

Usain Bolt

Biography

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

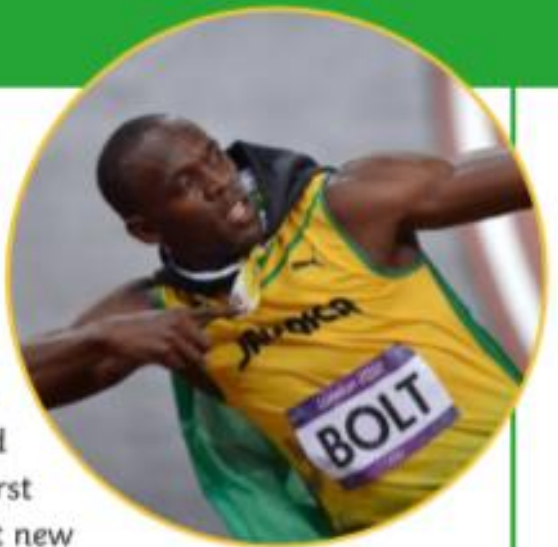
Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting, 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

1. When and where was Usain born?

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

3. Who is he inspired by??

4. Why did Pablo McNeil get frustrated with Bolt?

5. Why did Usain move to Kingston?

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

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

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

9. Why is Usain nicknamed 'Lightning Bolt'?

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

Don't forget to go on Read Theory!



ReadTheory

Spelling

Stage: 6	Words with the long vowel sound /i/ spelt with a y.
List: 12	Name:



Spellings	1 st Attempt	2 nd Attempt	3 rd Attempt	4 th Attempt	5 th Attempt
rhyme					
occupy					
apply					
hyphen					
hygiene					
python					
supply					
identify					
multiply					
recycle					

Stage: 6	Words with the long vowel sound /i/ spelt with a y.
List: 12	



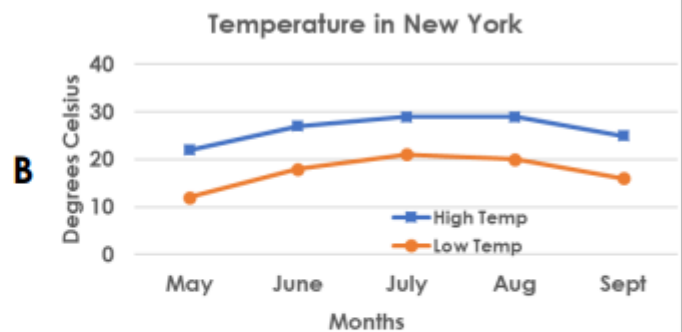
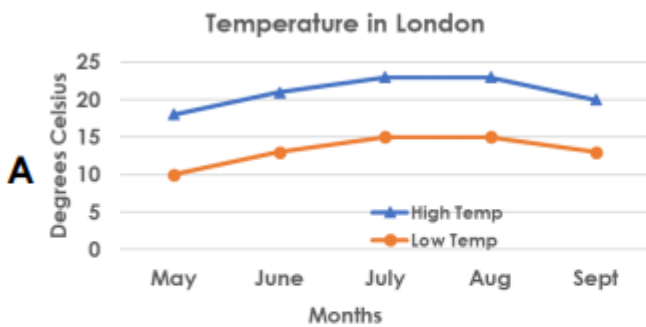
Click to hide the word list!

- rh
- oc
- app
- hyp
- hyg
- pyt
- sup
- iden
- mul
- rec

- iene
- tify
- yme
- ycle
- cupy
- ly
- ply
- hen
- tiply
- hon

Match the beginning sound to its ending.

4. Identify whether each statement relates to graph A or graph B.



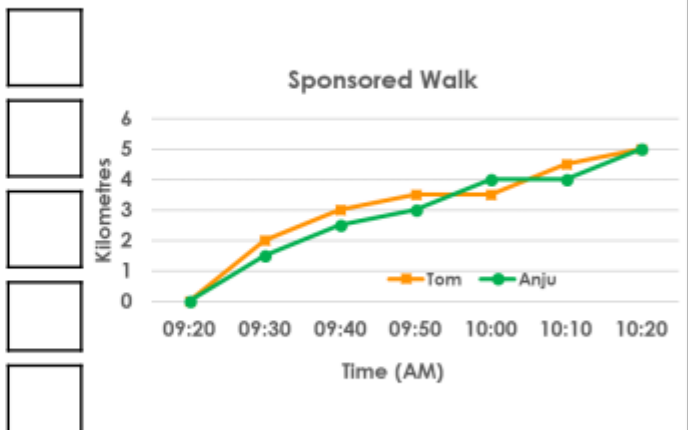
- 1) The lowest temperature in May was 10°C.
- 2) The highest temperature in August was 29°C.
- 3) The difference between the high and low temperature in September was 7°C.
- 4) The low temperature in July was above 20°C.



