

DAY 1



Comprehension Skills

- ❖ *Retrieval*
- ❖ *Vocabulary*
- ❖ *Summarising*
- ❖ *Inference*
- ❖ *Explanations*
- ❖ *Prediction*

WHAT DO YOU ALREADY KNOW ABOUT...?

Olympics



Sportsmen and women



Winning medals



CONTROL THE TEXT – OLYMPIC SPORT: THE WHOLE MUSCLE FLEXING STORY 100% UNOFFICIAL BY GLENN MURPHY

BIGGER, BETTER, FASTER, STRONGER

Are Olympic athletes born stronger and faster than the rest of us?

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How big, strong or fast an athlete you become will depend mostly on how you feed and train your muscles, nerves and brain.

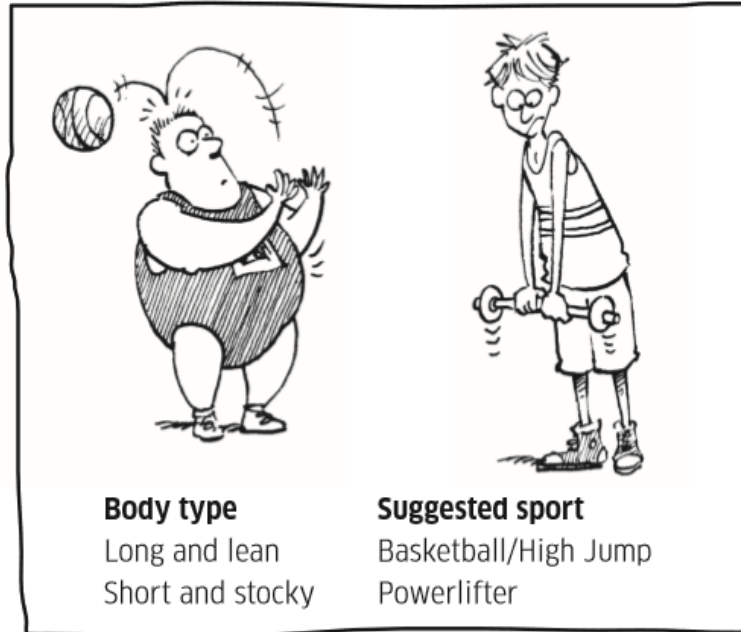


Is that really true?

For the most part, yes. Of course, if you suffer from a disease or growth problem, then your body may not develop quite as well, and it will be much tougher to reach the top levels of certain sports. Likewise, if you don't eat a healthy diet, or suffer from **malnutrition** (starvation or a lack of nutritious food) at a young age, then your muscles may never develop to their full size later on. But, all other things being equal, most healthy people should be able to reach Olympic levels of speed and strength with the right kind of training.

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VOCABULARY

Malnutrition-

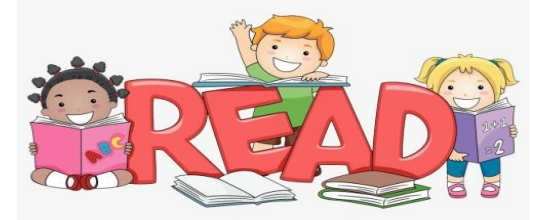
Lack of the right type of food causing illness

Structure–

the way muscle is made up

Necessarily

– as a result of something



Vocabulary

Professional

– to do something as a job

Reckon –

To have the opinion

What other words were unfamiliar?

Let's use a dictionary or thesaurus to define them.

Can you see any clues within the word to help us work out what they mean?

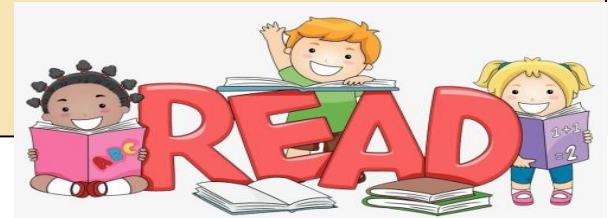
SUMMARISE

Can you summarise three points we learn from this text

1.

2.

3.



