

# English Resource Pack – Week 7

Monday Resources

Reading Comprehension

## Usain Bolt

### Biography

So, how do you become the greatest sprinter of all time?

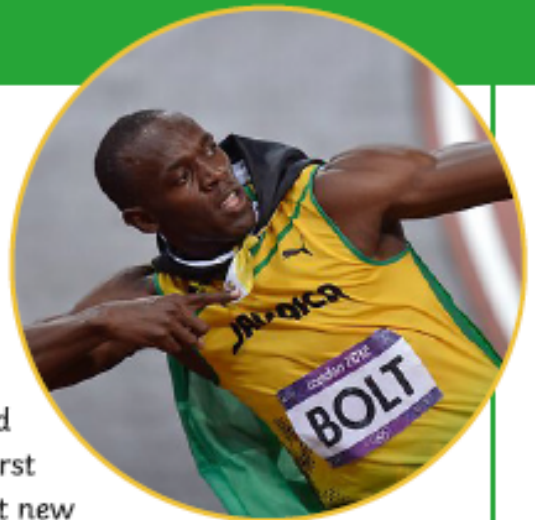
Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting, which led him to win his first High School Championships medal. Since then, he has set new world records, overcome injuries, won numerous medals, become a national treasure in his home country of Jamaica and he hasn't even finished yet!

Usain was born on 21st August 1986, in Jamaica, to parents Wellesley and Jennifer Bolt. He grew up with his brother and sister, and adored playing football and cricket.

He competed in his first race whilst at primary school, but sprinting wasn't his first love. Bolt has often said that if he hadn't have become a sprinter, he would have loved to have been a fast bowler, having been inspired by Waqar Younis, a former international cricket player.

Whilst at high school, Usain focused on sprinting and won his first silver medal in the 2001 High School Championships. His talent caught the eye of former Jamaican Olympic sprinter Pablo McNeil, who went on to become his coach. Pablo would sometimes get frustrated with Bolt as he didn't always take his training seriously and enjoyed playing practical jokes.

The 2001 World Youth Championships was Usain's first appearance on the world stage. He didn't win any medals, but he did set a new personal best in the 200m race. The Jamaican Prime Minister recognised Bolt's talent and arranged for him to move to Kingston to train with the Jamaican Amateur Athletic Association.



The World Junior Championships came next for Usain and it was here that he became the youngest World Junior gold medallist. He continued to win medals in 2003, when he competed at the World Youth Championships.



In 2004, Usain became the first junior sprinter to run 200m in under 20 seconds. With this fantastic time, he turned professional and was chosen to compete in the Jamaican Olympic team. He went to the Olympic Games in Athens in 2004 but a recurring leg injury ruled him out of winning any medals. He received offers to go and train in America but Bolt wanted to stay true to his roots and despite the basic facilities available to him, remained in Jamaica. For some time, injuries thwarted him, but he came back even stronger.

As the years passed by, Bolt took his sport more seriously and began to train harder to win events. At the 2008 Beijing Olympic Games, he broke more world records, winning gold in the 100m, 200m and relay. This was followed by the World Championships in Berlin where he improved his times, running the 100m race in 9.58 seconds and the 200m in 19.19 seconds.

Bolt competed in the 100m, 200m and relay events at the London 2012 Olympic Games, where he won three golds once again. This made him the first person to win all three events at consecutive Olympic Games. Following his performance in London, a fellow competitor said, 'There's no doubt he's the greatest sprinter of all time.'

Usain is nicknamed 'Lightning Bolt' and continues to be widely regarded as being the fastest sprinter of all time. He plans to retire in 2017.

Olympic Games	Event	Medals
2008 Beijing	100m, 200m, relay	Gold
2012 London	100m, 200m, relay	Gold

# Usain Bolt Comprehension

Try to answer the questions using full sentences.

1. When and where was Usain born?

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2. By what age had Bolt become the fastest 100m runner at this school?

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3. Who is he inspired by??

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4. Why did Pablo McNeil get frustrated with Bolt?

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5. Why did Usain move to Kingston?

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6. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?

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7. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?

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# Usain Bolt Comprehension

8. Explain how Bolt has shown resilience in his professional career.

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9. Why is Usain nicknamed 'Lightning Bolt'?

