

Monday

Be Amazing! An inspiring Guide to Being Your Own Champion

As a boy, Chris didn't believe that he would achieve his dream of becoming an Olympic champion. However, he grew up to be a six-time gold medal winner. He shares everything he has learned on his journey to success and hopes that by telling his story, he will inspire young people to be the very best they can be.

Watch Sir Chris Hoy read an extract from the book.

What do you learn about him from this extract?



Watch the two videos at: <https://www.bbc.co.uk/bitesize/articles/zn4sm39>

What do you learn about him from this extract?

What impact does writing in the first person have on you as a reader?

How can you try to make reading interesting for the audience?

What is your favourite book and why?

Tuesday

You may need paper and a pen or pencil for some of these activities.

Activity 1

Extract 1

My name is Chris Hoy and every day, for many years, I rode a bike as fast as I possibly could. There's a good chance you won't have heard of me, as I stopped racing back in 2013, but I did quite well competing for Great Britain on the velodrome as a track cyclist.

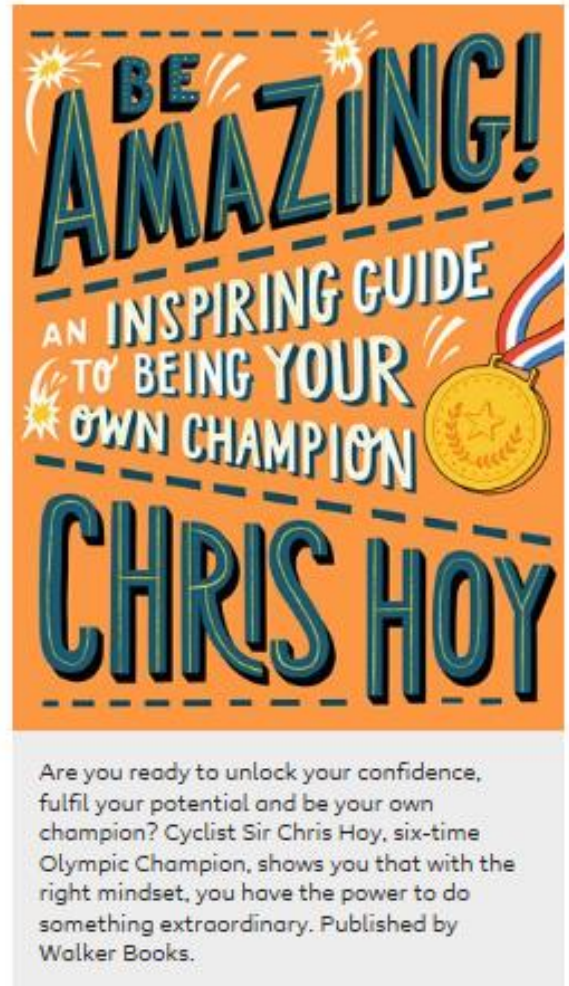
In total, I won six Olympic gold medals, eleven World Championship gold medals and thirty-four World Cup gold medals. Typing that out now, I still find it completely bizarre... Me? An Olympic champion?! Not just once, but six times?! My ten-year-old self would have laughed out loud at how unbelievable that sounds!

'There's NO WAY that could EVER happen to me!' I would have thought back then. 'I'm not even the fastest kid on my street.'

'How on earth could I even DREAM of being the best in the world at riding a bike?'

I didn't set out to become a champion. I started riding a bike because of an alien (more on that later!) and I then carried on simply because I loved doing it. My bike was all I thought about, talked about, dreamed about. It was my passion.

I wasn't particularly good at it, though! Between the ages of six and sixteen, you certainly wouldn't have picked me out as a possible gold-medal winner, compared to some of the other much faster kids. I definitely didn't believe that I was a future champion, either.



So how did I go from being a kid on a BMX to living my dream as an adult, representing my country at world level? Well, that's what I'm going to tell you. I wrote this book to give you the inside scoop on my journey to becoming an Olympic champion, in the hope that you might be able to use these tips to achieve your dream - whatever it might be.