Summarising

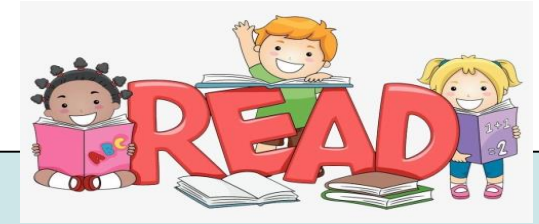
DAY 2



Comprehension Skills

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- ❖ *Vocabulary*
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- ❖ *Inference*
- ❖ *Explanations*
- ❖ *Prediction*

DO NOW



Vocabulary

Choose the correct word for each sentence:

malnutrition **professional** **structure**

Muscle _____ can be changed with different types of training.

The _____ athlete received £10,000 for winning the competition.

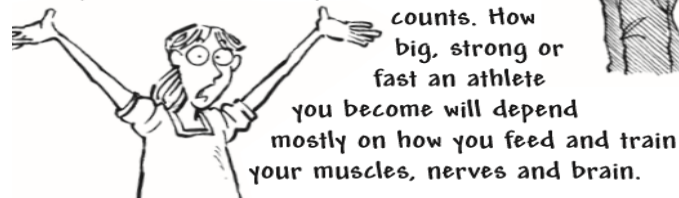
The poor child was suffering with _____ and was painfully thin.

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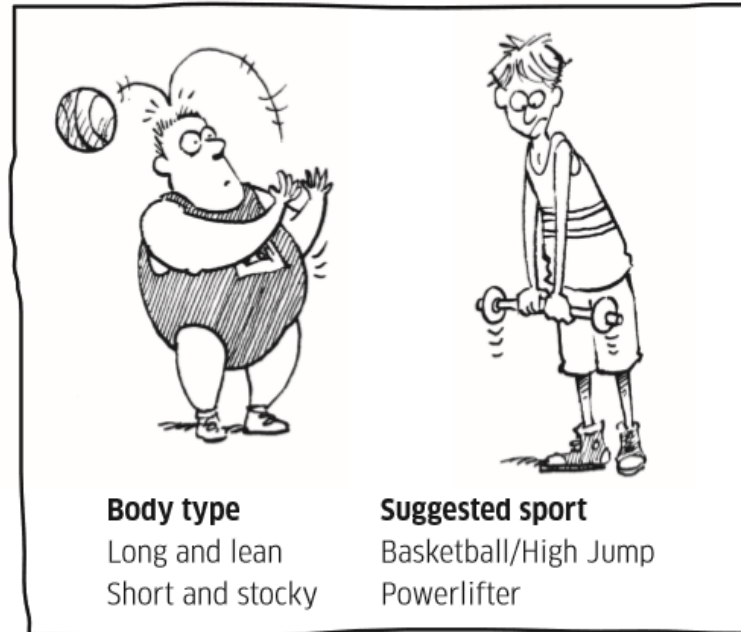


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RETRIEVAL QUESTIONS

WHAT DO THESE MEAN AGAIN?

HOW CAN WE ANSWER THEM?



Retrieval

Stage 1

1. How will you get big, strong and fast?
2. What does malnutrition mean?
3. How can people reach Olympic levels of speed and strength?
4. Name 3 things that mean you may be better suited to some sports than others.
5. If you are short and stocky, what would a good sport be for you?
6. What do some experts say you need to spend on time training?
7. When should you get started?

Challenge:

1. What do you need to do to be an Olympic champion?

DAY 3



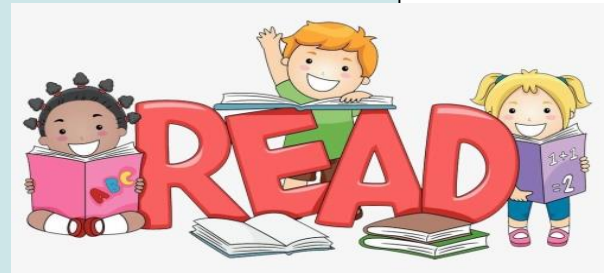
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DO NOW

1. Find and copy a word in the first column that means 'an illness'.
2. Find and copy a word in the second column which means 'to try to do something over again'.
3. Find and copy a word in the third column which means 'the smallest amount'.

Challenge: Write your own Find and Copy questions.



