G6 UNIT 4: WINNING AND LOSING

1. **Read and choose the correct answer:**

Winning And Learning: Exploring The Benefits of Growth Through Losing (Chad Longworth) Nobody likes losing, but winning at the youth level isn't everything. Giannis Antetokounmpo once said, "Michael Jordan played 15 years, won 6 championships. The other 9 years were a failure?" This perspective challenges the belief that losing equals failure. Instead, we should see every experience as an opportunity to grow and learn. Winning is often seen as the ultimate goal. It brings pride and recognition, but it's not always fulfilling. Baseball players, for example, train not just to win but to improve skills, build camaraderie, and push personal limits. Losing, on the other hand, is often seen as negative, yet it can be a valuable learning experience. It forces us to face weaknesses, adapt, and grow. To embrace the idea that there's no such thing as losing, consider these strategies: **Adopt a growth mindset** – View challenges as opportunities for improvement. **Focus on the process, not just the outcome** – Learning new skills is just as valuable as winning. **Celebrate small victories** – Progress builds motivation. **Embrace failure as growth** – Setbacks reveal areas for improvement. **Keep learning and growing** – Every experience teaches something new. By shifting our mindset to "winning and learning," we can find fulfillment in both success and setbacks. Whether you win or lose, there's always a lesson to take forward. Keep striving, keep improving, and never stop learning.	**1. What is the central message of the text?** A) Success in sports is only measured by victories. B) Failure should be completely avoided. C) Both success and setbacks provide opportunities for self-improvement. D) Athletes should avoid competition to reduce pressure. **2. Why does the author refer to Giannis Antetokounmpo's quote about Michael Jordan?** A) To argue that Jordan's career was not as impressive as people think. B) To illustrate that even legendary athletes face defeats. C) To suggest that losing is more valuable than winning. D) To stress the idea that winning is the only goal in sports. **3. According to the text, why isn't winning always satisfying?** A) It doesn't always lead to personal growth or fulfillment. B) It discourages players from pushing their limits. C) It prevents athletes from recognizing their weaknesses. D) It has no impact on an athlete's overall experience. **4. What is the benefit of adopting a growth mindset in sports?** A) It helps athletes view difficulties as chances to develop their abilities. B) It allows athletes to ignore their mistakes. C) It ensures that athletes will always perform better than their opponents. D) It is a mindset that only experienced players need to adopt.

LIVEWORKSHEETS

2. **Answer the following questions based on your prior experiences:**

How do you feel when you lose a game?

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Is losing a bad thing? Why?

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How is it different from the way you feel when you lose a person, animal, or thing?

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Do you think the feeling of loss lasts longer than the feeling of victory? Explain.

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How could a poem or a song help you remember someone or something you've lost?

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Why are words to poems and songs so easy to remember?

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LIVEWORKSHEETS