

What's happening in the news this week?



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

30th October - 5th November 2023



Should 'super shoes' be allowed in races?





Let's look at this week's story

Kenyan long-distance runner, Kelvin Kiptum, crossed the line in a new world record time at this year's Chicago Marathon, wearing Nike Alphafly 3 'super shoes'. He completed the race in the time of 2:00:35, beating the record set by fellow Kenyan, Eliud Kipchoge in 2022, by 34 seconds. It was Kiptum's third marathon, and he now holds three of the six fastest times in history. In September this year, Tigst Assefa from Ethiopia also broke the women's marathon world record in Berlin with a time of 2:11:53.



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	angry	happy	confused	excited	worried	shocked	afraid
despondent disconsolate dismal doleful downhearted forlorn gloomy melancholic miserable woeful wretched	aggrieved annoyed discontented disgruntled distressed exasperated frustrated indignant offended outraged resentful vexed	beaming buoyant cheery contented delighted enraptured gleeful glowing joyful	addled baffled bemused bewildered disorientated indistinct muddled mystified perplexed puzzled	animated elevated enlivened enthusiastic exhilarated exuberant thrilled	agitated anxious apprehensive concerned disquieted distraught distressed disturbed fretful perturbed troubled uneasy	astonished astounded disconcerted distressed dumbfounded horrified staggered startled stunned surprised	alarmed apprehensive daunted fearful frantic horrified petrified terrified

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





Read through the information found below, which provides more details about Kiptum and Assefa's recent world record-breaking marathon times.

Who set the new marathon records?



Kelvin Kiptum

At the start of the Chicago Marathon, Kiptum said he had not targeted beating the previous world record of 2:01:09. However, this changed towards the end of the 26.2 mile race, when he ran the 22nd mile in a very fast 4 minutes 18 seconds.

Assefa broke the women's marathon world record in this year's Berlin Marathon, finishing with a time of 2:11:53. Previously an 800m specialist, Assefa only made her marathon debut in March 2022.

Why are people talking about their shoes?

Both Kiptum and Assefa were wearing 'super shoes'; a type of trainer that has been discussed at length by official running rule makers at the World Athletics. Kelvin Kiptum wore a Nike prototype shoe (not yet available to buy) and Tigst Assefa wore Adidas' £400 Adizero Adios Pro Evo 1 shoes.



Pictured above: Assefa with the Adidas Adizero Adios Pro Evo 1 shoes she wore during the Berlin Marathon.

Source: Luciano Lima.

A world record was not in my mind, but I knew one day I would do it.

Kelvin Kiptum, following his record-breaking run at the Chicago Marathon.

Some believe that the technology behind the shoes is giving runners times that they wouldn't have otherwise been able to achieve. Do you think it is fair for people to focus on the shoes and not what the runners have achieved?



Look at the resource below, which shares some information about 'super shoes'.

What is a 'super shoe'?



The first ever 'super shoe', Vaporfly 4%, was released by Nike in 2017. It featured ZoomX cushioning technology.

'Super shoes' use technology to create footwear that helps people run better and faster!

A carbon fibre plate helps make the middle part of the foot stiffer. This means the wearer uses less energy with each step as their feet push off better from the ground.



World Athletics has ruled that athletes can wear shoes for road races with a maximum 40mm stack height and one stiff plate.



The arrow shows the stack height on these trainers.

**Have you ever seen a 'super shoe' before?
Can you imagine what it might be like to run in them?**



Look at the resource below, which suggests ways athletes from a range of different sports may be able to improve their performance.

Clothing

Sportswear is clothing specifically designed for sport. The fabric can help keep athletes cool and dry, provide compression for increased blood flow and reduce the risk of injury. The aerodynamic (the flow of air around a solid object) performance of clothing is important too! Different sports require different clothing to maximise performance.

Footwear

Different footwear is designed for different sports so each is suited to the surface it will be used, supports the athlete and reduces the risk of injury. The right footwear can also improve an athlete's performance. Spikes may be worn for sports that require grip, such as cricket or sprints. Football boots have studs or blades and are designed to help players get the best touch of the ball, For some sports, barefoot is best!