Retrieval

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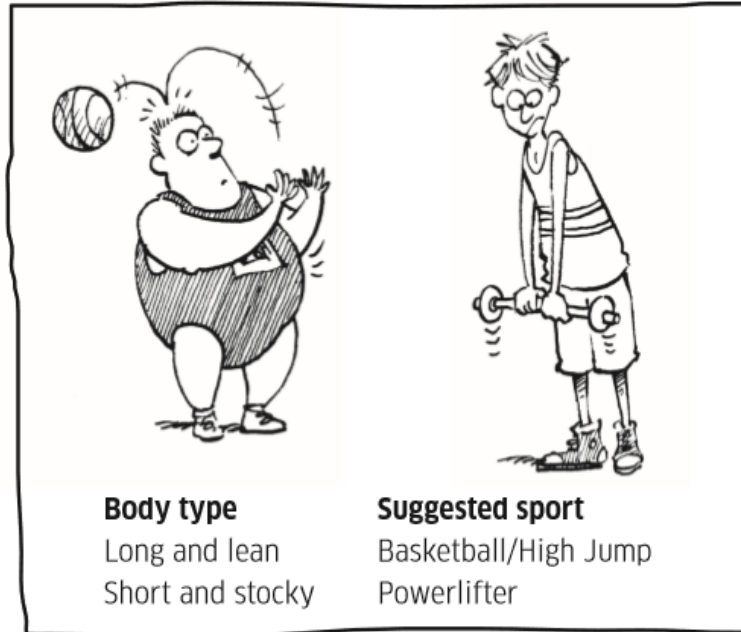


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Body type

Long and lean

Short and stocky

Suggested sport

Basketball/High Jump

Powerlifter

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INFERENCE QUESTIONS

WHAT DO THESE MEAN AGAIN?

HOW CAN WE ANSWER THEM?

Stage 1

1. Why will suffering from a disease stop you becoming an expert at a sport?
2. Why could someone's height affect which sport they will be good at?
3. Why is training so important?
4. Why does it take so long to become a top sports person?
5. Why doesn't everyone become an Olympic champion?



Inference

Challenge:

1. Could you be an Olympic Champion?
Explain your answer.

DAY 4



Comprehension Skills

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DO NOW



Write these events in the order in which they happen.

Retrieval

- 1. We are told that all babies are born more or less the same.**
- 2. You had better get started with your training.**
- 3. It might take 10,000 hours of training to become an expert athlete.**
- 4. Malnutrition can affect how you grow and your muscles develop.**
- 5. Your ideal sport depends on your body shape.**

Challenge:

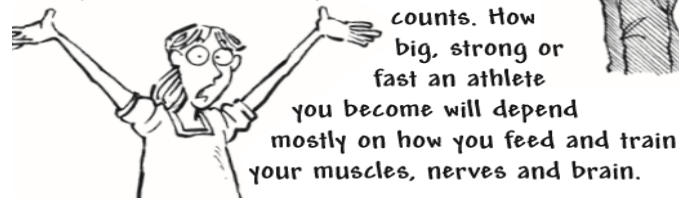
Write your own retrieval questions.

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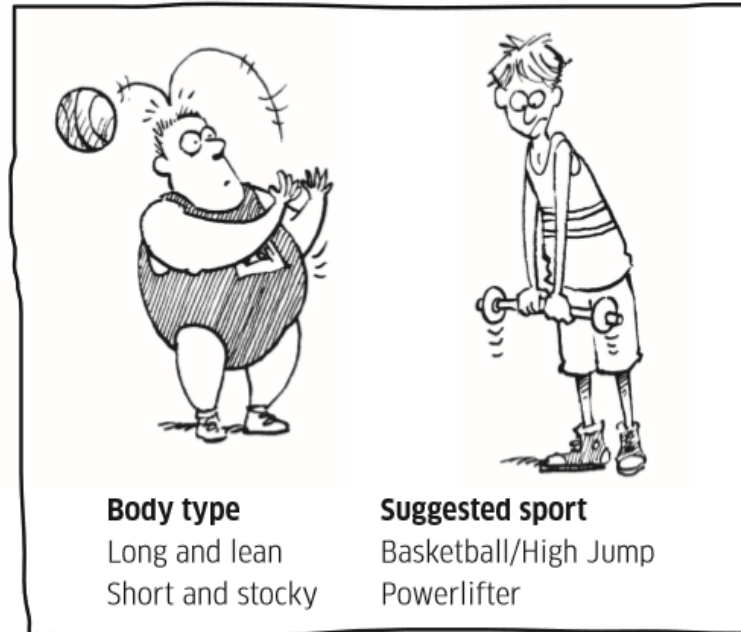