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10. Which do you think is Usain's greatest achievement to date? Why?

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# Usain Bolt Answers

1. When and where was Usain born?  
**Usain was born in Jamaica on 21st August 1986.**
2. By what age had Bolt become the fastest 100m runner at this school?  
**He became the fastest 100m runner at his school by the age of 12.**
3. Who is he inspired by?  
**He is inspired by Waqar Younis, a former international cricket player.**
4. Why did Pablo McNeil get frustrated with Bolt?  
**He got frustrated with Usain because he didn't always take his training seriously and enjoyed playing practical jokes.**
5. Why did Usain move to Kingston?  
**He moved to Kingston because the Prime Minister spotted his talent and wanted him to train with the Jamaican Amateur Athletic Association.**
6. How do you think Bolt felt when he was chosen to represent his country in the Olympic Games?  
**Answers will vary.**
7. Why do you think Usain reached a point in his life where he decided to take his sport more seriously and train harder?  
**Answers could include reference to: Usain realising his own potential, upcoming important sporting events were getting closer, not wanting to become injured again and /or that he felt the need to please people who had believed in him, like his trainer and the Jamaican president.**
8. Explain how Bolt has shown resilience in his professional career.  
**In 2004, Bolt went to the Olympic Games in Athens but a leg injury stopped him from winning any medals. He was injured for some time but came back stronger to win gold at the 2008 Olympic Games.**
9. Why is Usain nicknamed "Lightning Bolt"?  
**It's a play on words because of his surname and also to signify his speed - as fast as lightning!**
10. Which do you think is Usain's greatest achievement to date? Why?  
**Answers will vary.**

