

# Activity Vibe

Activity Vibe is a monthly activity sheet available online at [vibe.com.au](http://vibe.com.au) for use in classrooms, homework centres and at home.

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Pick up a copy of this month's *Deadly Vibe* magazine, the special 'Beautiful People' edition, and complete the following

## ★ READING

### Home & away

St Kilda's Xavier Clarke is helping young people to get back on their feet.

**H**igh-flying Saint Xavier Clarke is not only on the fast track to the top of the AFL but he is also proving himself one of the finest young Indigenous role models in sport.

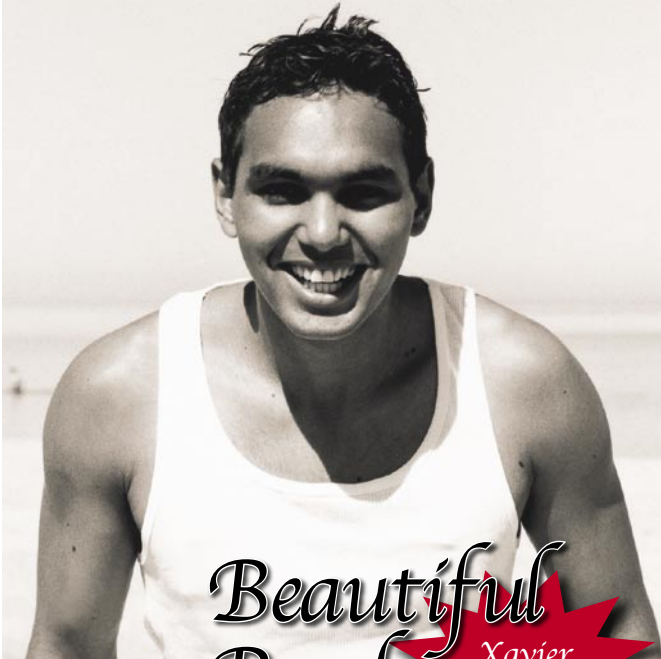
Since he debuted with St Kilda in 2000, Xavier, who moved to Melbourne from the Northern Territory, has quickly established himself as one of the league's up-and-coming stars. And now that his brother Raphael has joined the club, he has gained some extra motivation as St Kilda continues to improve.

While his efforts on the field have been first-class, Xavier has also proved himself a champion off the field. Together with team mate Allan Murray, he is helping to set up a shelter for Indigenous youth based on the successful Lighthouse homes in Victoria.

Xavier and Allan launched the project on the Melbourne Footy Show before embarking on a fund-raising campaign that began at the Saints' very next home game.

The home will help Indigenous young people between the ages of 15 and 22, and staff will provide support and direction.

Named after boxing champ Lionel Rose, who will also maintain a relationship with young people, the home is set to open by Christmas. If all goes well, more may open in the future.

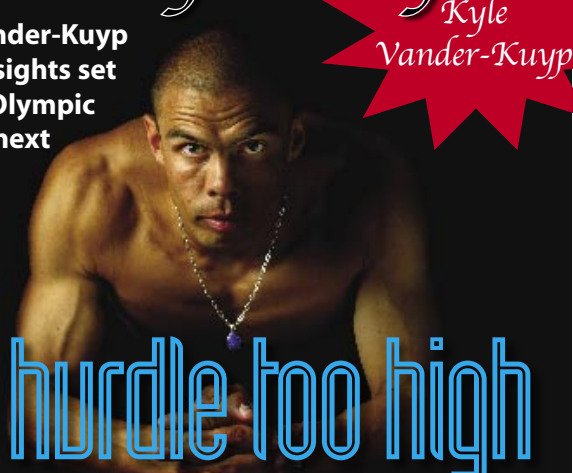


*Beautiful People*  
Xavier Clarke

### Beautiful People

Kyle Vander-Kuyp

Kyle Vander-Kuyp has his sights set on the Olympic Games next month.



