrities are competing for the glitterball this year, including presenters Kym Marsh and Helen Skelton, former footballer Tony Adams, Paralympic gold medallist Ellie Simmonds, EastEnders actor James Bye and singer Matt Goss.

Things to talk about at home ...

- Share any competitions that you may have taken part in. Do you enjoy it when things are competitive? What about others at home?
- Do you prefer watching or taking part in competitions?
- Considering the phrase 'it's the taking part that counts' – what do you think it means and do you agree?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

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