

## Michael Phelps: The greatest swimmer of all time

Michael Phelps was born on June 30, 1985, in Baltimore, Maryland, USA. He started swimming when he was seven years old. His older sisters, who were also swimmers, encouraged him to train. At the age of 10, he broke a national record for his age group, showing that he was very talented.

When he was 15, Phelps qualified for the 2000 Sydney Olympics. He was the youngest male swimmer in the U.S. Olympic team in almost 70 years. He did not win a medal in Sydney, but he learned a lot and became more determined to succeed.

In 2001, when he was still 15, he broke his first world record in the 200-meter butterfly. After that, he continued to improve and won six gold medals and two bronze medals at the 2004 Athens Olympics.

His biggest success was at the 2008 Beijing Olympics. He won eight gold medals, breaking the previous record of seven gold medals in one Olympic Games. He became famous all over the world for his incredible speed and hard work.

Phelps competed in five Olympic Games (2000, 2004, 2008, 2012, and 2016) and became the most successful Olympian in history. In total, he won 28 Olympic medals, including 23 golds. During his career, he has trained for many hours every day and has broken 39 world records. His success has inspired many young swimmers around the world.

Even though he was very successful, Phelps has also had some personal struggles. He has talked about his mental health problems and has helped other athletes by speaking about this topic. Since he retired in 2016, he has worked as a motivational speaker and a sports commentator. He has also supported mental health awareness.

Today, Michael Phelps is considered one of the greatest athletes of all time. His passion and dedication have left a strong impact on the world of sports.

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### 1) Answer the following questions (USE FULL SENTENCES)

- a. Where was Michael Phelps born?
- b. When did he start swimming?
- c. How old was he when he competed in his first Olympics?
- d. How many gold medals did he win in the 2008 Beijing Olympics?
- e. What has he done since he retired?

### 2) Choose T (true) or F (false)

Michael Phelps started swimming when he was 12 years old.

He won a gold medal in the 2000 Sydney Olympics.

He broke his first world record in the 200-meter butterfly.

He competed in five Olympic Games.

Now, he works as a football coach.

He has won a total of 50 Olympic medals.

In Beijing 2008, he won six gold medals and two silver medals.

Phelps has spoken about the importance of mental health in athletes.

He is now a professional swimmer and continues to compete in international events

### 3) Match the words with the correct definition

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|------------------|--|
| 1. Stroke        | a) A person who competes in sports                   |
| 2. Medal         | b) A big international sports event every four years |
| 3. Olympic Games | c) A round object given to winners in competitions   |
| 4. Record        | d) The best result in a sport or competition         |
| 5. Athlete       | e) A style of swimming, like butterfly or freestyle  |
| 6. Commentator   | f) A person who talks about sports on TV or radio    |

### 4) Put the words in order to make sentences

- in / was / He / Baltimore / born
- world / He / record / a / broke / 2001 / in
- gold / medals / won / 23 / He / Olympics / in / the
- retired / He / 2016 / in / swimming / from
- mental / about / spoken / He / health / has
- swimmer / a / professional / was / He
- at / started / young / a / He / swimming / age
- has / in / He / different / competed / Olympic Games
- butterfly / His / stroke / favourite / is
- in / lives / He / United States / the