

RESOURCES & ASSESSMENT BOOK

- **Support** (comprehension support): matching sentence beginnings and endings; (vocabulary support): identifying adjectives, choosing correct definitions.
- **Extension:** choosing favourite article, writing notes.

PUPIL BOOK ANSWERS

- 1 David Franks.
- 2 Triathlons.
- 3 Three – swimming / cycling / running.
- 4 2000.
- 5 **a** gruelling: involving a lot of continuous effort **b** stamina: ability to work hard over a long period of time without getting tired **c** vigorous: energetic **d** determination: not letting anything stop you from what you want to do **e** velodrome: special building with a track for cycle racing **f** disciplines: type of sport
- 6 **a** soaring temperatures: temperatures that get very hot **b** purpose-built: built with a specific use in mind **c** get into: become involved with
- 7 Answers that suggest training for and competing in a sport can be physically painful. The triathlon involves three sports so there could be three times the pain!
- 8 51.5 kilometres.
- 9 Individual answers.
- 10 Answers that suggest readers would be interested in what an actual triathlete said about the sport.

- Write
- 14
- 11 **Paragraph 1:** swimming / cycling / running are demanding sports. **Paragraph 2:** asks reader to imagine doing all three. **Paragraph 3:** the swim. **Paragraph 4:** the cycle. **Paragraph 5:** the run. **Paragraph 6:** quotes from Luke Read who is a triathlete. **Paragraph 7:** question to the reader / decision of the writer.

- 12 Individual answers that may suggest e.g.:
 - the athlete who is very good at all three disciplines
 - the athlete who is strong in two and reasonable in another
 - the athlete who can swim the faster and so leave all the others behind
 - the athlete that can run the fastest and make up time lost etc.

- 13 Individual answers.

RESOURCE SHEET SUPPORT ANSWERS

A

- 1 and run without stopping.
- 2 a swim of 1.5 kilometres.
- 3 open water.
- 4 of 40 kilometres.
- 5 the open road.
- 6 a 10 kilometre run.

B

- 1 fittest
- 2 vigorous
- 3 warm

- 4 soaring
- 5 freezing
- 6 faster

C

- 1 hard w
- 2 keep g
- 3 energ
- 4 a cycl

GOING

- Reca
about