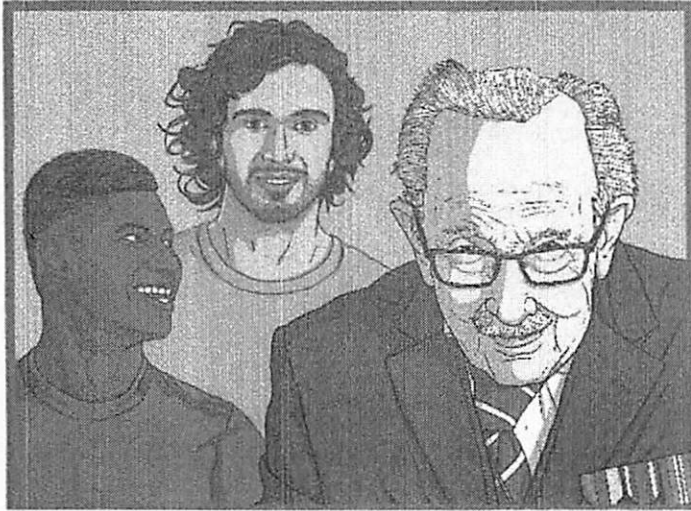


Above and Beyond: The Positive Stories of Lockdown



In March 2020, governments worldwide put many countries on lockdown to try to slow the spread of the virus COVID-19 and to save lives. Lockdown meant changes for everyone. People could not go to work, to school or to visit their family and friends. Out of this difficult period came uplifting stories of heroic people going above and beyond to help others. Read some of these stories below.

Captain Sir Thomas Moore

At 99 years old, Captain Sir Thomas Moore managed to raise over £32 million for the **NHS** by pledging to walk 100 laps of his garden. A former army officer, his story captured the hearts of the public and was shared widely both across the UK and the world. Amazingly, he met his target within a day.

Captain Sir Tom quickly became a national treasure and, by his 100th birthday on 30th April 2020, he had easily surpassed his target of 100 laps. He said that he was 'blown away' to receive more than 100,000 birthday cards on his 100th birthday. The Royal Mail even had to set up a special collection box!

The war veteran's fundraising efforts meant that he was awarded a knighthood: an important honour and well-deserved achievement.

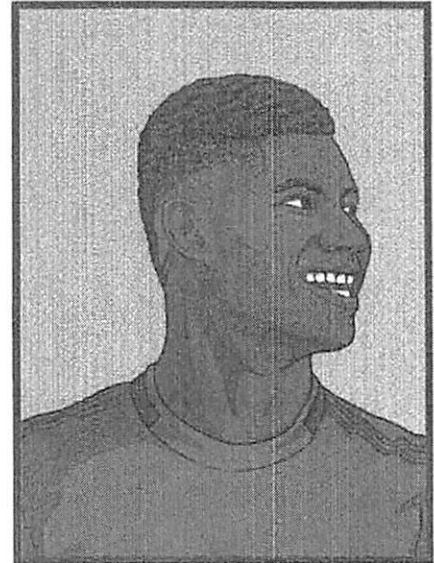


Marcus Rashford

Born on 31st October 1997, Marcus Rashford is a professional footballer from Manchester. Famous for being a star of the Manchester United and England football teams, his inspirational actions during lockdown caught the attention of the wider public.

In June 2020, Marcus wrote a letter to the government asking them to continue to give free school meal vouchers to children that needed them over the school holidays. He shared his own personal experience of relying on **foodbanks** and free school meals, explaining how important these things were for his family during his childhood. As a result, the government changed their minds and agreed to his request.

Along with this achievement, he helped to raise £20 million for a charity which supports foodbanks and has provided meals for over one million children in the UK. Marcus intends to do more to help people in need following his successes during lockdown.



Joe Wicks



Joe Wicks is on a mission to help people have healthy bodies and to eat well. Born on 21st September 1986, he has said that he did not have the healthiest start to life. He has worked with over 100,000 people worldwide and helped to transform their lives for the better.

When the COVID-19 crisis began in March 2020, Joe began streaming PE lessons online for children to ensure that they could keep active and healthy despite missing out on PE lessons while schools were closed. The classes were a huge hit – the first

session saw 900,000 families tune in and, by the second day, the number had rocketed to 955,000. This was a record-breaking number of online streams for a fitness video.

In total, Joe recorded over 70 sessions, helping to keep children (and adults) fit during lockdown while simultaneously raising over £500,000 for NHS charities.

Glossary

foodbank: Provides people in need with free food.

