

## Amazing Women In Sports



**Simone Biles**



**Maya Moore**



**Megan Repinoe**



**Serena Williams**



**Sarah Thomas** - 1st ever woman to officiate in the NFL



**Violet Palmer** - 1st ever Woman to officiate in the NBA.



**Becky Hammon** - First Female to ever coach an NBA team.

## [Click Here for Jose's Video](#)

FEBRUARY 3rd

- National Girls and Women in Sports Day

### [women in sports Nike commercials](#)

National Girls and Women in Sports Day celebrates the importance of female involvement in sports and the extraordinary achievements of female athletes. Girls who play sports are more likely to..

1. Graduate from school
2. Go to college
3. Obtain higher paying jobs
4. Have better physical and mental health throughout their lives.

Remember that these women are daughters, sisters, mothers, aunts, grandmothers, etc.. But they are also much more. They are talented individuals. They are hardworking people. And they are an inspiration to others. They are Athletes and Champions. And they deserve our respect.

Thank you to all the amazing women who make our sport communities AND OUR COMMUNITIES AROUND THE WORLD stronger, and better together.

Do we have any female athletes in the class?

- What sport?
- What has playing this sport taught you about yourself?  
(Examples)
  - a. Hard work pays off
  - b. Practice makes things easier to do.
  - c. Girls can do

FEBRUARY 4th

- National Optimist Day

**Optimism** is hopefulness and confidence about the future or the successful outcome of something.

**Optimists** see the positive side of things. They expect things to turn out well. They believe they have the skill and ability to make good things happen.

- Don't blame yourself when things go wrong.
- Remind yourself that setbacks are temporary.
- We all have bumps in the road on our journey to happiness.