Wells Hall Primary School - History																																																						
Topic: Ancient Greeks	Year: 5	Strand: Civilisation																																																				
<p style="text-align: center;"><b>What should I already know?</b></p> <ul style="list-style-type: none"> <li>• Greece is a country in the continent of Europe.</li> <li>• The climate of Greece is slightly different to that of the UK.</li> <li>• Human and physical geographical features of Greece.</li> <li>• Information about the Egyptian civilisation.</li> <li>• The Romans invaded Britain.</li> <li>• The chronology of British history.</li> </ul>	<p style="text-align: center;"><b>Greek Society</b></p> <ul style="list-style-type: none"> <li>• Greece was divided into city-states (<b>polis</b>) that each had their own laws and way of life, but that all spoke the same language. Two of the most well-known city states are Athens and Sparta.</li> <li>• In Athens, Greek styles of art, architecture, philosophy and theatre were developed - these helped shaped our modern society along with science, language and maths.</li> <li>• Athens had a <b>democratic</b> government – this means that the people who lived there made decisions by voting, like we do in Britain.</li> <li>• In Sparta, life was very different; all that was important was being able to defend Sparta in battle.</li> <li>• The first Olympic games were held in 776 in the city-state Olympia.</li> <li>• Religion was very important in ancient Greece. They were <b>polytheists</b> - they believed in different gods and goddesses that were in charge of different parts of their lives, such as a god of the sea and a goddess of wisdom. Temples were built in their honour and they featured heavily in the stories of Greek mythology.</li> <li>• A polis consisted of an <b>urban</b> centre, often fortified and with a sacred centre built on a natural <b>acropolis</b> (citadel) or harbour.</li> </ul>	<p style="text-align: center;"><b>Vocabulary</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>acropolis</td><td>the citadel of an ancient Greek city</td></tr> <tr><td>archaeologist</td><td>someone who studies the past by exploring old remains</td></tr> <tr><td>architecture</td><td>the art of planning, designing and constructing buildings</td></tr> <tr><td>chronology</td><td>the order of events in time</td></tr> <tr><td>circa</td><td>Latin meaning 'around'. c. 800 BC means around 800 BC.</td></tr> <tr><td>citadel</td><td>a strong building in or near a city, where people could shelter for safety</td></tr> <tr><td>civilisation</td><td>a human society with its own social organisation and culture.</td></tr> <tr><td>climate</td><td>the general weather conditions that are typical of a place</td></tr> <tr><td>continent</td><td>a very large area of land that consists of many countries. Europe is a continent.</td></tr> <tr><td>culture</td><td>activities such as the arts and philosophy, which are considered to be important for the development of civilisation</td></tr> <tr><td>deity</td><td>a god or goddess</td></tr> <tr><td>democracy</td><td>a fair political system where all adults vote for an elected government. This government then makes decisions on how to run the country.</td></tr> <tr><td>empire</td><td>a number of individual nations that are all controlled by the government or ruler of one particular country</td></tr> <tr><td>fertile</td><td>rich in nutrients to support the growth of many plants</td></tr> <tr><td>invasion</td><td>to try and take over a place by force</td></tr> <tr><td>merchant</td><td>a person who buys or sells goods in large quantities</td></tr> <tr><td>military</td><td>relating to or belonging to the army</td></tr> <tr><td>mythology</td><td>a group of myths, especially all the myths from a particular country, religion, or culture.</td></tr> <tr><td>philosophy</td><td>the study or creation of theories about basic things: such as the nature of existence, knowledge, and thought, or about how people should live</td></tr> <tr><td>polis</td><td>an ancient Greek city-state</td></tr> <tr><td>polytheists</td><td>the worship of or belief in more than one god</td></tr> <tr><td>seafaring</td><td>working as a sailor or travelling regularly on the sea</td></tr> <tr><td>society</td><td>people in general, thought of as a large organized group</td></tr> <tr><td>trade</td><td>the activity of buying, selling, or exchanging goods or services</td></tr> <tr><td>urban</td><td>belonging to, or relating to, a town or city</td></tr> <tr><td>wartare</td><td>the activity of fighting a war</td></tr> </table>	acropolis	the citadel of an ancient Greek city	archaeologist	someone who studies the past by exploring old remains	architecture	the art of planning, designing and constructing buildings	chronology	the order of events in time	circa	Latin meaning 'around'. c. 800 BC means around 800 BC.	citadel	a strong building in or near a city, where people could shelter for safety	civilisation	a human society with its own social organisation and culture.	climate	the general weather conditions that are typical of a place	continent	a very large area of land that consists of many countries. 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<p style="text-align: center;"><b>Diagrams</b></p>  <p style="font-size: small;">The map shows the Aegean Peninsula (including Macedonia, Thessaly, Boeotia, Attica, and the Peloponnese) and Asia Minor. Major cities like Athens, Sparta, and Corinth are marked. The Aegean Sea, Ionian Sea, and Mediterranean Sea are also labeled. A key indicates the location of Ancient Greece.</p> <ul style="list-style-type: none"> <li>• Greece is made up of the mainland and many islands.</li> <li>• Its position by the sea meant that the Greeks were a <b>seafaring</b> people.</li> <li>• City-states (<b>polis</b>) were created and trade happened between each of the cities.</li> <li>• Greece is a warm country, but winds from the Mediterranean, and rains from the north, kept temperatures liveable and created <b>fertile</b> farming conditions.</li> </ul>	<p style="text-align: center;"><b>Historical Skills and Enquiry</b></p> <ul style="list-style-type: none"> <li>• Examine Greek artefacts (such as vases) and use these to make inferences about the past.</li> <li>• Describe how Greek artefacts and ruins tell us about their culture, military, and religious beliefs.</li> <li>• Describe how the Greek society has had an impact on modern society.</li> <li>• Discuss the notion of democracy - compare the democratic process of ancient Greece with that of modern Britain.</li> <li>• Examine the timeline of the Greek civilisation and consider where there was rapid change and where there was very little change. Explain why this may be the case.</li> <li>• Compare what was happening in the Greek civilisation with what was happening in Britain at the same time.</li> <li>• Place the chronology of key events of the Greek civilisation on a time line with a chronology of the history of Britain. Where are the overlaps?</li> <li>• Describe the ideas, beliefs and attitudes of all groups of people in the Greek civilisation.</li> <li>• Compare the expansion of the Greek empire with that of the British Empire under Queen Victoria.</li> </ul>																																																					
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# ANCIENT GREEKS



Greece  
(Europe)