NHS: The National Health Service. A public health service that is available to everyone living in the UK.

Questions

1. **Captain Sir Thomas Moore received over 100,000 birthday cards.**

What does this tell you him? Tick **two**.

- that he liked receiving presents
- that many people liked him
- that many people knew it was his birthday
- that he used to be in the army

2. Number the events from 1-4 to show the order that they happened in.

He has worked with over 100,000 people worldwide...

Captain Sir Tom quickly became a national treasure...

Along with this achievement,...

In March 2020, governments worldwide put many countries on lockdown...

to try to slow the spread of the virus COVID-19 and save lives.

and helped transform their lives for the better.

and, by his 100th birthday on 30th April 2020, he had easily surpassed his target of 100 laps.

he has helped to raise £20 million for a charity which supports foodbanks.

3. What is Marcus Rashford's job?

4. Look at the section about Joe Wicks. Find and copy a word which means the same as **emergency**.

5. Fill in the missing words from the section about Marcus Rashford.

His _____ actions during lockdown have caught the _____ of the wider public.

6. The government agreed to continue giving children free school meal vouchers in the holidays.

Why do you think that Marcus was able to convince the government to change their minds about the vouchers?

7. Both Captain Sir Thomas Moore and Joe Wicks raised money for NHS charities.

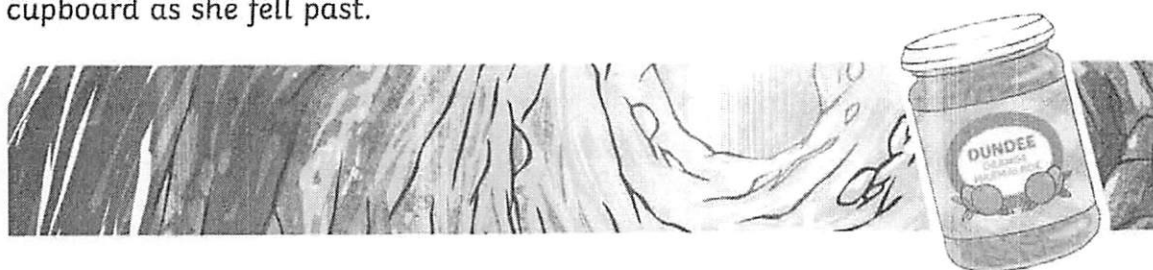
Explain why you think this was using evidence from the text.

8. Explain why Captain Sir Thomas Moore was awarded a knighthood.

Alice in Wonderland

This extract comes from Chapter 1. Alice has been falling down a well for a very long time and doesn't seem to be stopping.

The well was either very deep or Alice was falling very slowly. Either way, she had plenty of time to look around and to think about what was going to happen next. First, she looked down to see if she could see the bottom but it was too dark. All Alice could see was blackness. Next, she decided to look at the walls and noticed that they were covered in cupboards and bookshelves. As she continued falling, Alice took a jar of orange marmalade from one of the shelves. Disappointed that the jar was actually empty, Alice put it back inside a different cupboard as she fell past.



"Well," Alice thought to herself, "after a fall this long, I won't even mind falling down the stairs any more! In fact, I don't think I'd even mind falling from the top of a house!"



Down, down, down. Alice continued to fall and she was starting to think that it might never end. As she continued falling, she wondered how many miles she had travelled and whether she would soon reach the middle of the Earth. Then, she wondered whether she would fall straight through the Earth and come out in a different country altogether. "When I land, I shall have to ask whether I am in Australia or New Zealand," Alice decided out loud.

Down, down, down. The fall continued and, as there was nothing else to do, Alice began to talk to herself again. "Dinah will be missing me tonight," she thought. Dinah was the name of her pet cat.

Dinah was a ginger ball of fluff who was probably asleep on Alice's bed. "I hope someone will remember to feed her tonight," she continued.



"Dinah, I wish you were with me right now. There are no mice to catch in the air but we might find you a nice bat during this fall." She paused for a second and then added, "Do cats eat bats?" She liked this question so much that she continued repeating it. "Do cats eat bats? Do cats eat bats? Do cats eat bats?"

Before long, the question that Alice was asking had become, "Do bats eat cats?" but Alice hadn't noticed because she had started to fall asleep. She was just starting a dream in which she was asking a confused Dinah, "Do cats eat bats?" when there was suddenly a large thump! She had finally landed on a pile of leaves and twigs.

