PRACTICE 4

Read the text and answer questions that follow.
Choose **no more than five words and/or a number** *from the text for each answer.*

Tom Daley and His Love for Knitting



The famous British diver, two-time Olympic gold medal winner, Tom Daley, made quite the headline during the Tokyo 2020 Olympics. It wasn't just for his gold medal winning in diving but also for his constant knitting during the events. He has embraced this fun hobby wholeheartedly. This creative activity has become an integral part of his life, especially when he needs to wind down and relax during training or during his spare time.

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He picked up knitting in March 2020 during the height of the pandemic lockdown. Like many others, he used the time to try new hobbies to cope with social isolation. He ordered some needles and yarn then watched hours of knitting tutorials on YouTube. With all of the time he had during lockdown, he practiced more and made all sorts of items, like sweaters and hats, showcasing his growing skill and artistic flair.

It was during the Tokyo 2020 Olympics where he was seen knitting in the stands which caught the public's attention. This highlighted his love for his hobby and served as one way for him to relax amidst the intense competition. Many fans admired his ability in balancing a high-pressure sport with a calming hobby. He continued to knit between events in the recent Paris 2024 Olympics. He even mentioned that he owed his two golds to knitting, which has helped him to focus and remain calm.

Tom doesn't just see knitting as a way to unwind. It is also a means for him to bond with knitting enthusiasts and showcase his projects to them. It also helps to inspire them to explore hobbies that bring happiness and fulfilment into their lives. Through his knitting endeavours he has made a difference in the community by openly sharing how the craft has benefitted his mental wellbeing. Moreover, he has used his talent to raise awareness for issues like mental health and has generously donated his knitted creations, to charity auctions.

Tom Daley has shown the world that you can have fun and be creative in your spare time even with a hectic sports career. His journey is a reminder that everyone can find joy in different activities while also making a difference in the community.

1. Tom Daley is a _____ who won two Olympic gold medals.

2. Beside from winning a gold medal in the Tokyo 2020 Olympics, Tom Daley gained widespread recognition for his _____.

3. Knitting is an _____, especially when he has the spare time or taking a break from training.

4. It was at the _____ that he started to learn knitting in March 2020.

5. Many of his fans commended his ability in balancing a demanding sport with _____.

6. He attributed his success in winning _____ to knitting.

7. Knitting has improved his _____ and made an impact in the community.

8. He raises awareness for mental health by _____ to charity auctions.

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Questions 9 and 10

Complete the table below with **a word** *from the text.*
For each question, write your answer in the space provided on your answer sheet.

Meaning	Word
9. allowing oneself to relax or gradually reducing stress	
10. doing something with full commitment and enthusiasm	

[10 *marks*]

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