

# Activity Vibe

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



## ISSUE 77

Years 7-8

Pick up a copy of Issue 77 of Deadly Vibe, the one with Kyle Vander-Kuyp on the front, and complete the following activities.

**Read the following passage taken from the article on Cathy Freeman, and answer the following question. (Page 5)**

"Unless you've been living on Mars, you'd know she won gold in the 400m at the Sydney 200 Olympic Games in front of 110,000 screaming fans at Stadium Australia."

**What does the writer mean by the phrase "Unless you've been living on Mars"?**

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**How old was Cathy Freeman when she won gold as part of the relay team at the 1990 Commonwealth Games? (Page 5)**

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**What event was considered Cathy Freeman's launch event and what records did she set? (Page 5)**

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**Underline the correct answer.**

What date did Cathy Freeman turn 30?

- a. February 16, 2000
- b. February 16, 2001
- c. February 16, 2002
- d. February 16, 2003

**List three of Cathy Freeman's inspirational quotes mentioned on Page 5.**

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**Verbs**

Every sentence must have at least one verb. They are often called 'doing', 'being' or 'having' words, and are used to describe a form of action or state of being.

**Select a verb from the box below that best describes the actions of the following athletes.**

- sprinters
- shot-putters
- high-jumpers
- long-jumpers
- javelin-throwers
- pole-vaulters

throw      run      leap      toss      spring      jump

**Underline five verbs in the following passage. (Page 3)**

Go, go, go

Most athletes give themselves a day off from training to rest, recuperate and perhaps even play a little.

But not Isaac Simon, a Year 11 student at Westfield Sports High in Sydney's western suburbs.

The talented all-rounder – he competes in the long jump, triple jump and 100m and 200m hurdles – trains every single day of the week.

For the 16-year-old, it's long jump on Mondays, Wednesdays and Saturdays, sprints on Tuesdays and Sundays, and weights on Thursdays and Fridays. It sounds exhausting!

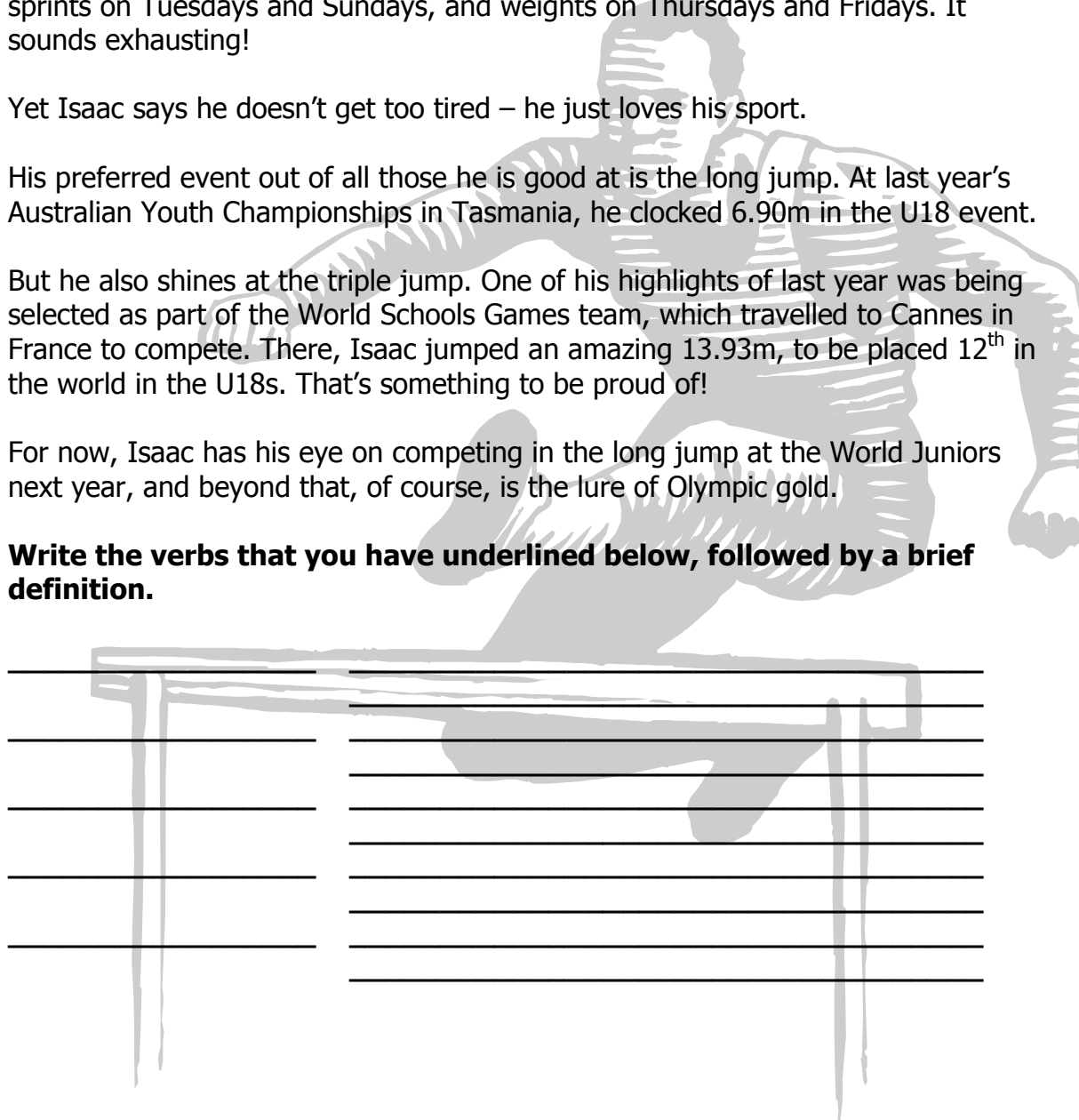
Yet Isaac says he doesn't get too tired – he just loves his sport.

His preferred event out of all those he is good at is the long jump. At last year's Australian Youth Championships in Tasmania, he clocked 6.90m in the U18 event.

But he also shines at the triple jump. One of his highlights of last year was being selected as part of the World Schools Games team, which travelled to Cannes in France to compete. There, Isaac jumped an amazing 13.93m, to be placed 12<sup>th</sup> in the world in the U18s. That's something to be proud of!

For now, Isaac has his eye on competing in the long jump at the World Juniors next year, and beyond that, of course, is the lure of Olympic gold.

**Write the verbs that you have underlined below, followed by a brief definition.**



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\_\_\_\_\_

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\_\_\_\_\_

**Find a verb in the article on Patrick Johnson (Page 7) that means the following.**

practising \_\_\_\_\_ (Paragraph 1)  
vouches \_\_\_\_\_ (Paragraph 1)  
hurrying \_\_\_\_\_ (Paragraph 6)  
thinks \_\_\_\_\_ (Paragraph 7)

**Circle all the verbs in the following list. (Page 5)**

proud	favourite	sensation	writes
incredible	named	best	see
agree	shorter	launch	silhouette
race	fans	forget	against
introduction	turned	compares	medals

**Use a verb from the box below to complete the following sentences. (Page 5)**

"Cathy has been \_\_\_\_\_ with oodles of awards."

"In her column, she \_\_\_\_\_ that 'age is only a state of mind'"

"...we \_\_\_\_\_ it would be a good time to review Cathy's achievements to date."

"To date, she has \_\_\_\_\_ nine open Australian records."

penned	made	presented	believed
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