

Bedmond Academy

Home Learning

Week 4

Challenge 3

English

Reading

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Usain Bolt

Biography

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

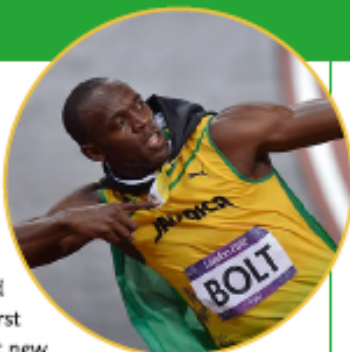
Usain St. Leo Bolt once said, 'When I was young, I didn't really think about anything other than sports.' He first showed sprinting potential at a very young age and became the fastest 100m runner at his school by the age of 12. Whilst at secondary school, Usain was encouraged to concentrate on sprinting,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



Usain Bolt

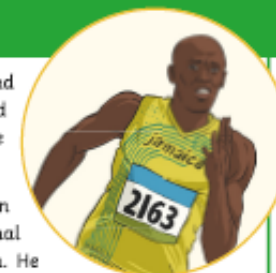
The World Junior Championships came next for Usain and it was here that he became the youngest World Junior gold medallist. He continued to win medals in 2003, when he competed at the World Youth Championships.

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 do you think that?

Remember to carry on reading every day, as we would do in school!

Grammar – uplevelling sentences

Read these basic sentences and uplevel them with the following things:

- ❖ Begin your sentence with a fronted adverbial
- ❖ Use modifying nouns and adjectives to create expanded noun phrases
- ❖ Add an embedded clause beginning with who, which, that or whose.
- ❖ Add a subordinating conjunction to add extra detail

1. The girl held her brother's hand.
2. The lady is covered in paint.
3. The leopard stalked its prey.
4. The lady waited by the clock.
5. They smiled for a photograph together.
6. She has been to a festival.
7. It had trekked through the jungle for hours.
8. The paid walked along the road.
9. The rime seemed to stand still.
10. Soap and water would not clean the mud off her legs.
11. The water from the rived cooled its paws.
12. The passengers stopped off the plane.

Challenge X:

Can you rewrite this direct speech sentence with all the missing punctuation?

a



the sandwich shop
worker asked
can I help you

Look at the underlined word in each sentence. Is it being used as a verb or a noun?

b

During March, I made an Easter bonnet.

The soldiers began to march up the hill.

Tick one conjunction to complete the following sentence.

c

The children still played the football match _____ it was raining.

although

until

nor

if

Mr Whoops has accidentally jumbled up a modal verb. Can you help him to unjumble it?

d

odluhs



Underline the relative clause in the following sentence:

e

Ostriches, which are one of the few flightless birds, can run up to 70 kilometres per hour.



Write an exclamation sentence about the picture.

f



Writing

Look at this photo and write the end of this story, using the story starter below.

As the ball came sailing through the air towards Harry, he knew that what happened over the next few moments could decide the outcome of the game for his team.

With his team-mates all watching him, and a thousand eyes glued to his every move from the sidelines, Harry gulped. His heart pounded inside his chest as he reached his frozen hands into the air to receive the ball...



Challenge X: Write a newspaper report outlining what happened in the game. You need to include a heading, paragraphs, time conjunctions and a quote from someone who played the game.

Maths – Multiplying and dividing by 10 and 100

$54 \times 10 =$

$62 \times 100 =$

$70 \div 100 =$

$0.74 \times 10 =$

$73 \div 100 =$

$0.6 \times 10 =$

$29 \times 100 =$

$28 \div 10 =$

$403 \div 10 =$

$8 \div 10 =$

$73 \times 100 =$

$0.08 \times 10 =$

$34 \times 100 =$

$0.06 \times 10 =$

$7 \div 100 =$

$757 \div 100 =$

Fill in the missing numbers:

$67 \times \underline{\quad} = 670$

$68 \div \underline{\quad} = 6.8$

$467 \times \underline{\quad} = 4670$

$683 \div \underline{\quad} = 68.3$

$536 \div \underline{\quad} = 5.36$

$855 \times \underline{\quad} = 85,500$

True or false:

$67 \times 100 = 670$

$568 \div 100 = 0.568$

$809 \div 10 = 80.9$

$64 \times 10 = 640$

$287 \times 100 = 28,700$

$209 \div 10 = 2.09$

$602 \times 10 = 6,200$

Maths – Ordering fractions

1 🌿

Place these fractions on the number line:

$$\frac{1}{3}, \frac{4}{9}, \frac{7}{10}, \frac{4}{8}$$



Explain which benchmarks you used to help you.

2 🌿

True or false? Explain why.

$\frac{5}{6} < \frac{5}{9}$ because 6 is smaller than 9.

3 🌿

Order these fractions from smallest to largest:

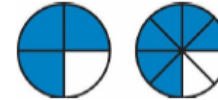
$$\frac{5}{6}, 1\frac{4}{5}, 1\frac{1}{3}, \frac{3}{6}, \frac{2}{9}$$

4 🌿

Draw a diagram to represent a fraction that is equivalent to $\frac{3}{4}$

5 🌿

Draw a rectilinear diagram to show that these two fractions are equal.



6 🌿

Complete the fractions below to make each number sentence true.

$$\frac{3}{4} = \frac{12}{\square}$$

$$\frac{6}{9} = \frac{\square}{3}$$

$$\frac{2}{5} = \frac{\square}{10}$$

Choose one and draw a diagram to prove it.

S
T
A
R
T

	$\frac{5}{12}$	$\frac{3}{7}$	$1\frac{1}{7}$	$\frac{5}{10}$	$1\frac{3}{7}$	
$\frac{1}{10}$	$\frac{1}{12}$	$\frac{3}{6}$	$\frac{5}{8}$	$1\frac{1}{5}$	$1\frac{6}{8}$	$1\frac{5}{8}$
$\frac{1}{9}$	$\frac{1}{2}$	$\frac{4}{9}$	$\frac{6}{10}$	$1\frac{1}{2}$		

F
I
N
I
S
H

You need to play this game with a parent or sibling. The aim of the game is to find a path across the stepping stones by finding a pathway of fractions which increase in size. You can jump in any direction. Explain how you knew that the next fraction was larger. How many different ways can you find?

Challenge X: Create your own fractions game following a similar objective.

Practise your Times Tables using the simulator:

<https://collins.co.uk/pages/primary-mathematics-times-tables-test-simulator>

Science

I would like you to think back to your work on lifecycles. You need to research 3 animals which live in the rainforest and show their lifecycle. You can present this in any way you see fit and the more creative the better! Try to add colour and extra information if you can.

Here are some ideas you could use:

- You could use the computer to make a powerpoint or diagram
- You could make models using salt dough, paint them and label them
- You could make junk models of them, label them and take a photo
- You could draw some pictures outlining their lifecycle

Theme

The aim of the next couple of weeks is to create your own piece of art work in the style of Henri Rousseau. This week we are going to be looking at how to form animals correctly for your final piece. I have found some step by step instructions for a rhino and a leopard to help. You may be able to find some more instructions online if there is a specific animal you are hoping to use.

