

What's happening in the news this week?



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

3rd - 9th February 2025



**Do you need to feel
under pressure to
achieve great things?**





Let's look at this week's story

Tennis player, Emma Raducanu, has revealed she would like to meet darts player, Luke Littler, after he recently became the world darts champion. Comparisons between the two young sports stars have been highlighted.

Raducanu was 18 when she became the only qualifier in history to claim a Grand Slam title, by winning the 2021 US Open. Similarly, Littler became the youngest-ever World Darts Championship winner at 17.



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

despondent
disconsolate
dismal
doleful
downhearted
forlorn
gloomy
melancholic
miserable
woeful
wretched

angry

aggrieved
annoyed
discontented
disgruntled
distressed
exasperated
frustrated
indignant
offended
outraged
resentful
vexed

happy

beaming
buoyant
cheery
contented
delighted
enraptured
gleeful
glowing
joyful

confused

addled
baffled
bemused
bewildered
disorientated
indistinct
muddled
mystified
perplexed
puzzled

excited

animated
elevated
enlivened
enthusiastic
exhilarated
exuberant
thrilled

worried

agitated
anxious
apprehensive
concerned
disquieted
distraught
distressed
disturbed
fretful
perturbed
troubled
uneasy

overwhelmed

engulfed
inundated
overburdened
overloaded
saturated
submerged
swamped

afraid

alarmed
apprehensive
daunted
fearful
frantic
horrified
petrified
terrified

guilty

ashamed
compunctious
contrite
culpable
penitent
responsible
rueful

jealous

bitter
covetous
desirous
envious
envying
resentful
wary

thankful

appreciative
grateful
gratified
indebted
obliged
relieved

shocked

astonished
astounded
disconcerted
distressed
dumbfounded
horrified
staggered
startled
stunned
surprised

disgusted

affronted
appalled
horrified
repelled
repulsed
revolted
sickened

inspired

activated
encouraged
exhilarated
galvanised
influenced
motivated

embarrassed

ashamed
awkward
chagrined
demeaned
discomposd
humiliated
self-conscious
uncomfortable
uneasy
unsettled

interested

absorbed
captivated
curious
engaged
enthralled
fascinated
gripped
intrigued
riveted

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

The 2025 World Darts Championship was held at Alexandra Palace, London.





Read through the information found below, all about Luke Littler and Emma Raducanu. What do they have in common? Talk about why you think they have both become successful in their sports. Do you think they have experienced pressure? At what times?

Who is Luke Littler?

Birthday: 27th January 2007 (18 years old).

Luke started playing darts at 18 months old, with a magnetic dartboard his father bought.

He became the youngest-ever champion of the World Darts Championship in January, after coming 2nd place in the 2024 final.

Luke's parents, Tony and Lisa, have always been supportive, often taking him to a local pub to practise.

Luke lives at home with his parents in Warrington, and dreams of winning every major darts title at least once.



I didn't go in there putting any pressure on myself because in my mind I'm so inexperienced, I'm just taking it all in. You're going to have highs, and you're always going to have some lows where you're disappointed with how you performed.



Pictured above: Emma Raducanu during training. **Quote:** Emma Raducanu, speaking following a tournament in 2021.

Source: LTA.

Who is Emma Raducanu?

Birthday: 13th November 2002 (22 years old).

Emma Raducanu is a British professional tennis player, who started playing aged 5. She was the first British woman to win a Grand Slam tournament since 1977, winning the US Open in 2021 aged 18. Since her victory, Emma has faced many injuries and setbacks, including pressure by many to repeat her success.

In the WTA (World Tennis Association) rankings, Emma is currently 61st in the world.



Age is just a number when talent, drive, and determination lead the way.



Pictured left: Luke Littler. **Quote:** Luke Littler, following his recent world championship win.

Source: x.com/LukeTheNuke 180.



Look at the resource below, which shares some examples of famous people who achieved many great things very young.

Some people have become famous at a young age, and have spoken out about how that can feel.

The entertainment and sports industries are full of stars, who became well known when they were children.



Singer, Taylor Swift, was 14 when she signed with the record company Sony/ATV Tree Music Publishing. She's been singing and writing songs since she was little. Taylor is one of the most popular singers today, with millions of fans all over the world.

Pictured: Taylor Swift.
Source: @taylorswift13 on X.



Footballer, Lionel Messi, is from Argentina and moved to Spain, aged 13, to join the Spanish club, FC Barcelona. He played his first game for Barcelona at 16. He is known as one of the best players of all time, winning many trophies and awards, despite suffering injuries when he first began playing. When he started playing for Argentina at 18, they hadn't won a trophy for a very long time. With Messi playing, Argentina won the World Cup when he was 35.

Pictured: Lionel Messi.
Source: @MessiTribute on X.