Alice was not hurt and immediately jumped to her feet. Ahead of her was a long passage with a white rabbit running along it. She began to chase the rabbit along the corridor. However, as soon as she turned a corner, the rabbit disappeared. Alice looked around and noticed that she was now in a long, low hall which was lit by many lanterns.



Alice in Wonderland Questions

1. Number the events from 1-4 to show the order that they happened.
One has been done for you.

- Alice lands on a pile of leaves and twigs.
- Alice misses her cat.
- 1 Alice starts falling.
- Alice thinks about falling straight through the Earth.

2. Who is Dinah? Tick one.

- a jar of marmalade
- Alice's pet cat
- Alice's pet bat
- a white rabbit

3. After finding out that it is empty, what does Alice do with the jar of marmalade? Tick one.

- She drops it.
- She puts it in her pocket.
- She puts it in a cupboard.
- She offers it to her cat.

4. Draw three lines to match each question to the correct answer.
One has been done for you.

| | |
|--|--------------------------|
| Where does Alice think that she will land? | many lanterns |
| What is the hall lit with? | ginger |
| What colour is Dinah? | a white rabbit |
| What is running along the passage? | Australia or New Zealand |

5. Why does Alice get confused and say, "**Do bats eat cats?**"

6. Look at the first paragraph beginning **The well was either...**
Find and copy one word which shows that Alice had wanted the marmalade jar to be full.

7. **Alice was not hurt and immediately jumped to her feet.**
This might be seen as unusual and unexpected. Explain why.

Word Match Up Spelling Activity

1. Join up the two parts of the sentences with one of the words from the box down the side of the page.

Jake held up his certificate _____.

In the middle of winter, it can be _____ cold outside.

The moon shone _____ in the black velvet sky.

A _____ figure stood still in the churchyard.

The fan looked _____ at his idol on the stage.

_____, the clown had a big orange wig, huge blue shoes and a purple nose.

A strange looking ghost hovered _____ into the darkened room.

James waited _____ for his exam results.

The hikers walked _____ into the thick mist.

I'll _____ be going to the party if I start to feel better.

proudly

ghostly

blindly

bitterly

brightly

spookily

adoringly

amusingly

anxiously

certainly

2. Now choose 5 of the words. Write each word into a sentence below.

Don't forget capital letters and full stops!

Expanded Noun Phrases

I can add adjectives to nouns to create expanded noun phrases.

Look at each sentence below. The noun phrases are very short. Can you improve the sentences by expanding the noun phrases? The first one has been done for you.

1. The car drove down the road.

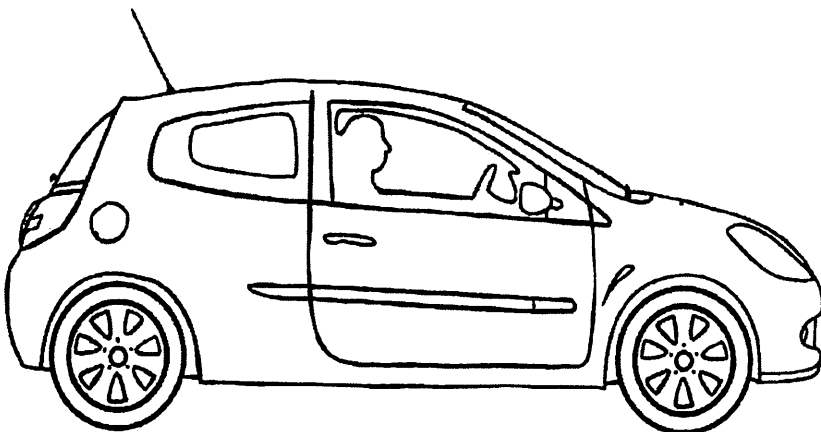
The **red sports** car drove down the **long, winding** road.

2. The woman climbed the mountain.

3. There was a spider climbing up the wall.

4. The children ate the picnic.

5. The cat chased the mouse.



Sorting Adjectives

| | | | | | |
|-----------|----------|----------|-----------|--------|------------|
| afraid | elegant | glum | large | scary | tearful |
| amused | enormous | gorgeous | merry | short | terrifying |
| beautiful | fearful | handsome | miniature | small | thin |
| cheerful | gigantic | haunted | minute | smart | tiny |
| creepy | glad | huge | miserable | spooky | upset |
| cute | gloomy | jolly | pleased | tall | wide |

