

MY NAME



SEPTEMBER 2010

Healthy Vibe – Celebrity Health: TREVOR JAMIESON page 26

HEALTHY VIBE

CELEBRITY HEALTH **TREVOR JAMIESON**

In 2007, Aboriginal actor Trevor Jamieson won a Deadly for his acclaimed production - a personal, multilingual, family story that he conceived and developed with Scott Rankin and Alex Kelly. The production, titled *Napartji Napartji* won the category of Outstanding Achievement in Film, TV or Theatre. Now Trevor is starring in a production about the life of the legendary Arrente painter Albert Namatjira for Sydney's Belvoir Street Theatre, co-directed by Scott Rankin and deadly Actor/Director and Writer Wayne Blair.

How long have you been an actor?

I've been an actor for 18 years, but my favourite sport was always AFL.

How did you get interested in acting?

Through my Auntie, Lyn Narkle .

What do you love about it? You get to travel.

What is your best sporting attribute?

Track and Field.

What has been your best fitness achievement?

100m sprint – my time was 10.36 seconds when I was 15.

What does an average training week involve for your fitness?

Walking and being physical on stage.

What's your favourite form of training?

Body weight training.

What does your diet consist of?

All five food groups of Bush Tucker.

Do you have a favourite cheat food?

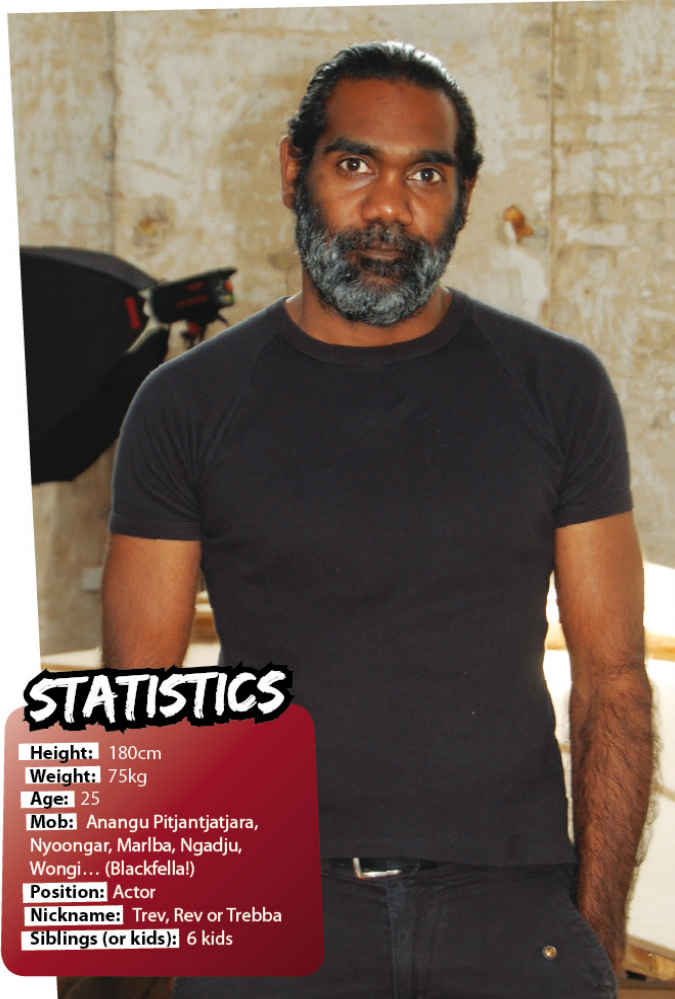
Noodles (Mi-Goreng)...mmmmm...

What do you think about drugs and alcohol?

It has the potential to destroy families, but there are support groups that can help.

What advice do you have for Deadly Vibe readers on health and sport?

Stay true to your dreams and be ordained to your task!



STATISTICS

Height: 180cm
Weight: 75kg
Age: 25
Mob: Anangu Pitjantjatjara, Nyoongar, Marlba, Ngadju, Wongi... (Blackfella!)
Position: Actor
Nickname: Trev, Rev or Trebba
Siblings (or kids): 6 kids

DEADLYS TIMELINE 2007



The 1967 Referendum heroes are honored on stage; an emotional Jimmy Little accepts his Lifetime Achievement in Music award, and new star Jessica Mauboy (pictured) makes her Deadlys debut with a knockout performance of 'Gypsy in My Soul'.

VIBE SCHOOL

Issue 163
Years 1-2



My name is

Trevor Jamieson is an actor, dancer, storyteller and musician.

He also likes AFL football, travel and keeping fit.

ACTIVITY 1

DRAW A PICTURE OF YOUR FAVOURITE SPORTS AND HOBBIES.



ACTIVITY 2

READING STATISTICS

| Statistics | Trevor Jamieson | You |
|---------------------------------|-----------------|-----|
| Height | 180cm | |
| Weight | 75kg | |
| Age | 25 | |
| Mob | Anangu | |
| Nickname | Trev | |
| Siblings (brothers and sisters) | 6 children | |

ACTIVITY 3

READING AND PROBLEM SOLVING

- How tall is Trevor Jamieson? cm
- How tall are you? cm
- How much taller is Trevor than you? cm
- How heavy is Trevor Jamieson? kg
- How heavy are you? kg
- How much heavier is Trevor than you? cm
- How old is Trevor Jamieson? years
- How old are you? years
- How much older is Trevor than you? years



ACTIVITY 4

SPELLING

Cut the word actor into its letter patterns.

Mix them up and put them back together.

ac

tor

Practise writing actor three times.

Cut the word sport into its letter patterns.

Mix them up and put them back together.

sp

ort

Practise writing sport three times.

ACTIVITY 5

FILLING IN THE BLANKS

Complete these sentences using the words in the box below.

Trevor Jamieson has been an _____ for 18 years.

His favourite _____ is AFL.

He likes to do body weight _____ .

His favourite diet consists of five food _____ of Bush Tucker.

His advice is to stay true to your _____ .

training

sport

dreams

actor

groups



ACTIVITY 6

YOUR PROFILE

Think of 5 questions that you could answer to give information about yourself, for example the types of sport you like, your favourite foods, your favourite music etc.

| | |
|------------|----------|
| Question 1 | Answer 1 |
| Question 2 | Answer 2 |
| Question 3 | Answer 3 |
| Question 4 | Answer 4 |
| Question 5 | Answer 5 |