Simone Biles is a gymnast, who won her first gold medals aged 16, and her first Olympic gold at 19. Simone had some difficult family times in her early childhood, but despite this, has gone on to gain the most medals of any gymnast in history!

Pictured: Simone Biles.
Source: @PopCrave on X.



Ryan Kaji started reviewing toys on YouTube for his channel, Ryan's World, when he was 3. His videos have had billions of views, and his reviews influence millions of children across the world to go and buy the toys he talks about.

Pictured: Ryan from Ryan's World.
Source: @OriginalYoni on X.



**Do you think these people might have felt pressure?
Were they too young when they became successful?**



Look at the resource below, which shares some of the strategies we can use to help us cope when we feel under pressure.



@LukeTheNuke180 on X.

Luke Littler started playing darts at a young age, and recently became the youngest-ever winner of the World Darts Championship.

I don't have any pressure right now, maybe on the day of playing. I'm just excited to get back on stage.

Emma Raducanu won the US Open at just 18 years old, showing focus and determination despite intense pressure.

I feel the pressure or only think about it when I'm in my press conference because every single question is about pressure.



@EmmaRaducanu on X.

Helpful Strategies

Preparation

Practising regularly builds confidence and reduces uncertainty.

Staying positive

Reminding yourself of past successes can boost your confidence.

Support system

Talking to friends, family, or coaches helps share the burden of pressure.

Relaxation

Taking time to breathe deeply, listen to music, or rest can calm nerves.

Focus on effort

Concentrate on doing your best, rather than the outcome.

Have you ever used any of these strategies to manage pressure? Which do you think would help you? Can you think of any other strategies you might use?



**Do you need to feel
under pressure to
achieve great things?**



Reflection



There will be times in our lives when we feel under pressure. It's important to learn different strategies to manage it - and know it's always okay to ask for help!



Media Literacy

Is the information fact or opinion?



Explanation: Let's look closely at the story, to understand its key details and any possible biases.



Analyse



Evaluate



Research



Act

Questions to Discuss

- Who wrote this story, and where did it come from?
- What facts and opinions can we find in the story?
- Does the story have any bias or assumptions?

Reflection

Why is it important to think about who wrote a story and what they might believe?

Activity

Choose one fact from the news story.

Explore the different ways this fact could be recorded in the news. Can you sensationalise it?



Individual Liberty

We all have the freedom to set our own personal goals and work towards them. We can each choose how to approach challenges, whether we thrive under pressure or prefer a calmer path.

Protected Characteristics



Success has no age limit! This week's story reminds us to value and celebrate our own and others' accomplishments, no matter when they happen.



Sex



Sexual
Orientation



Age



Disability



Gender
Reassignment



Marriage and
Civil Partnership



Pregnancy
and Maternity



Race



Religion
or Belief



UN Rights of the Child



We all have the right to an education that develops our abilities and prepares us for life's challenges. Adults should teach us how perseverance, support, and managing pressure can help us achieve great things and reach our potential.



Useful Vocabulary



Darts

A sporting event, where players throw a thin, small object with a sharp point at a round board to win points.

Luke started playing **darts** at 18 months old, with a magnetic dartboard his father bought.

Grand Slam

The term used to refer to the four most prestigious tennis tournaments in the world. They are the Australian Open, French Open, Wimbledon, and the US Open.

She was the first British woman to win a **Grand Slam** tournament since 1977.

Qualifier

A player, who isn't automatically given a spot in a big tournament, but must earn their place by playing (and winning) extra matches before the event begins.

Raducanu was 18 when she became the only **qualifier** in history to claim a Grand Slam title.

Under pressure

A difficult situation that can make you feel worried or unhappy.

There will be times in our lives when we feel **under pressure**.

US Open

A big tennis competition held each year in the United States of America, attracting top players from around the world.

She became the only qualifier in history to claim a Grand Slam title, by winning the 2021 **US Open**.

World Darts Championship

A darts sporting event held every year from December to January.

He became the youngest-ever winner of the **World Darts Championship** in January.

Can you use them in your writing this week?

Picture News



Do you need to feel under pressure to achieve great things?

Tennis player, Emma Raducanu, has revealed she would like to meet darts player, Luke Littler, after he recently became the world darts champion. Comparisons between the two young sports stars have been highlighted. Raducanu was 18 when she became the only qualifier in history to claim a Grand Slam title, by winning the 2021 US Open. Similarly, Littler became the youngest-ever World Darts Championship winner at 17.



- Look at this week's poster. Does anyone recognise who it is? It shows Luke Littler becoming the new world darts champion.
- Read through the information found on the assembly resource, all about Luke Littler and Emma Raducanu. What do they have in common? Talk about why you think they have both become successful in their sports. Do you think they have experienced pressure? At what times? E.g., before or after their wins.
- Can you recall a time when you felt under pressure? Do you think feeling under pressure is always negative, or can it be positive? Do you think you can succeed or do well in something without feeling under pressure?
- Watch this week's useful video, which provides more information about Emma Raducanu's early success, and how she felt following it. Share your thoughts about her journey.