## Timeline

3000 B.C.	1200 B.C.	750 B.C.	770 B.C.	776 B.C.	600 B.C.	500 B.C.	431 B.C.	334 B.C.	146 B.C.
Minoan Civilization begins on Crete	The Trojan Wars	Greeks set sail to set up colonies	First Greek alphabet created	First Olympic Games	First Greek coins are used	Democracy used in Athens	The Peloponnesian Wars begin	Alexander the Great conquers	Greece becomes part of the Roman Empire

## Key Vocabulary

acropolis	A large hill where city residents sought shelter and safety in times of war. Also, a meeting place for discussing issues.
amphitheatre	Outdoor theatre with seats on all sides where singing, dancing and even sacrificing took place.
chiton	The chiton was a single sheet used as clothing wrapped around the body.
democracy	A system of government in which citizens are able to vote in order to make decisions.
Olympics	Athletes competing against each other. Began in Olympia and included religious festivals in honour of Zeus.
Parthenon	A former temple on the Athenian Acropolis dedicated to the goddess Athena.
philosophy	The practice of asking big questions with no clear/single answer. It means the 'love of wisdom'.
pyxis	A cylindrical box with a separate lid used to store trinkets, ornaments or cosmetics.
Trojan Horse	Wooden horse constructed by Greeks to obtain entry into the city of Troy. Soldiers hid inside and then sprang out!
vase	Pots made on a potters' wheel often painted with aspects of daily life from which historians have learned from.

## DID YOU KNOW?

The Peloponnesian Wars took place between the city-states of Sparta and Athens between 431-404 B.C. The Athenians stood for democracy but lost to the Spartans, leaving Athens bankrupt and destroyed.



## GENERAL KNOWLEDGE

### Gods

Aphrodite - Goddess of love, rising from the sea, enchanting anyone who sees her.

Athena - Daughter of Zeus. Goddess of the city and farming. Her tree is the olive and the bird is the owl.

Hades - Brother of Zeus and god of the underworld, ruling over the dead and god of wealth. He wears a helmet which makes him invisible.

Hermes - Son of Zeus. Messenger of the gods with winged sandals making him the fastest of the gods. Carries a staff.

Poseidon - Brother of Zeus and the second most powerful god. God of the sea who has a three-headed spear (trident) which can shake the earth.

Zeus - Lord of the sky and the rain god who hurls thunderbolts at those who displease him. The most powerful of the gods.

### Government, Democracy and Slavery

Men were classed as the only citizens and they could democratically vote. Women and slaves were not allowed. A jury of 500 citizens acted as jury and decided if anyone was guilty of law-breaking (punishments included death). They could also vote on who they disliked and could get others banished from their city.



## FAMOUS FIGURES

### Archimedes (287-212 B.C.)

Mathematician and philosopher who found a way of measuring water by placing an object in it and seeing how far it rose (hydrostatics). He jumped out of the bath and shouted 'Eureka!' meaning 'I found it!'

### Alexander the Great (356-332 B.C.)

King of Macedonia who conquered Greece, Persia, Egypt, and the Indus Valley, extending the empire as far away as India.

### Hippocrates (460-370 B.C.)

A famous doctor known as the 'father of Western medicine'. Doctors today still take the 'Hippocratic Oath' promising to be good at their job and do their best for patients.