### No hurdle too high

**H**unky high hurdler Kyle Vander-Kuyp is training hard in Sweden to make selection for the Olympic Games in Athens.

Although Kyle, 33, is Australia's fastest hurdler – his national record for the 110m race stands at 13.29s – he hasn't made the Olympic selection time of 13.55s since the selection period started in June last year. He will be told this month if he has made the team.

From Sweden, where he is staying with former Aussie sprinter Paul Henderson, Kyle said he had his "fingers and toes crossed" that he would make the team. "It's going to be my third Olympics, so I really want it with all my heart," he says. Kyle competed at the Atlanta Games in 1996 and at the Sydney Games in 2000.

"The thought of running for Australia and wearing the green and gold gives me motivation and drive every day," Kyle says. "I love the feeling of competing in front of a big crowd."

"The training can be hard and things can go wrong, but if you can be patient it can all be worth it. The smile you have when you walk out with the country's colours on is

worth gold – it's a feeling that stays with you for life."

Kyle has also learnt to deal with nerves in the lead-up to big events such as the Olympics. "You actually start to enjoy the feeling of nerves coming on," he explains. "I know when I get nervous it means I really care about what I'm about to do – I treat it like a friend and welcome the feeling."

It's no secret that this will be the last Olympic Games that Kyle will compete in – in fact, if all goes according to plan, he will bow out of professional athletics at the 2006 Commonwealth Games in Melbourne.

He plans to spend time next year thinking about his future, but he has talked about perhaps becoming a primary school teacher. You only have to see him with children – like when he takes part in the Vibe 3on3 events around Australia as a role model – to realise how important they are to him.

"I am going to keep doing my work in the communities and with kids, and will also do a lot of planning in 2005 so when the time comes I can make the transition well," he says.



## COMPREHENSION

★ Answer True (T) or False (F).

Kyle Vander-Kuyp plans to bow out of professional athletics at the 2006 Commonwealth Games in Melbourne. \_\_\_\_\_

★ In your own words, explain what Xavier Clarke and Allan Murray are setting up together.

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★ Circle the correct answer.

What career has Kyle Vander-Kuyp spoken about pursuing after he retires from sport?

**sports presenter**   **athletics coach**                      **sports journalist**   **school teacher**

★ How many times has Kyle Vander-Kuyp competed in an Olympic Games? \_\_\_\_\_

★ In your own words, describe how Kyle Vander-Kuyp deals with nerves.

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## PREFIX

**Prefixes are a letter or group of letters that go before words to make new, related words. eg. 'dis' in 'disagreement'.**

★ Make a new word from these base words by adding prefixes.

tie \_\_\_\_\_

belief \_\_\_\_\_

rhythmic \_\_\_\_\_

real \_\_\_\_\_



## SUFFIX

**Suffixes are a letter or group of letters that go after words to make new, related words. eg. 'ful' in 'handful'.**

★ Make a new word from these base words by adding suffixes.

your \_\_\_\_\_

man \_\_\_\_\_

fiend \_\_\_\_\_

after \_\_\_\_\_

## WORD ASSOCIATION

★ Which of the sports, AFL football or hurdling, do you associate with the following words?

- St Kilda \_\_\_\_\_
- mark \_\_\_\_\_
- hurdle \_\_\_\_\_
- football \_\_\_\_\_
- Olympic Games \_\_\_\_\_
- athletics \_\_\_\_\_
- track and field \_\_\_\_\_
- behind \_\_\_\_\_

## NOTE - TAKING

★ Take notes on each of the two articles. Write down five main points made in each article.

# Home & away

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

 **NOTE - TAKING. cont.**

# No hurdle too high

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

 **FAMOUS FACES**

As part of this 'Beautiful People' edition, we have many Indigenous faces that are familiar to people statewide, nationally and internationally.

In groups, make a list of 10 Indigenous people that you think are the most recognised or famous, no matter what their achievements. Appoint one member of the group as leader, another as a recorder, and another to report the findings to the class.

Compare your list with the others in your class, and come up with a final 10 most famous faces, as voted by your class.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_