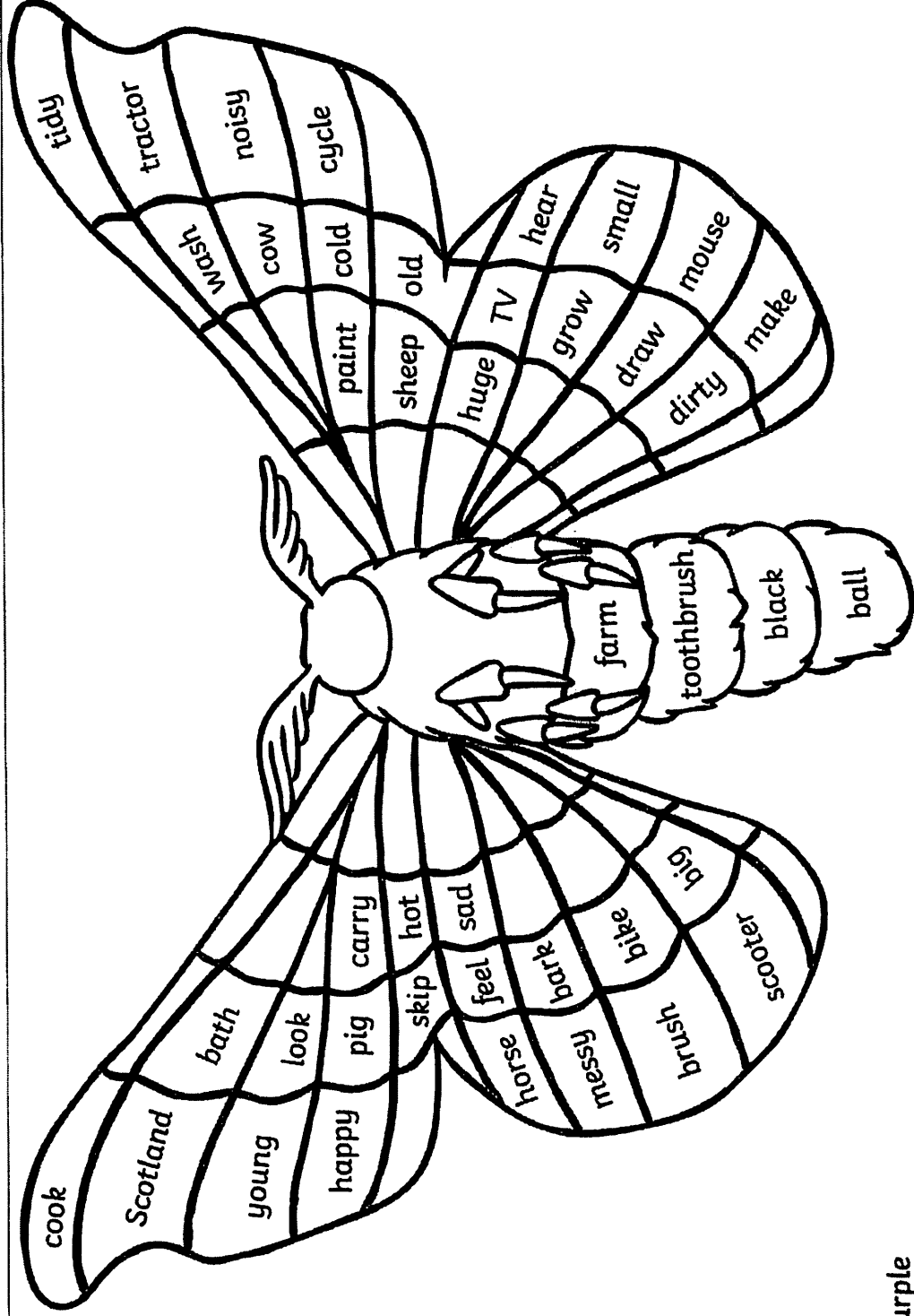
Sort the above adjectives into the correct boxes below.

| | | |
|-------------|-------------|-------------|
| Happy Words | Small Words | Angry Words |
| Sad Words | Big Words | Scary Words |

Colour by Word Class

I can recognise nouns, verbs and adjectives.

Can you identify which are nouns, verbs or adjectives using a colour code?



