Rebecca Adlington

1) Rebecca Adlington is a British swimming champion. Read about her life.

She won two gold medals at the 2008 Olympic Games in the 400 m. and 800m races. She's Britain's first Olympic swimming champion since 1988, the first British swimmer to win two gold medals since 1908 and she is just 20 years old. Rebecca- or Becky as her family call her- started swimming when she was 4 years old. She jumped into a pool on holidays. 'Oh, no! She's never swum before. Will she be okay?' her mum thought. But Becky swam to the side of the pool, and she's loved swimming since then.

When she was 12, Becky competed in the national championship and won. Her family realized that she could become a swimming star and Becky started training seriously a year later. Her mum Kay, gave up her job to take her to training. Every morning, they drove to the pool very early- training started at 5 a.m. Then, they went home for breakfast. Becky went to school just like any other teenager, but after school she went back to the pool. Becky didn't go to parties or nightclubs as a teenager. However, her parents tried to make sure she had a normal life. Her friends often came over to watch DVDs or eat pizza.

Becky has already broken many world records. She also received a special medal from the Queen in 2008. However for her family she is still the girl who loves chocolate cake, expensive shoes and watching DVDs!

LIVEWORKSHEETS

2. Say True or False.

a) There was a British Olympic swimming champion in 1988 — TRUE / FALSE

b) Rebecca has loved swimming since she was 12. — TRUE / FALSE

c) Rebecca competed nationally when she was 13 years — TRUE / FALSE

d) Rebecca didn't go out with friends when she was a teenager — TRUE / FALSE

e) Rebecca doesn't like chocolate — TRUE / FALSE

3. Answer

1. Why did Kay give up her job?

2. What time did she start swimming?

3. What does her family think about her?

4. Did she have a normal teenager life?

4. A reporter is interviewing Rebecca. Complete their conversation.

Rep:

Becky: When I was four.

Rep:

B: I competed nationally when I was 12.

Rep:

B: It started at 5 a.m

Rep:

B: No, I didn't. I stayed at home.

Rep

B: My training starts at 7 a.m

Rep

B: Next year I'm going to compete in other competitions.

LIVEWORKSHEETS

Rep:

B: Yes, I have broken many world records.

Rep

B: I love chocolate cakes and expensive shoes.

5. Andrea Da Silva is Becky's favourite actress. Complete the text with the correct form of the verbs in brackets.

Andrea Da Silva, the Hollywood actress, (already/make) …….……..…...over 25 films in her career. She (start)…….acting at the age of 14 and (travel)…….to many parts of the world since then but she (not visit) ……..India yet. Last week she (say)…….that her favourite place was Argentina. 'I (go)……..there a year ago while we (make)……..the western Good times, bad times' .

As she really (like) ……...the mountains, she (move) ……to a resort next month. She thinks she (have)……enough peace and quiet to write her first film script.

6. Becky and her friends spent time together. Read what they said and choose the correct alternative

1) What sports do you ____in your free time?
a) do b) go c) have

2) The children have been in London ____a week.
a) since b) already c) for

3) Andrea Da Silva _____to the mountains yet.
a) hasn't moved b)haven't moved c) has moved

4) We _____our grandparents later after school.
a) are visiting b)visit c) visited

5) We feel happy when we _____the exams.
a) pass b) don't pass c) will pass

7. Writing

Who is your favourite sportsman/ sportswoman? Write a paragraph about him/her (100 words)

LIVEWORKSHEETS