This is not a book about cycling. You don't need to be enthusiastic about bikes, the Olympics or even sport in general to read this book. (Although if you are obsessed with riding bikes really fast around a track, then brilliant!) I believe I've discovered things on my journey to a gold medal that apply to everyone.

This is also not a book that's about winning or learning how to win. I didn't want to write a guide to becoming the best in the world at something. Winning is absolutely not the most important thing in life, believe me when I say that. Instead, this is a book all about you!

Read or watch Extract 1 again.

The extract is written in the first person.

Write a short paragraph that explains the impact of writing in the first person.

Think about the following to help you write your paragraph:

- What impact does the first person writing have on you as the reader?
- Is the tone more personal?
- Do you trust Sir Chris Hoy more?
- Is the text more believable?

Wednesday

Activity 2

Extract 2

Setbacks were a common experience in my cycling career, as they are for all sportspeople. I lost more races than I care to remember; I crashed; I was constantly trying to manage various injuries; I didn't always hit my training goals; I made loads of tactical errors in competition; but the biggest setback I faced was having the event in which I was champion dropped from the Olympic programme in 2005.

Yes, you read that right! A year after winning a gold medal at the Athens 2004 Olympics, the 1,000-metre time trial was axed. This meant I wouldn't have the chance to defend my Olympic title. The event that I'd trained so hard for over the last twelve years was gone from the Olympics. I was devastated! At first, I refused to believe it. How could this be happening?! I was furious and I felt that it was unfair. But after a week or two, I realized that being angry, negative and moaning about it wasn't going to help me in three years' time at the Beijing 2008 Olympics. If I wanted to win another gold medal, I needed to change my attitude.

I had to totally reset my goals and I had to do it quickly, as time was running out and training for a new individual event would be a massive challenge. I hedged my bets and started training for two events: the sprint and the keirin, as I wasn't sure which one I would have the best chance in.



Sir Chris Hoy at Sports Personality of the Year.

I used the vast knowledge and experience of my coaches to help speed up the learning process as much as possible. I focused on what I could do to improve; I watched video footage of the events over and over; I listened to every piece of advice I could get and I thought about how I could use my existing strengths as a rider to best effect in these different events.

In the end, thanks to the fantastic team of people around me, I made the transition into a sprint and keirin rider, and went on to win both events three years later in Beijing. And to top it off, we won the team sprint too! So there I was, with three gold medals in one Olympic Games, not a bad outcome from a setback that threatened to end my career! Sometimes adversity can force you to do things you didn't believe were possible.

The next time you face a setback, stop and reflect. Is there something positive you can learn from this? Write down the positive and use it over the coming weeks as you plan the next steps in your journey.

1. Skim and scan Extract 2 and highlight any phrases or clauses that show that Sir Chris Hoy is a positive influence.
2. Imagine that you want to encourage somebody to be positive.

Using the extract, write 'The Top Four Ways to be Positive.'

Top tip!

You can add detail to the points if you choose to.

Thursday

Activity 3

1. Read or watch both extracts again.
2. Imagine that you were making a speech for your classmates.



You are discussing the following statement:

'Sir Chris Hoy is an inspirational sportsman and writer.'

Write out the script of your speech.

You can use evidence from both of the extracts to demonstrate your points.

Top tips!

Think about the following:

- Think about the tone of your speech. Your peers are the audience so you can be informal.
- Think about features of a speech. You could use rhetorical questions to engage your listeners.
- Think about how you will introduce yourself and remember to end your speech appropriately.

Friday

You're a Bad Man, Mr Gum

Mr Gum hates children, animals, fun and corn on the cob. This book is about him, an angry fairy, a dog called Jake and a little girl called Polly.

Watch actor Joanna Lumley read an extract from *You're a Bad Man, Mr Gum*.

Think about the following:

- What do we learn about about Mr Gum?
- How can the carpet be 'the colour of unhappiness'?
- Can you believe that the bed has never been made?
- Are you surprised that Mr Gum has a pretty garden?



Watch the video at: <https://www.bbc.co.uk/bitesize/articles/zknf4j>