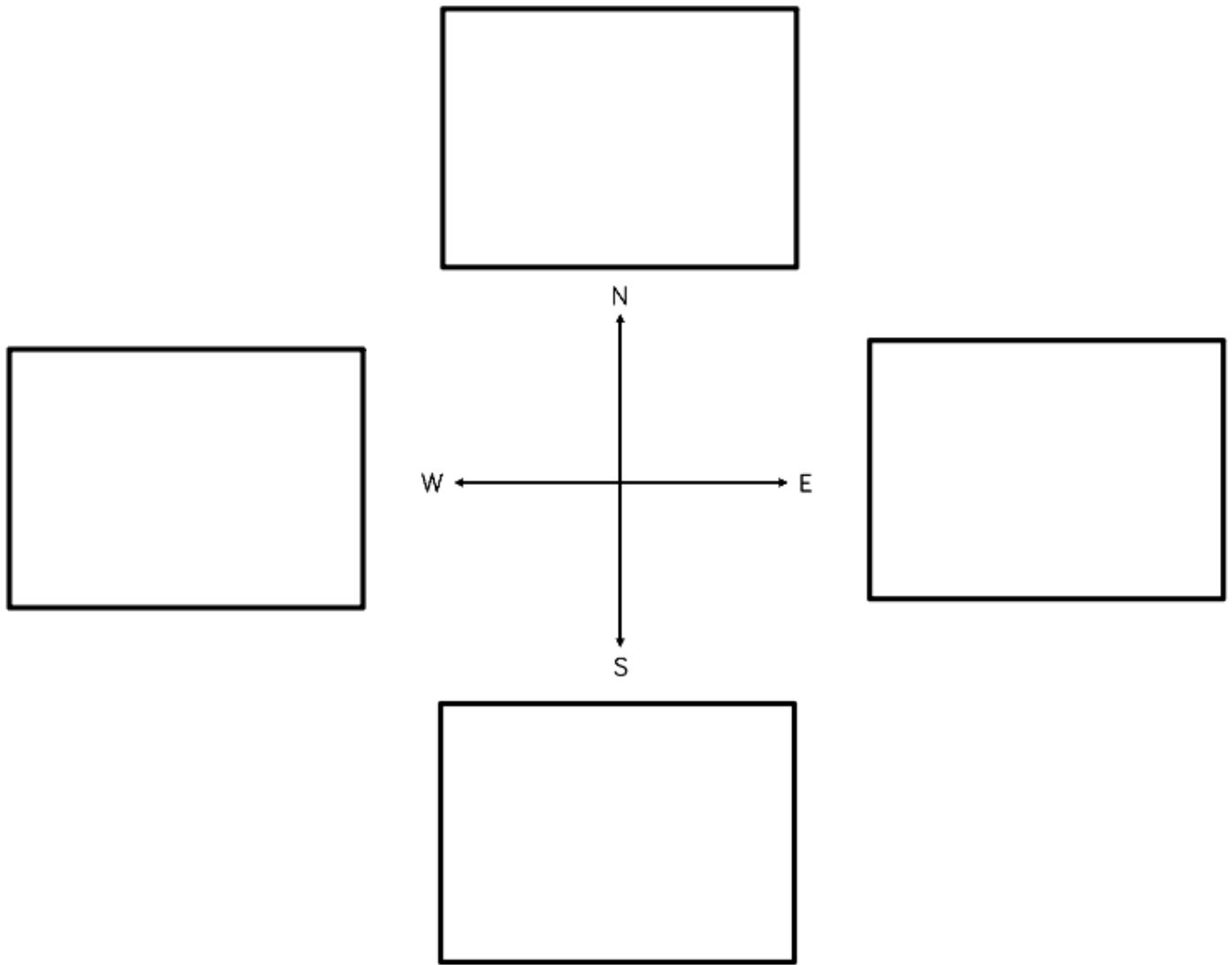
### Pericles (494-429 B.C.)

Athenian general who led Athens during the war with Sparta. He made sure that the poor as well as the rich citizens could take part in government and valued art and education.

Thursday Resources – Outdoor Poetry – Choose 1 or try them all! ENJOY 😊

Option 1:

Stand outside and record words linked to what you can see/hear/smell/touch in the directions of North/East/South/West (Forward/Backwards/Side/Side). If you can't get outside look out of different windows in your home.



Using the stem sentences of the Haiku, can you complete the middle line with 7 syllables to describe the locations?

To the North I see,

\_\_\_\_\_

To the East I turn.

To the East I see,

\_\_\_\_\_

To the South I turn.

To the South I see,

\_\_\_\_\_

To the West I turn.

