

Running

Learning more about...



Estimate distance

This web page will show you an easy way to estimate how far something is away from you.



Read the instructions on the [Mathsisfun website](https://www.mathsisfun.com) and try it out.

Scan the QR code on your phone or go to:

<https://www.mathsisfun.com/measure/estimate-distance.html>



Jot down what object you choose and how far away you estimated.

Listening



Listen to this description of running a marathon.

Scan the QR code on your phone or go to:

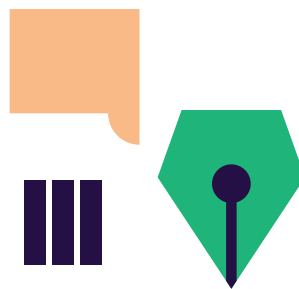
<https://learnenglish.britishcouncil.org/general-english/audio-zone/marathon-running>



Try to answer Task 1 and Task 2.

Running

Thinking more about...



Usain Bolt on his career



Watch this short clip of **Usain Bolt** talking about what he thinks about moments before the race (2 minutes). Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=Q7a5DJEJ2DI>



What do you think about when you are facing a challenge?

Jot this down here.

Setting challenges

We often set ourselves challenges. When we finish the challenge, it can be hard to know what to do.



Read this **Irish Times** article on dealing with the days after a race and pick up some tips. Scan the QR code or go to:

<https://www.irishtimes.com/news/health/dealing-with-the-day-after-the-race-before-1.1063825>