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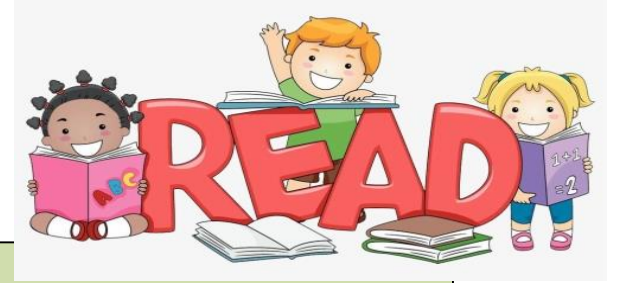
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THE BIG QUESTION



BIG QUESTION

Explanation

Can anyone at all be an Olympic champion?

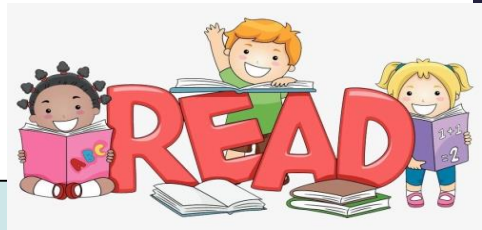
DAY 5



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- ❖ *Explanations*
- ❖ *Prediction*

DO NOW



Think carefully about what you have read and make a prediction about the following:

Prediction

What do you think will happen to most people who begin training for a particular sport as a child?

Challenge:

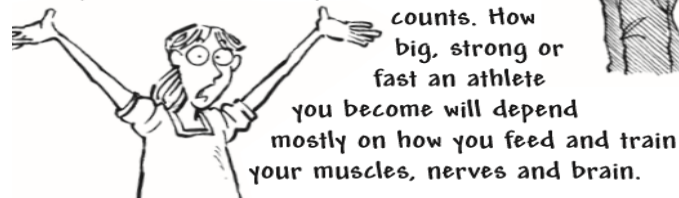
1. How can you encourage people to continue to train or play sport?

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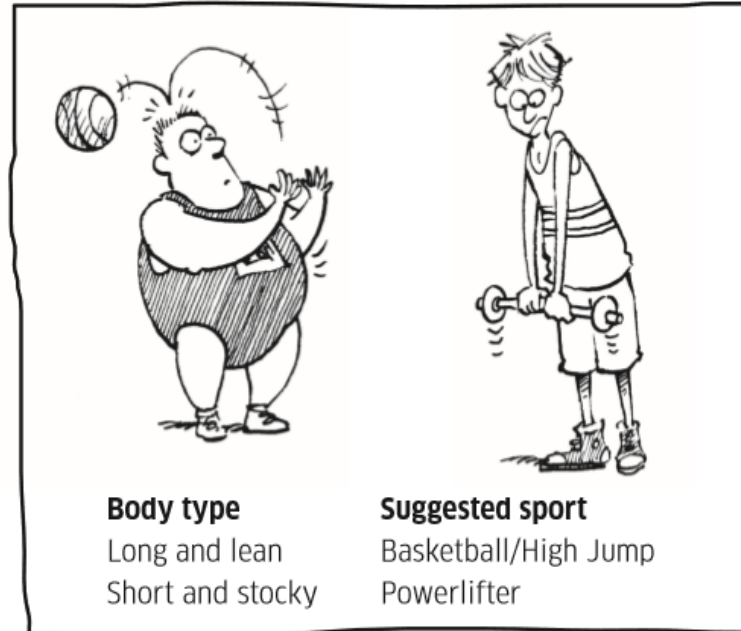
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REVIEW

Was there anything you liked about this text?

Was there anything you disliked about this text?

Was there anything that puzzled you?

Were there any patterns or connections that you noticed?