Pictured: the rubber lugs on the bottom of golf shoes are designed to provide maximum grip during a golf swing.

A woman monitoring her performance with a smartwatch.



Equipment

Some sports require specialist equipment such as skiing, cycling, and javelin. This can impact performance e.g., the type of tyres on a bike, the material used to make a javelin.

Equipment can also be used during training such as fitness watches or high-tech vests. These can be used to track and monitor performance so athletes can see how their body is moving, what muscles are working and record heart and breathing rate. Future training can then be modified and improved to address the technique.

Training

In order to improve athletic performance, workouts and training are required. Many athletes have very detailed training programmes that require them to be committed, disciplined and focused.

Diet and nutrition

Eating the right foods and keeping hydrated can help an athlete perform at their best. Knowing what to eat and when can help with energy levels and recovery times.

**Do you agree that these ways would improve an athlete's performance?
Which way do you think will have the biggest positive impact on performance?**



Should 'super shoes' be allowed in races?



Reflection



As technology improves, it can help athletes perform better and better in sports. It's important for us to respect rules and ensure any possible advantages are fair for all.





Rule of Law

World Athletics has rules about what footwear people can wear when competing in a road race. This ensures it is fair. If the rules are not followed, the competitor will be disqualified.

Protected Characteristics



Kenyan long-distance runner, Kelvin Kiptum, recently broke the world record for the fastest marathon time. Whatever your nationality, you should be able to compete in a world event. We should never be treated unfairly because of our nationality.





UN Rights of a Child



All children must have a nationality (belong to a country). Different countries often compete at world events. Some of us may represent our nation - now or in the future!



Useful vocabulary



Athlete

Someone who is very good at sport and physical exercise.

As technology improves, it can help **athletes** perform better and better in sports.

Marathon

A long-distance running race, 26.2 miles.

In September this year, Tigst Assefa from Ethiopia also broke the women's **marathon** world record in Berlin with a time of 2:11:53.

Professional

Is paid for engaging in an activity or sport rather than it being a hobby.

Do you think it would be fair to allow non-**professional** runners to use 'super shoes' in marathon races but not **professional** runners?

Prototype

The first example of something from which all later forms are developed.

Kelvin Kiptum wore a Nike **prototype** shoe (not yet available to buy).

Specialist

A person who has experience or skill in a particular subject.

Previously an 800m **specialist**, Assefa only made her marathon debut in March 2022.

Technology

Machinery and equipment developed from the application of scientific knowledge.

Some believe that the **technology** behind the shoes is giving runners times that they wouldn't have otherwise been able to achieve.

Can you use them in your writing this week?



Should 'super shoes' be allowed in races?

Kenyan long-distance runner, Kelvin Kiptum, crossed the line in a new world record time at this year's Chicago Marathon, wearing Nike Alphafly 3 'super shoes'. He completed the race in the time of 2:00:35, beating the record set by fellow Kenyan, Eliud Kipchoge in 2022, by 34 seconds. It was Kiptum's third marathon, and he now holds three of the six fastest times in history. In September this year, Tigst Assefa from Ethiopia also broke the women's marathon world record in Berlin with a time of 2:11:53.



- Look at this week's poster and talk about what you can see. Pictured is Kelvin Kiptum, who has recently broken the world record for the fastest marathon time.
- Watch this week's useful video, which shows Kiptum finishing his record-breaking run. Can you imagine how he might have felt as he crossed the finish line, knowing he had broken the marathon record time?
- Read through the information found on the assembly resource, which provides more details about Kiptum and Assefa's recent world record times. Some believe that the technology behind the shoes is giving runners times that they wouldn't have otherwise been able to achieve. Do you believe it is fair for people to focus on the shoes and not what the runners have achieved?
- Do you think it would be fair to allow non-professional runners to use 'super shoes' in marathon races but not professional runners or do you feel there should be one rule for all?

Reflection

As technology improves, it can help athletes perform better and better in sports. It's important for us to respect rules and ensure any possible advantages are fair for all.



KS1 focus

What is a 'super shoe'?