VF
HW/Ext

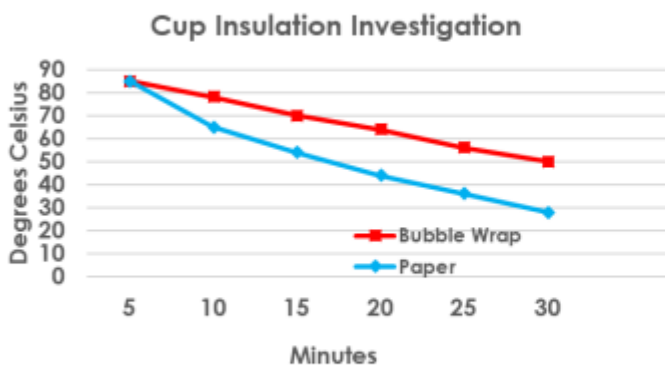
5. Sasha has answered some questions about the line graph below. Mark her work and correct any mistakes.

- A. Tom had a rest at 9:50am.
- B. Anju walked 3km in the first 20 minutes.
- C. Tom rested for 5 minutes.
- D. Anju rested at 9:40am.
- E. Tom walked 0.5km in the last 10 minutes.



VF
HW/Ext

6. Class 6C were investigating which material was best at maintaining the temperature of a hot drink. They plotted some of their results on the graph below.



Mrs Cauldron

After 30 minutes, the temperature of the drink insulated with bubble wrap, was 50°C warmer than the drink insulated with paper.

Is she correct? Prove it.



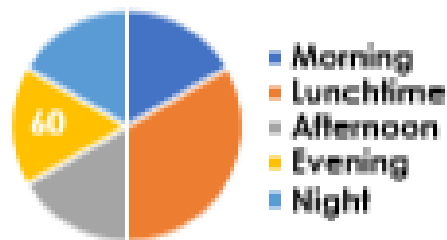
RPS
HW/Ext

4a. Phil says,



I do not have enough information to work out the total number of votes.

Favourite Time of Day



Is he correct? Prove it.

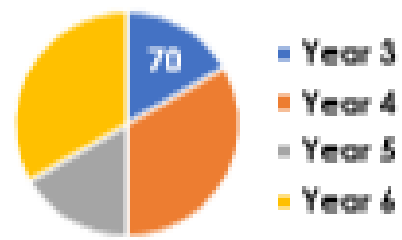


4b. Rosie says,



I do not have enough information to work out the total number of votes.

Favourite School Year



Is she correct? Prove it.



5a. Fiona has forgotten what fraction of the pie chart should be given to 'Italian'. Can you work out the fraction from the information below?

Nationality of Hotel Guests	
French	100
Spanish	100
Italian	?
German	50
Total	300 people



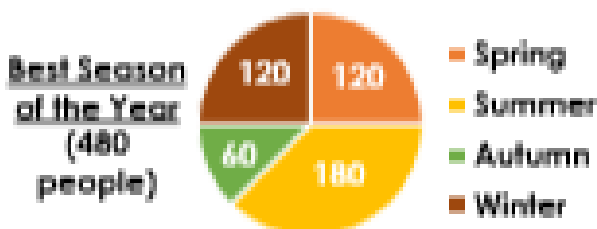
5b. Roy has forgotten what fraction of the pie chart should be given to 'Elves'. Can you work out the fraction from the information below?

Favourite Group of Characters	
Witches	100
Elves	?
Dragons	50
Knights	50
Total	250 people



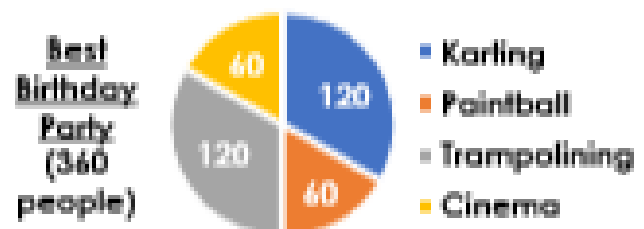
6a. Imagine a pie chart with the same proportions as the one below was drawn for a survey of 480 people.

Would the 'Spring' category have 80 people in it? Convince me.



6b. Imagine a pie chart with the same proportions as the one below was drawn for a survey of 360 people.

Would the 'Paintball' category have 90 people in it? Convince me.



Choose 3 Roman tasks to do!

Times Tables with Roman Numerals

Choose a times table and write it out using Roman Numerals

I II III IV V
VI VII VIII IX X
XI XII

Roman Gods and Goddesses

Draw a picture of a Roman God or Goddess.

Add information to the picture.

What were they God of? Did they have special powers?



Toga Tangle

The Romans wore togas. See if you can make a toga and take a photo of you wearing it!

Write some instructions for how you made the toga.

Marching Song

Write the words for a marching song that the Romans could sing while they marched.



Gladiators

Learn at least 5 facts about a Gladiator. Make a fact file about what their life was like.



Roman Tools

Research Roman tools and make a model of one.



Roman Buildings

Find out about a Roman building, then make a model of it.



Roman Baking

Make some Roman Honey Cakes or any other Roman food. Write the recipe/take a photo/bring the food into school.



Roman Chariot

Draw and describe a Roman chariot. *What were the chariots used for? Who used them?*



Roman Maths

Make up some Roman calculations using Roman Numerals.

VII + C =
XX - V =

Roman Mosaics

Make your own Roman mosaic using cut paper, pasta shapes, seeds etc. Keep the design simple.

