

# ARBETSBLAD

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## POPREEEL

### Be who you want to be

*If you are determined, few things can stop you.*

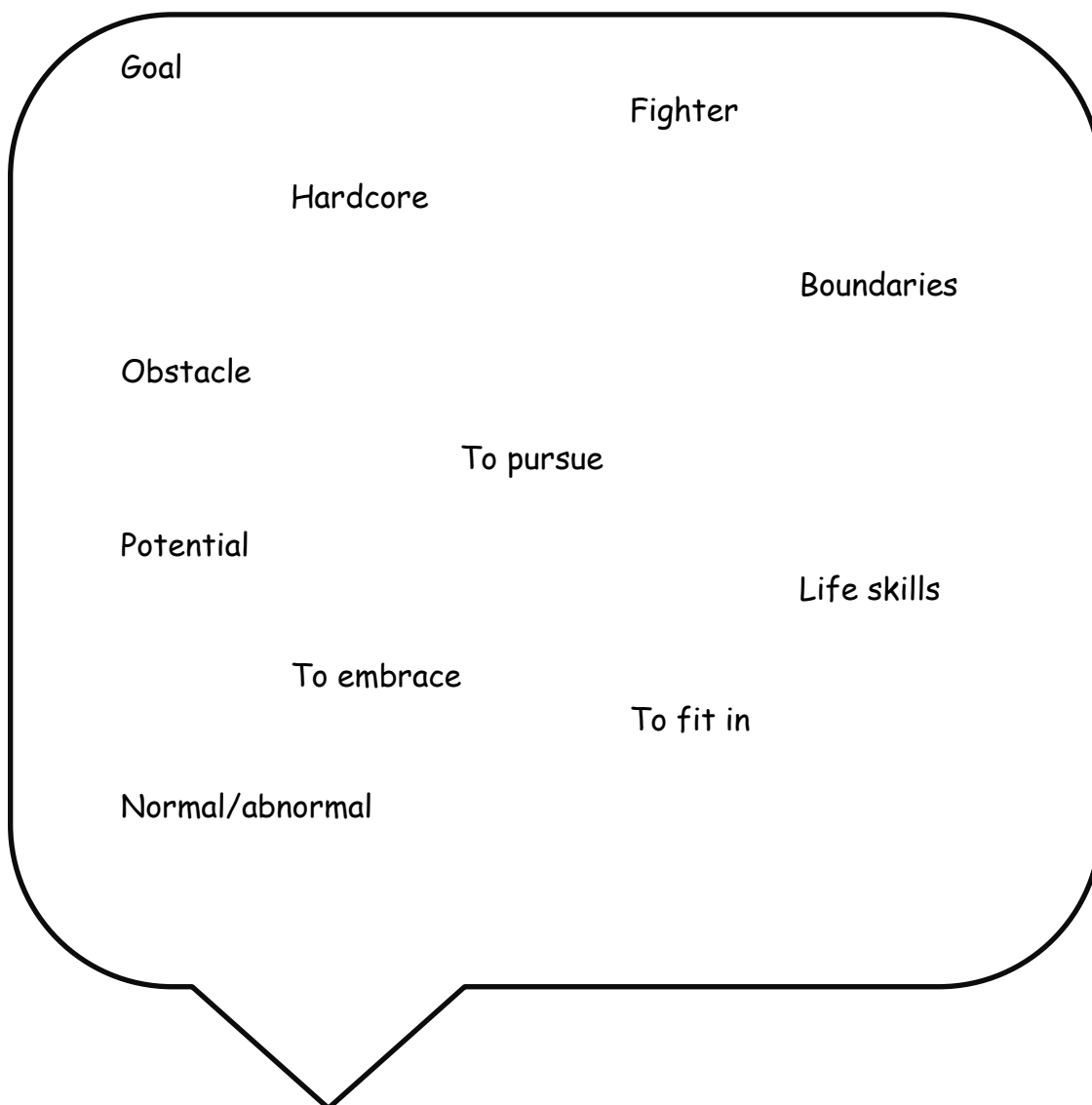
*In a basement in London, we meet Ruqsana Begum during a hard kickboxing training. She comes from a very religious background and tells us about how she started training secretly without her parents' knowledge. When a career as a kickboxer was reality it became harder to keep it secret. Despite many hard setbacks, she has won a world championship, carried the Olympic Torch and met the queen – all through kickboxing.*

*Someone else who refused to be pushed down by setbacks, is successful stand-up comedian Francesca Martinez. She refuses to let her cerebral palsy stand in the way of her dreams. Francesca bears witness of how love and support from others can help you move forward and of how you can express yourself through comedy.*



**A. LISTEN AND WRITE**

Below you will find expressions used in the program. In what context are they used and what do they mean, do you think? Try to figure it out while watching the program, then discuss with a friend to see if you got it right.



## B. DISCUSS IN CLASS

- Ruqsana's trainer says she breaks a lot of boundaries. Can you give some examples of this? Can you explain in what way she is breaking boundaries by training martial arts? Do you think there would be any boundaries to break if she was training in Sweden instead of in England? Explain why/why not. Do you think training martial arts gives you a different sort of focus in comparison with other sports or arts? Explain your thoughts!
- Someone else who is breaking boundaries is Francesca Martinez. What do you think it's like to have cerebral palsy and being a comedian? Can you give some examples of boundaries she is breaking and in what way she is breaking them? Are there taboos in comedy, you think? Or is it ok to joke about anything? What do you think? Are you ok with any types of jokes or are there some you don't like?
- Try to explain in what way the following mottos can be used in means of motivation;  
"To keep the goal in the back of your head"  
"To focus on what you *can* do instead of what you *can't*."





### C. RESEARCH THE WORD/EXPRESSION

What do these words/expressions mean? Try to see if you can find explanations to them on the internet.

❖ Martial arts: \_\_\_\_\_

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❖ Macho: \_\_\_\_\_

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❖ Thai boxing: \_\_\_\_\_

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❖ Contact sport: \_\_\_\_\_

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❖ Weight category: \_\_\_\_\_

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❖ Competitor: \_\_\_\_\_

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❖ Olympic torch: \_\_\_\_\_

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❖ Cerebral palsy: \_\_\_\_\_

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❖ Wobbly: \_\_\_\_\_

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#### D. EXTRA MATERIAL

- Research different types of martial arts. What are the differences? Similarities? Look at some of the most common martial arts, such as Karate, Judo, Aikido, Kendo, Wushu, Thai boxing, Kickboxing and Taekwondo. Watch “Fight quest” on Youtube to get a taste of the different types. See if you can find someone who teaches martial arts and can come to your school and give a class.
- See what you can find out about the history of the Olympic Torch. When did the tradition start? What does it mean? Who gets to hold it? is there any funny trivia surrounding the Olympic Torch?
- Write a plan for yourself where you try to think about what you want to do in life and what you *can* do to make it happen. What do you need to start with? Are there any obstacles? Try to break everything down into smaller steps, perhaps by using a mind map (for example Mindmapper, Creaza or Mindomo). Then it is easier to see what you need to do in order to get where you want.