To the West I see,

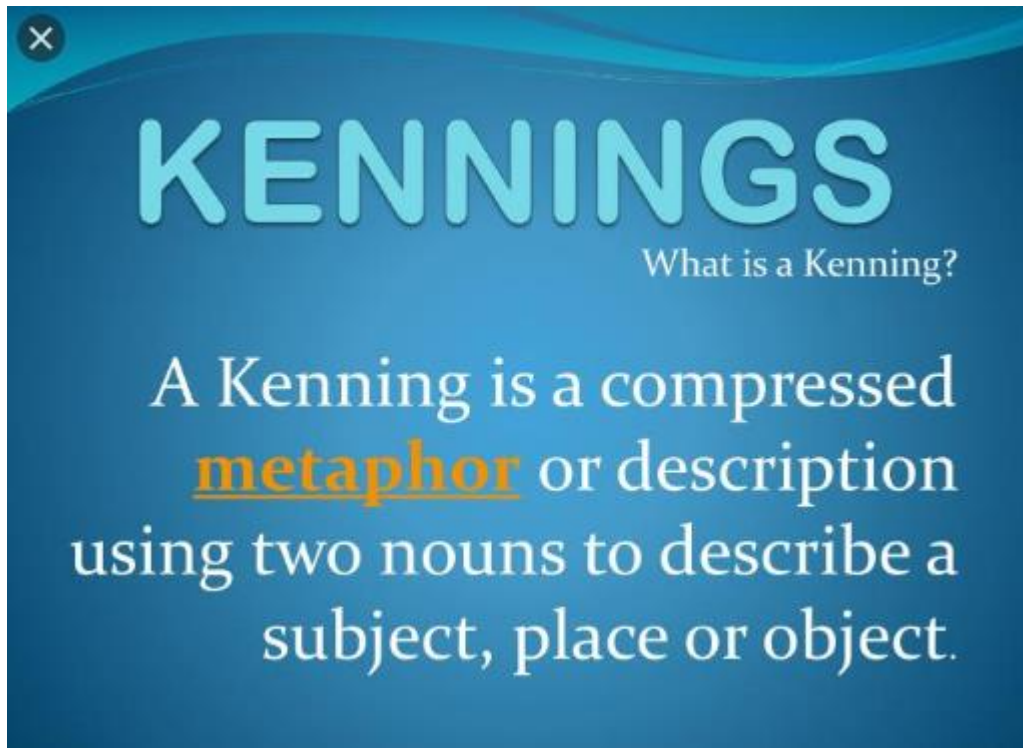
\_\_\_\_\_

To the North I turn.

## Option 2

Stand outside and record words linked to 3 things you can see. For example: a huge oak, rose bush and the sun. Your jottings should remind you of the object. What it is like? How would you describe it? What could you compare it to? If you can't get outside look out of different windows in your home.

Use your notes to create a Kenning.



**KENNINGS**  
What is a Kenning?  
A Kenning is a compressed metaphor or description using two nouns to describe a subject, place or object.

For example:



a worm-eater  
a nest-maker  
a cushion-filler  
a seed-muncher  
a fish-guzzler  
a fast-flier  
a cat-escaper  
a tree-liver  
an acrobatic-glider  
an adventurous-swooper  
a tweeting-singer

*put these together,*

*I'm a bird!*



See if your family can guess and if we can.

### Option 3:

What if...? Create a 'What if' poem based on what you can see from a window or when you are outside. How many versus can you create.

What if...? Is the opening line.

\_\_\_\_\_ something you can see is the second line

\_\_\_\_\_ a questions or thought as the third line.

Example poem:

What if...?

Footsteps

Were never heard?

What if...?

Roads

Didn't have cars on them?

What if...?

Flowers

Were taller than trees?

What if...?

Colour

Didn't exist?

What if...?

Shadows

Could protect us?

Option 4:

Head outside and write on the wall/concrete with chalk (PLEASE CHECK WITH AN ADULT FIRST!!!) with lots of words. These should be nouns/verbs/adjectives. Write as many as you can, the more the better

Here is one I did home:



Now use the words and create a poem. You can't add any other words on though!

Create it in any form you want. Here is my go at it.

Grass!  
Green, Thin, Sway.

Daisy!  
White, Pure, Sweet.

Branch!  
Brown, Snap, Spikey.

Trees!  
Tall, Tower, Alive.

Water!  
Run, Crystal, Splash.

## Friday Resources

### Greek Poems:

#### Alexander the Great

The best ever military  
commander  
Was a young king named  
Alexander.  
From the Macadonian city  
state  
He was known as  
Alexander the Great.

A brave man - he had a lot of bottle;  
A wise man too - taught by Aristotle.  
He fought many battles & always won,  
His army never lost a single one.  
Turkey, Syria and Egypt all fell,  
So did Babylon, and Persia as well.  
But after 13 years of war, his men  
Said they wanted to go home again.  
That was the end of conquest & glory  
And that's the end of Alexander's story



#### The Ancient Games

I've heard of the Olympic Games  
I'm sure you've seen them on TV,  
But did you know they first began  
In 776 BC?

