

Sport and Leisure

Teachers' Notes

Print copies of "What They Said", "What the Bible Says" and "Problems and Pressures" for each discussion group. Cut into strips and put a set of each into an envelope for each group.

Watch the video together, then discuss in groups why and how each of the 'Problems and Pressures' can be issues for top athletes. Feed back to the whole class.

In groups, empty the strips of quotes etc. from the envelopes. Spread out the 'Problems and Pressures' headings. Choose the relevant quotes and Bible verses for each of the problems and pressures, and put them with an appropriate heading.

- Discuss the statements the athletes made, and how they relate to the Bible verses.
- Is there a conflict?
- How do you think the athletes made their choices –
 - about wealth?
 - about excesses?
 - about cheating?
 - about self discipline?
- What are the practical outcomes of each of these choices?
- Do you think their Christian faith has made their choices easier ... or harder? In what ways?
- Are there choices that you would make differently? Are there things that you think are more important?

Problems and Pressures

The pressure to win

The pressure to cheat

The pressure of wealth

Coping with stress

The need for self-discipline

Temptation to excess

Treatment of others