Reflection

There will be times in our lives when we feel under pressure. It's important to learn different strategies to manage it - and know it's always okay to ask for help!

Picture News



KS1 focus

Who has achieved amazing things at a young age?



- Look at resource 1, which shares some more information about stars who became successful at a young age.
- When Taylor Swift first started recording her songs, people said her voice wasn't strong. How might that have made her feel as a young girl? Who do you think helped her stay motivated? What advice would you give her if you were her friend?
- Lionel Messi was 13 when he moved abroad to play football. How do you think he felt leaving his home country at such a young age? Messi played for Argentina for 17 years, before winning the World Cup at 35. What emotions do you think he experienced during that time?
- Simone Biles had some difficult times in her early life. Might she have felt pressure to succeed for herself or others? Gymnasts often deal with injuries - how do you think they handle the pressure to stay fit and perform well? Do you think some people thrive under pressure to achieve their goals?
- Ryan, from Ryan's World, was three years old when he started filming toy reviews on YouTube. What do you think he enjoys most about what he does? Are there times when he might not enjoy it? Would you like to do something similar?

Reflection

Young people can achieve amazing things. Challenges and setbacks can occur, but with perseverance, support, and self-belief, anything is possible!

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KS2 focus

What are some of the strategies we can use to deal with pressure?



- How do you think Luke Littler and Emma Raducanu felt before competing in their respective tournaments?
- Have you ever felt pressure, like in a test or competition? What did you do to manage those feelings?
- Look at resource 2, which explores pressure, and the strategies we might use to handle it.
- Why might practising and preparing in advance help us feel less pressured?
- How do you think talking to others can help when we feel under pressure?
- What role do you think taking breaks and relaxing might play in helping us deal with pressure?
- Are there any examples of people you admire who handle pressure well? What can we learn from them?
- How could mindfulness techniques, like breathing exercises or focusing on the positives, help us stay calm under pressure?
- Read the quotes from Luke and Emma about pressure. What can we learn from Luke's focus on excitement, rather than pressure? How do you think Emma manages to focus on her game, despite what others say or ask?

Reflection

Some pressure is normal. With preparation, positivity and support, we can stay calm, focused and ready to face challenges.

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KS2 follow-up ideas

Option 1

Think of a goal you want to achieve, like improving at a sport or learning a new skill. Write your goal in the centre of a piece of paper. Around it, list 3 – 5 steps that will help you achieve it. Start with the easiest step and build up to the most challenging. For example, if your goal is to read more books, your steps could be: choose a book, read ten minutes daily, and finish one book a month.



Option 2

Use the guide below to learn about the dartboard points system.

Single Section: If your dart lands in the largest area of a number, you score the number shown (e.g., 20 points).

Double Ring: The thin outer ring doubles the score of the number (e.g., 20 becomes 40).

Triple Ring: The thin inner ring triples the score of the number (e.g., 20 becomes 60).

Bullseye: The small circle in the centre is worth 50 points, and the ring around it is worth 25.

Now that you know how dartboard scoring works, try creating your own number game! This could be adding points together, starting with a total score and subtracting points to reach 0, finding the highest score, or something else. Include double or triple ring scores for an extra challenge!

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KS1 follow-up ideas

Option 1

Design and make a special medal or trophy with an inspiring message. You might like to think about:

- Who is your medal or trophy going to be for? What are they working towards?
- What inspiring words will you choose, and why?
- What materials will you need? E.g., junk modelling, cardboard, ribbon etc.
- How will you decorate your medal or trophy? E.g., using bright colours, paint, stickers, patterns etc.

Once your trophy/medal is ready, share it with the person you've made it for, or display it proudly as a reminder of their achievements. If it's for yourself, think about how it motivates you to keep going!

Option 2

Let's play a game of tennis! Grab a tennis ball and racket, alternatively use any soft ball and something to use as a racket, like a bat or even your hand. Mark out a net using a rope, string, or a line drawn on the ground. Stand on either side of the net, and take turns hitting the ball back and forth, trying to keep it from touching the ground. Count how many times you can hit the ball without dropping it, and see if you can beat your personal best.

Have fun and cheer each other on as you play!