It was Hercules who founded them  
So he could celebrate  
His most recent heroic act  
'Twas something really great.  
He'd cleaned a filthy stable that  
Was full of horse manure.  
Well, that's the legend anyway  
Nobody knows for sure.

There were lots of sports and games  
Running, throwing, jumping,  
And something called "pankration":  
Wrestling, with thumping.

Back then all athletes competed  
Completely in the nude.  
If somebody did that today  
We'd think it very rude.

One day a Christian Emperor  
Named Theodosius  
Stopped the games forever,  
Because they honored Zeus.

But hundreds of years later, at  
The end of Queen Vic's reign  
Somebody had the bright idea  
To bring them back again.



#### Democracy

Athens was the birthplace  
Of democracy.  
They had a vote to choose  
Who their leader would be.

Pericles was the most  
Popular bar none.  
He was elected 15 times  
And built the Parthenon.

## The Olympians

From Mount Olympus  
to Earth below  
the Gods have sent you  
this poem, to show.

My name is Zeus,  
and I'm God of the Sky  
when you hear my thunder  
I'm right, nearby.

Goddess Hera  
she's my beautiful queen,  
protector of all women  
jealous and mean.

With trident in hand  
Poseidon, God of the Sea  
on a chariot of horses  
really doesn't, like me.

Goddess of the Harvest  
and of sacred law,  
Goddess Demeter  
gives us grain to store.

My palace protector  
knowledgeable and wise,  
is Goddess Athena  
with those owl-like eyes.

Prophecy and Philosophy  
and this poetry given  
are thanks to Apollo  
who by the arts, is driven.

My daughter Artemis  
arrows she hurts

she adores her animals  
and protects, young girls.

Now Ares with his sword  
you shouldn't upset  
the other Gods dislike him  
he's war, he's threat.

The opposite to him  
Aphrodite, Goddess of love  
is a beauty to adore  
with her symbol, of a dove.

Hephaestus the blacksmith  
God of sculptor and fire,  
who makes all the weapons  
the Gods, require.

Hermes the messenger  
the trickster divine,  
with a snake entwined staff  
communication, his line.

As Goddess of the hearth  
and the fires within  
my sister, Hestia  
protects the family and kin.

Of a mortal mother  
this God of Wine became  
he's one of my sons  
Dionysus, be his name.

Last but not least  
the final God of all  
Hades of the Underworld  
to the darkness, you fall.

# THE MYTH OF THE MINOTAUR

A POEM BY PAUL PERRO

There once was a king called Minos,  
Who ruled an island known as Crete.  
He was the meanest, cruellest king  
That you could ever meet.

King Minos had a pet monster,  
A man with the head of a bull.  
This monster liked to eat people,  
Its hunger was insatiable.

The scary creature had a name,  
It was known as the "minotaur".  
It had sharp teeth that could bite you,  
And big pointy horns that could gore.

The monster lived in the labyrinth,  
A huge maze of long corridors.  
King Minos kept it locked up there  
Behind big strong oak doors.

But every now and then, the king  
Would give the minotaur a treat.  
He'd put some people in the maze  
For the monster to eat.

One day, a hero, Theseus,  
A very brave young man,

Decided to end the killings,  
And came up with a plan.

He offered to be sacrificed  
To the monster with the bull's head  
But he did not plan to be killed,  
His plan was to kill it instead.

Minos's daughter, the princess,  
Thought Theseus was cool.  
To help him succeed on his quest  
She gave him a big ball of wool.

She told him to let out the wool  
Behind himself, as he explored,  
That way he'd find his way back out.  
And she also gave him a sword.

Theseus found the minotaur.  
It gave a terrible bellow.  
But Theseus was not afraid,  
He was a courageous fellow.

It lowered its horns and charged, but  
Theseus jumped aside.  
He stabbed the monster with his sword  
And it fell down, and died.

Then he followed the trail of wool  
And found himself once more.  
And no-one ever was again  
Eaten up by a minotaur.