- Write 'super shoe' on the board. Do you know what a 'super shoe' is? Can you share anything you already know? Do you have any questions you would like to ask?
- Look at resource 1, which shares some information about 'super shoes'. Have you ever seen a 'super shoe' before? Can you imagine what it might be like to run in them?
- Some 'super shoes' can cost up to £400! How do you feel about this? Do you think you would ever spend £400 on a pair of trainers?
- 'Super shoes' can help athletes run better and faster. Do you own a pair of shoes or trainers that help you run better and faster? Can you describe what they look and feel like? Do you know what their stack height is? Could you measure it?
- Think about some of the footwear you own. What do you wear to school? Do you own a pair of wellies?
- Discuss when different types of footwear might be useful e.g., wellies in the rain to keep your feet dry, shoes that look smart when attending an event, flip flops at the beach that you can easily slip on and off with sandy toes!
- Imagine you could have a new pair of shoes. What would you choose and why?

Reflection

'Super shoes' are designed to help people run better and faster. There are many different types of footwear that can help make doing some things easier.



KS2 focus

How can athletes improve their performance?



- 'Super shoes' were worn by both Kiptum and Assefa when they broke the record for the fastest marathon time. The technology used in 'super shoes' can help athletes run better and faster. What else do you think might help someone run better and faster?
- Draw on your own experience of running. What clothes do you find are best for running in? What surface do you prefer to run on?
- Look at resource 2, which suggests ways athletes from a range of different sports may be able to improve their performance. Do you agree? Which way do you think will have the biggest positive impact on performance?
- Think about some of the sports you take part in, either at school or in your own time. What clothing do you wear? Do you need any equipment? What do you wear on your feet? How important is comfort to you?
- Have you ever tried to improve your own performance? What did you do e.g., join a club and start training, practise at home, buy a pair of boots?
- Make a list of different sports and the footwear that you think would give an athlete the best performance. Explain why you think this.
- An elite athlete is a person who is performing and competing at a very high level in their sport. What do you think it takes to become an elite athlete? Consider physical traits, personality traits, upbringing.

Reflection

There are many different ways an athlete can improve their performance. We can all find ways to improve our performance, in sports and other things too!



KS2 follow-up ideas

Option 1

Write to an elite athlete who has inspired you. You could find out more about their sporting career, how they improve their performance, what clothing and equipment they use or what their training programme is like. Plan your letter first. You could use the following to help:

- Paragraph 1 – share why you are writing
- Paragraph 2 – tell the athlete why they inspire you, share a moment you enjoyed watching them
- Paragraph 3 – ask what would you like to know about them
- Paragraph 4 – thank the athlete, tell them you're looking forward to hearing from them

Once your letters are complete, either post or email them – hopefully, you will receive a response!

Option 2

Use this opportunity to run! Mark out a sprint and a longer distance. Work with a partner or as part of a small group to time each other. Once everyone has had a turn, think about the following:

- How did your legs feel once you had completed the sprint and long distance?
- What was your breathing rate like?
- Which run did you prefer?
- If you ran each again, how might you improve your time? Think about the pace you run at, how you use your arms, how you breath, your running style/technique.

Once you have had enough time to recover, try each again and see if you can beat your time!



KS1 follow-up ideas

Option 1

Design your dream trainer. Think about:

- What shape will it be?
- How will it fasten? Laces, a sticky fastening, something else?
- What colour(s) will it be?
- Will it have any patterns or symbols on it?
- Will it have a stack? How high will it be?
- Will it have any special features?
- What will you call your trainer?

Share your designs with each other and discuss which trainers you would wear and why.

Option 2

Shoes come in many different sizes. Some people go to a shoe shop to get their feet measured; others try them on to see which fits best.

- Do you know what size your shoes are?
- Are your shoes smaller or larger than the people you live with?
- Are your shoes smaller or larger than the person sat next to you?
- Can you measure the length of your shoe sole?
- What will you measure it in e.g., cm, multilink?
- Can you measure the width of your shoe?
- Does your shoe have a stack? Is it smaller than or larger than someone else's stack?

Use this opportunity to compare, order and measure your shoes.

Challenge – how can a size 1 shoe be larger than a size 13?



