Activity Vibe

Activity Vibe is a monthly activity sheet available online at vibe.com.au for use in classrooms, homework centres and at home.

Issue 92 **Years 3-4**

Pick up a copy of this month's *Deadly Vibe* magazine, the special Olympic Games issue, and complete the following activities.

READING

Star Watch

BEIJING BOUND?

This fit fella from Forster has Olympic gold in his sights.

For most people, the word "triathlon" is synonymous with torture. Even the mere thought of competing in such a strenuous competition would be enough to make most of us feel like a cup of tea and a nice lie-down.

But for Brett Lee, triathlons are what he lives for.

"I love it," Brett says simply. "I love to train, I love to compete – even when I'm not winning I love doing it."

Brett is the first Aboriginal triathlete to represent Australia at an elite level. He recently returned from the world junior triathlon championships in Portugal after finishing ninth.

Brett qualified for the World Championships after a successful summer of racing, winning three of the four National series races.

"That was definitely the highlight of my career so far," he says.

Brett has loved sport for as long as he can remember, and started competing in triathlons at just 12 years of age.

Living in Forster, NSW – the home of the Australian Ironman Championships – it's little wonder that Brett became interested in this particular event.

He's certainly come a long way. Now 18 years old, Brett has been named 2003/2004 Australian Junior Triathlete of the Year and the 2003/2004 Australian Junior Elite Triathlete of the Year.

Triathlon basically consists of swimming, cycling and running. For junior triathletes, the competition usually consists of a 750-metre swim, a 20-kilometre cycle and a five-kilometre run. For seniors, it's double the distance. So how does he keep going?

"Of course it hurts," Brett admits. "It really hurts. And each leg has its own sort of pain involved. But I dunno, I still love it."

Triathlon is a time-consuming sport to train for. It takes a lot of dedication and effort to reach the top. An average week for Brett usually involves six days of training, lasting anywhere from two to six hours.

"During a week, I would probably cover distances of around 20 to 25 kilometres in swimming, 200 kilometres in cycling, and 30 to 40 kilometres in running," he says.

Brett also recently took up Pilates, which has improved his core body strength. That, in turn, has improved his running and swimming.

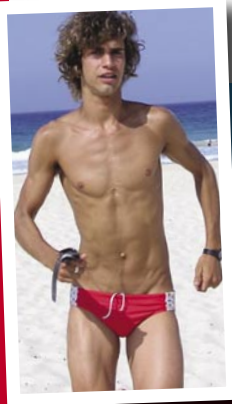
To free up more time for training, Brett is studying for his Higher School Certificate over two years instead of one.

"It gives me more time to train and compete," he explains, "and when I have to go overseas to compete, it means I miss less and it's easier to catch up."

Next up for this tireless young man is the Australian Series in December, February and March. These are also selection races for next year's World Championships, which will be held in Japan.

But Brett's ultimate dream is to represent Australia in the Olympics.

"That, in my mind, is reaching the top," he says. "I've set myself high standards, but as an athlete I think doing that is the way to get the best out of yourself."



What is your full name?
Brett William Lee
Do you have a nickname?
Bretto, Brettfro
When is your birthday?
February 20, 1986
Do you have any brothers and sisters?
1 brother, Jake
What's the worst thing about training?
Getting to school late
What do you do for fun?
Relax and listen to music, eat
Who is your biggest inspiration?
Craig Walton and Lance Armstrong
What's your favourite part of Australia?
Forster, NSW
What's in your CD player at the moment?
Jade Johnno
If you could have any superpower, what would it be?
To fly - how easy could I win races then?
Who's real deadly in your eyes?
Josh Ross
Where do you see yourself in 10 years' time?
Travelling the world

COMPREHENSION

★ What is Brett Lee's full name? _____

★ **Circle the correct answer.**

A triathlon consists of:

a. run, swim, run

b. swim, cycle, run

c. run, cycle, run

d. hop, skip, jump

★ What is Brett's ultimate dream?

★ **Answer true (T) or false (F) about the following statement.**

Brett Lee is the first Aboriginal triathlete to represent Australia at an elite level. _____

★ What is Brett Lee studying for at the moment?

_____

_____

_____

_____

ADJECTIVES

Adjectives describe people, places and things. Adjectives describe colour, size, feelings and qualities. They also tell us nationalities and characteristics.

★ **Circle the adjectives in each sentence.**

Triathlon is a time-consuming sport.

Next up for this tireless young man is the Australian Series in December.

I've set myself high standards.

Brett qualified for the World Championships after a successful summer of racing.

★ **Make a list of six more adjectives that you can find in the article on Brett Lee.**

_____ _____

_____ _____

_____ _____

CONTRACTIONS

Contractions are joined words with a letter or letters missing. An apostrophe is put in place of the missing letter or letters. For example: should not/ **shouldn't**

★ **Write contractions on the lines below. The first one has been done for you.**

it is	it's	were not	_____
that is	_____	has not	_____
would not	_____	have not	_____

CONTRACTIONS cont.

he is	_____	I will	_____
you have	_____	are not	_____
they would	_____	here is	_____

SIMPLE SENTENCES

A simple sentence has just one clause that makes sense on its own, for example: He ran home fast.

★ Unscramble the words to make simple sentences. Use a capital letter at the beginning of the sentence, a full stop at the end, and circle the verb.

loves triathlons brett _____

brother one has brett _____

a triathlete is brett _____

hard trains brett _____

PUNCTUATION PRACTICE

★ Some punctuation marks are missing from these sentences. Circle the best punctuation mark to fill the gap.

When is Brett's birthday_	,	.	?
Josh would like to travel the world_	.	?	!
I love it_	.	,	?
"Of course it hurts_ _ Brett admits.	?"	."	,"
What do you do for fun_	!	.	?
"It gives me more time to train and compete _ _ he explains.	."	,"	.

WRITING

★ Imagine that you are appearing on the pages of Star Watch. Answer the following Star Watch questions.

What is your full name? _____

Do you have a nickname? _____

When is your birthday? _____

Do you have any brothers and sisters? _____

_____

What do you do for fun? _____

_____

Who is your biggest inspiration? _____

_____

What's your favourite part of Australia? _____

_____

What's in your CD player at the moment? _____

If you could have any superpower, what would it be? _____

_____

Who's real deadly in your eyes? _____

Where do you see yourself in 10 years' time? _____

_____

_____