Verbs = Yellow

Nouns = Blue

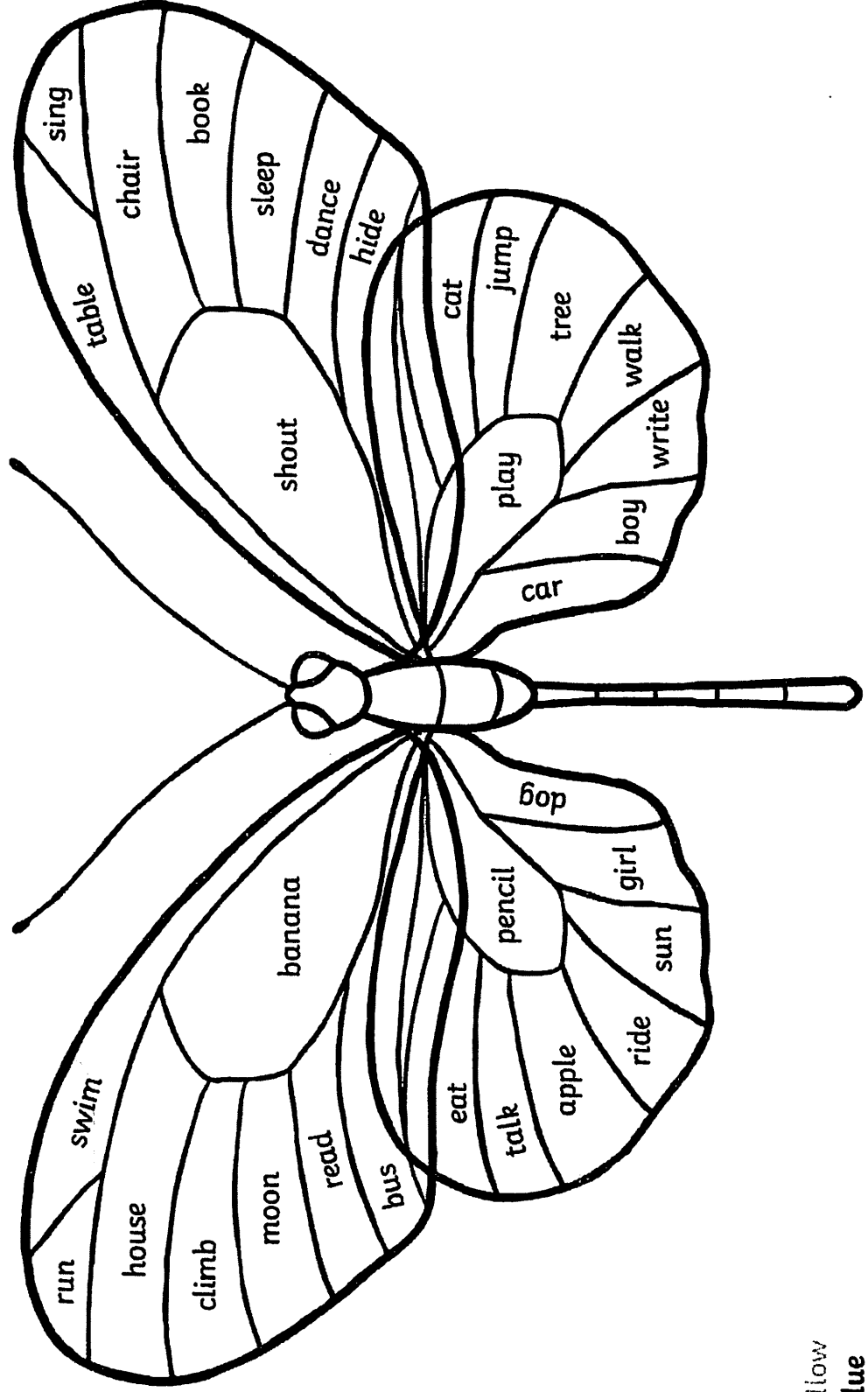
Adjectives = Purple



Colour by Word Class

I can recognise nouns and verbs.

Can you identify which of these words are nouns or verbs using a colour code?



Verbs = Yellow

Nouns = Blue



Book Review

| | |
|--|--|
| <p>Book Title: _____</p> <p>Author: _____</p> <p>Fiction or Non-fiction: _____</p> | <p>Who would you recommend the book to? Why?</p> |
| <p>What is the book about?</p> | <p>Book Illustration</p> <p>Rating: ★ ★ ★ ★ ★</p> <p>What ages and interests is this book suitable for? Why?</p> |

Correct the Sentence Punctuation

Write the correct sentence underneath by adding in capital letters, full stops and question marks.

1. my brother's dog is called tess

2. on sunday she went to the park

3. the titanic sank in 1912

4. toby and mark are going to spain in march

5. martha took her children to the zoo yesterday

6. when i go to the shop, i will get some crisps

7. sameera and i are going to town on friday

8. did you sell buns at the fair

9. my mum has a cat he is called tom

10. have you got a dress for the prom