This week's useful websites

This week's news story

www.bbc.com/sport/athletics/67062551

This week's useful video

Kiptum's Chicago 2023 Marathon victory
<https://youtu.be/sloHbNL-o20>

This week's Virtual Picture News

www.picture-news.co.uk/discuss

This week's vocabulary

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Cat with Two Noses



Pictured: Nanny McPhee. **Source:** Cats Protection Warrington Adoption Centre Facebook page.



Nanny McPhee, a 4-year-old black and white female cat, has become famous for her 'one of a kind' nose. Staff, at the Cats Protection Adoption Centre in Warrington, thought that she had one very large nose, until she was checked by vets, who discovered two! 'A cat with two noses is a first for us in the field vet team,' exclaimed Fiona Brockbank, who works as a senior field veterinary officer at Cats Protection. 'This is a real rarity and, thankfully, it isn't causing her any problems at all.' Centre manager, Lindsay Kerr, said, 'We have all fallen in love with our one-of-a-kind Nanny McPhee. We can't stop looking

at her two noses. She has proven to be a gentle lady who adores a fuss and a cuddle, and we are hopeful her new-found fame will mean she will have no shortage of potential adopters. She really does deserve a home where she can settle down and become the centre of a loving family.' The unique feline was named by centre staff after the film character known for her distinctively shaped nose. Since making it into the news, she has now been reserved and will soon be going to what is hoped will be her 'fur-ever' home with her new family.

New Olympic Sports

The International Olympic Committee (IOC) has approved five new sports for the 2028 Games in Los Angeles, USA. At a meeting held in Mumbai, India, the committee approved the inclusion of cricket, lacrosse, flag football, softball-baseball and squash! The IOC rules say that each host city can ask to have several sports included for the games they will be hosting. Cricket was last played at the 1900 Olympic Games in Paris. Richard Gould, from the England and Wales Cricket Board said, 'It's fantastic that cricket will be included in the Olympics in 2028, putting it on one of the world's biggest sporting stages. This is a great opportunity to take cricket to new parts of the world, and to allow more people to develop a love for our sport. In particular I'm delighted that the Games will

feature both men's and women's cricket and have no doubt that featuring in the Olympics will accelerate the continuing and rapid growth of the women's game.' Squash and flag football have never appeared in the Olympic Games before so will be played for the first time as an Olympic sport! Squash has been nominated before but was never approved. Flag football is a non-contact version of American football played in teams of five. Softball-baseball has appeared at the games several times previously. The last time participants could win an Olympic medal for Lacrosse was in 1908!

What sports would you put forward to be added to the Olympic programme? Why do you think it would make a great Olympic sport?



Pictured: The 5 additional sports to be included for the 2028 Olympic Games in Los Angeles. **Source:** The Olympic Games @Olympics X page.

Amazing Art Detective



Pictured: Arthur Brand Art Detective with the six paintings that were stolen.
Source: Arthur Brand (art detective) @brand_Arthur X page.

A Dutch art detective, called Arthur Brand, has recovered six missing paintings! The paintings were sent to him anonymously in a delivery van. Brand believes that the stolen artworks, valued at £87,000, were unable to be sold, therefore the thieves discarded them. He announced on his X page, 'I recovered the 6 paintings that were stolen last month from the town hall of Medemblik, the Netherlands. Historically very important paintings. Especially the one showing King Radbod, the last ruler of Frisia. The oldest portrait known of him. And one of William of Orange.' He thinks the thieves had heard about his previous

famous find – a stolen Van Gogh painting in an Ikea bag. Arthur, who is now being referred to as the 'Indiana Jones of the art world' said, 'In some cases, they burn them, just to get rid of the evidence because they find out they cannot sell them. So, I'm very thankful that they decided to do the right thing. Stealing is wrong, but if you return it, at least you do something right.' Arthur did not claim the €10,000 reward offered by the authorities in Medemblik, joking that he would like a 'good book voucher' instead!

Have you ever found something that was thought to be missing?

How did it feel to return it to its owner?

Last week's topic:

How can we remember things that were important to us?