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This week's useful websites

This week's news story

www.espn.co.uk/tennis/story/_/id/43394312/australian-open-emma-raducanu-wants-learn-luke-littler

This week's useful video

Under pressure to achieve

https://youtu.be/yMiGu_f7dLc?si=qve4Y5QbRb0aiQnb

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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Word of the Year

The top words used by children this year have been revealed, and the results are somewhat surprising! Oxford University Press (OUP) asked over 3,000 children aged 6 to 14 across the UK to vote for their favourite word. The winner? 'Kindness'! More than 60% of children chose this thoughtful word, saying it's important because it helps people, who might be struggling. One child explained, 'You don't know who is suffering, so it's always important to be kind.' Children also had their say on the coolest slang words. The word 'slay' came out on top, which means to be stylish, impressive, or great at



Pictured: Children's Word of the Year 2024, kindness! **Source:** Canva.

something. In second place was 'sigma', used to describe a super successful and independent person. Finally, the funny word 'skibidi', inspired by a YouTube series about singing toilets, came third, leaving many adults scratching their heads!

What's your favourite word?

Disney Donation

The Walt Disney Company has donated \$15 million (£12 million) to help people affected by the wildfires in Los Angeles. Thousands of homes and buildings have been destroyed by the fires, and over 180,000 people have been forced to flee their homes.

Walt Disney, the creator of Disney, lived in Los Angeles for many years so it was a very important place to him. 'We are proud to provide assistance to this resilient and vibrant community in this moment of need', said Bob Iger, CEO of the Walt Disney Company. Disney

has also said that they have been helping employees, who work for the company, and will continue to support the community as the fire damage unfolds.

What else could be done to help people in need?



Pictured: Walt Disney Company Building. **Source:** @Disney on X.

Should YouTube have more rules for younger users?



Yes, because younger children might see inappropriate things online.

Chloe

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



picture-news.co.uk/discuss



help@picture-news.co.uk



[@HelpPicture](https://twitter.com/HelpPicture)

Poozeum!

Guinness World Record holder and Dinosaur Poop Museum owner, George Frandsen, has been talking about his world-famous collection on a recent trip to England. The museum in Arizona, USA, contains the largest collection of coprolites (1,277 when counted in 2017), and is due to reopen after a winter break next month. Coprolites are the fossilised faeces (poo!) of animals that lived millions of years ago. The Poozeum promotes itself with the funny tagline - 'number one collection of number twos!'



Pictured: Barnum the Tyrannosaurus rex dinosaur poop. **Source:** Poozeum on Facebook.



Pictured: Poozeum - dinosaur poop museum!
Source: Poozeum on Facebook.

They go on to say, 'We aim to provide a one-of-a-kind experience that promises laughter, fascination, and a pile of the unexpected.' George also holds the record for owning the largest coprolite by a carnivorous animal, which is also on display. Barnum, the Tyrannosaurus rex dinosaur poop, is named after palaeontologist, Barnum Brown, who discovered the very first T. rex. The specimen is approximately 70 million years old and weighs 9.28kg. It measures 67.5cm long and 15.7cm at its widest. The Poozeum website also contains an online coprolite exhibition, where anyone can learn all about Barnum, and the intriguing subject of dinosaur poop fossils.

Are you interested in learning about coprolites?

Would you like to visit this or any other museums?

Futuristic Farm

A futuristic farm in Iceland is growing algae for food! The high-tech indoor farm is contained within a large warehouse, situated near to Iceland's largest geothermal power station. Scientists at the special building are using a system that harnesses energy from the power plant to sustainably grow these tiny aquatic organisms. Glowing pink-purple light bathes the microalgae in exactly the amount of light that they need to flourish. The 'intelligent light' illuminates the walls of panels, and cylindrical columns of water bubble away as the crops cultivate. VAXA Technologies explains more on their website, saying, 'We are bringing a new scientific approach to food production. Through our groundbreaking indoor production



Pictured: Vaxa bathes microalgae in a pink-purple light. **Source:** VAXA Technologies Iceland on Facebook.

process, we convert clean energy into food, producing the most sustainable crop in the world - microalgae rich in Omega-3 and protein.' Humans have almost always eaten macroalgae, such as seaweed. Consuming microalgae is less common, although it was eaten for centuries in ancient Central America and Africa.

Do you know any facts about microalgae?

Do you think it is a good idea to explore more sustainable food options?

Should YouTube have more rules for younger users?



Yes, because some stuff is too scary and for older people. Videos should have ages on them.
2MG Merrylands Primary School

TAKEHOME



**Do you need to feel
under pressure to
achieve great things?**

In the news this week

Tennis player, Emma Raducanu, has revealed she would like to meet darts player, Luke Littler, after he recently became the world darts champion. Comparisons between the two young sports stars have been highlighted. Raducanu was 18 when she became the only qualifier in history to claim a Grand Slam title, by winning the 2021 US Open. Similarly, Littler became the youngest-ever World Darts Championship winner at 17.

Things to talk about at home ...

- > How do you think Luke Littler felt when he became the youngest-ever World Darts Championship winner at 17? How do you think he might be feeling now about future competitions?
- > Can you think of a time when you were under a lot of pressure to succeed or achieve something? Share it with someone at home. Can they recall a similar time?

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss

