



Shining Light Ambassador

PSHE





PSHE at Polehampton



Children's personal, social and emotional development (PSED) is crucial for children to lead healthy happy lives, and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

Wilma Rudolph

'Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.'



Who is Wilma Rudolph?

Wilma Rudolph was an outstanding athlete in track and field events. She was the first U.S. woman to win three gold medals in a single Olympics. People called her the world's fastest woman.



Early life

Wilma was born on June 23, 1940, near Clarksville, Tennessee. As a child Wilma had many illnesses, including polio. This disease made her unable to walk without a leg brace or a special shoe. By age 12, however, she could walk normally.



Education

Wilma was initially home-schooled due to the frequent illnesses that caused her to miss kindergarten and first grade. She began attending second grade at Cobb Elementary School in Clarksville in 1947, when she was seven years old. Wilma attended Clarksville's all-black Burt High School, where she excelled in basketball and track. She attended Tennessee State University in Nashville and graduated in 1963 with a bachelor's degree in Education.



Achievements

Wilma became a graceful yet powerful sprinter. She won a bronze medal at the 1956 Olympics. She won her three gold medals at the 1960 Olympics. She set world records in the 100- and 200-meter dashes and in the 4 × 100-meter relay.



Achievements

After these victories Rudolph's hometown of Clarksville planned a welcome-home parade for her. Wilma, who was African American, refused to participate unless Black people and White people could attend the event together. This was the first time that both races had gathered together in Clarksville.



Personal life

After her graduation from Tennessee State in 1963 Rudolph married Robert Eldridge, her high school sweetheart. She had four children: two daughters named Yolanda and Djuanna, and two sons named Robert Jr. and Xurry.

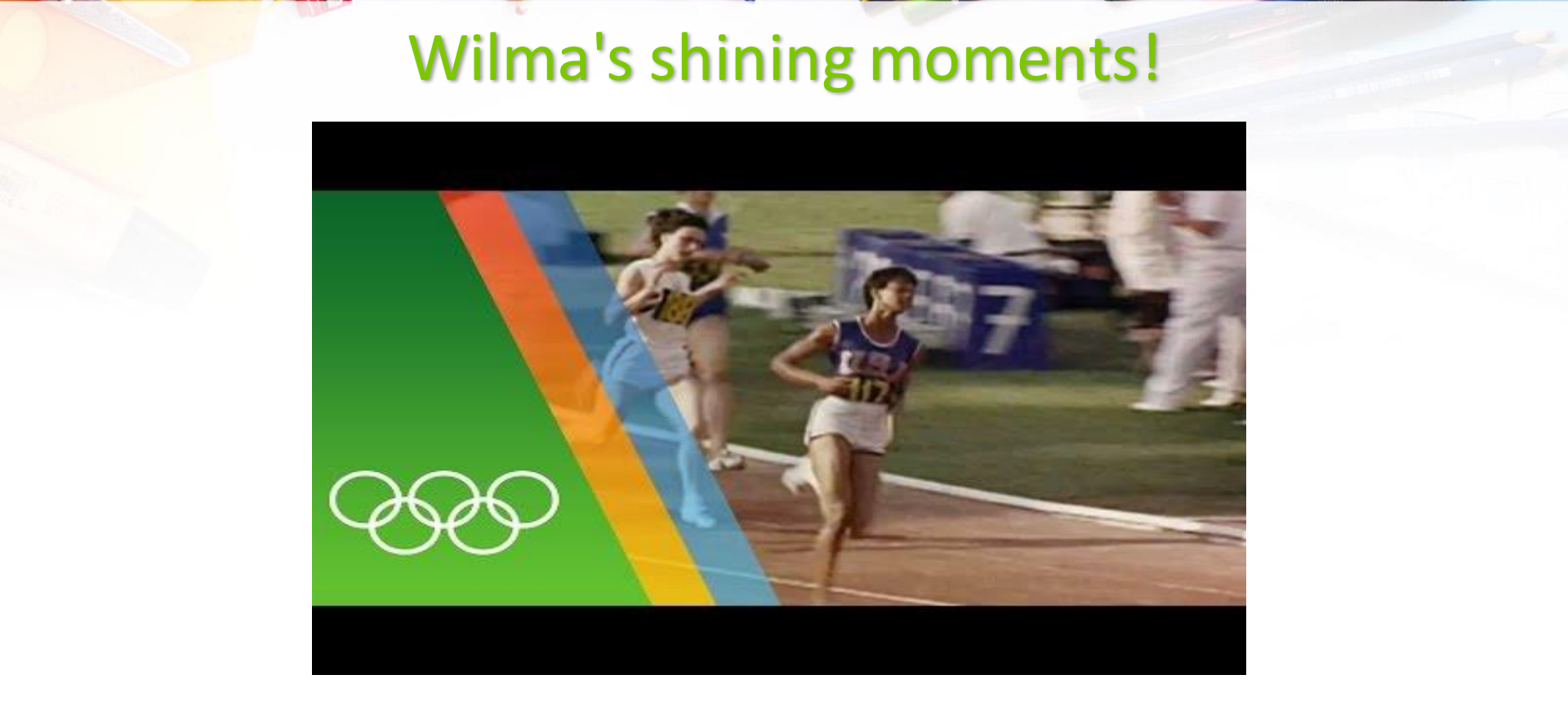


Later life

Wilma retired from running in 1962. She later became a track coach and a national sports commentator. She died on November 12, 1994, in Brentwood, Tennessee.



A top-down view of various school supplies scattered on a white surface. On the left, there is a red circular object, a yellow ruler, and a protractor. In the center, there are pink-handled scissors, a black eraser, a red pencil, and a blue pen. On the right, there are several blue pens, a yellow pencil, a green pencil, and a blue pencil. A small blue object with the text 'WETWORK' is also visible.



Wilma in action!





How have you been inspired?

- What made Wilma shine?
- What qualities do you share?
- What will you take away from this today?