We have pictures around our home of all the people and places that are special to our family. We can look at them to remember our feelings.

Barney

I think that we remember the important things and people in our lives by always keeping them in our hearts.

Rose

I like to talk to my friends and remember through telling stories and my favourite memories.

Layton

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

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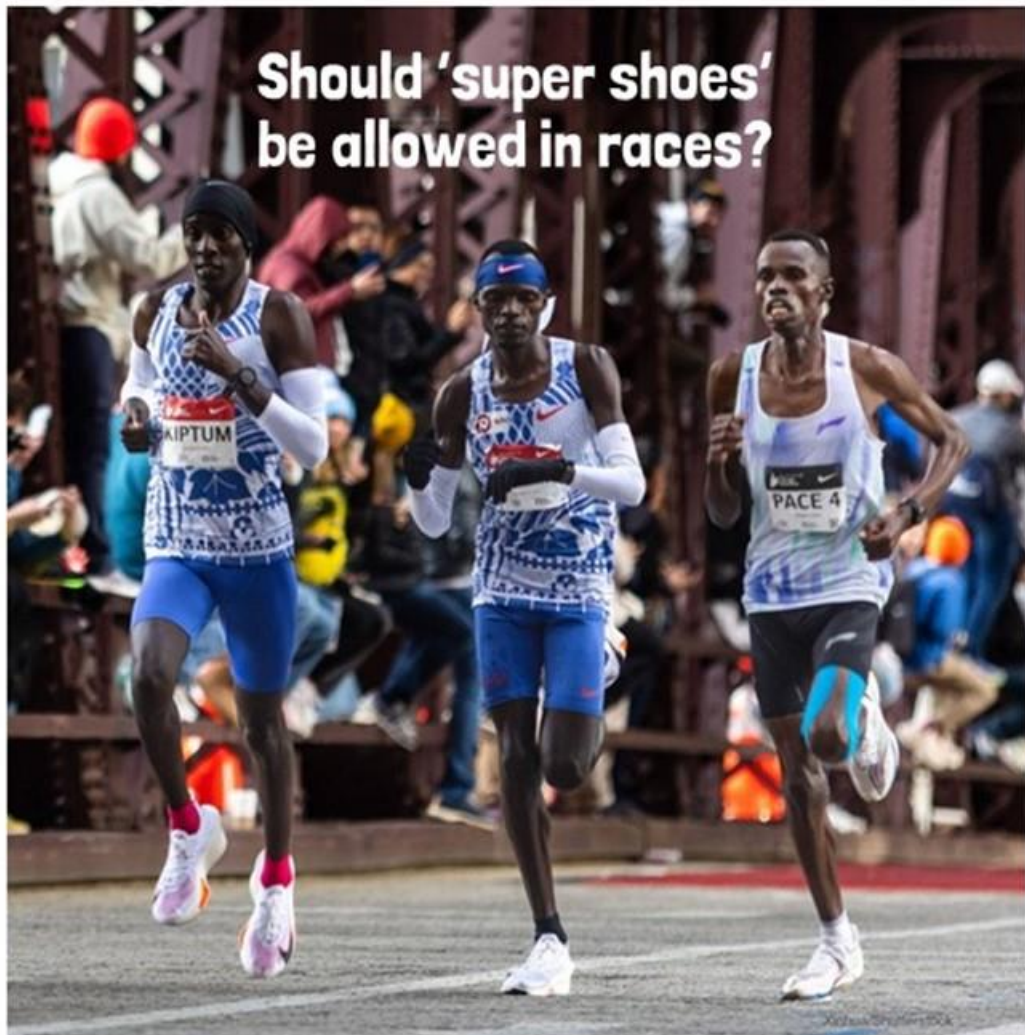
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TAKEHOME



Should 'super shoes' be allowed in races?



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Things to talk about at home ...

- > Do you think it is fair that a lot of focus has been on the shoes Kelvin was wearing rather than what he has achieved with a new world record?
- > Do you feel that people should be allowed to wear whatever they like in competitions?
- > In your opinion, should there be a different rule for professional athletes and those who are entering for fun/not as a professional?

Please note any interesting thoughts or comments

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