

Activity Vibe



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

Issue 88

Years 3-4

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

★ READING

STILL SHINING
BRIGHT

CATHY FREEMAN

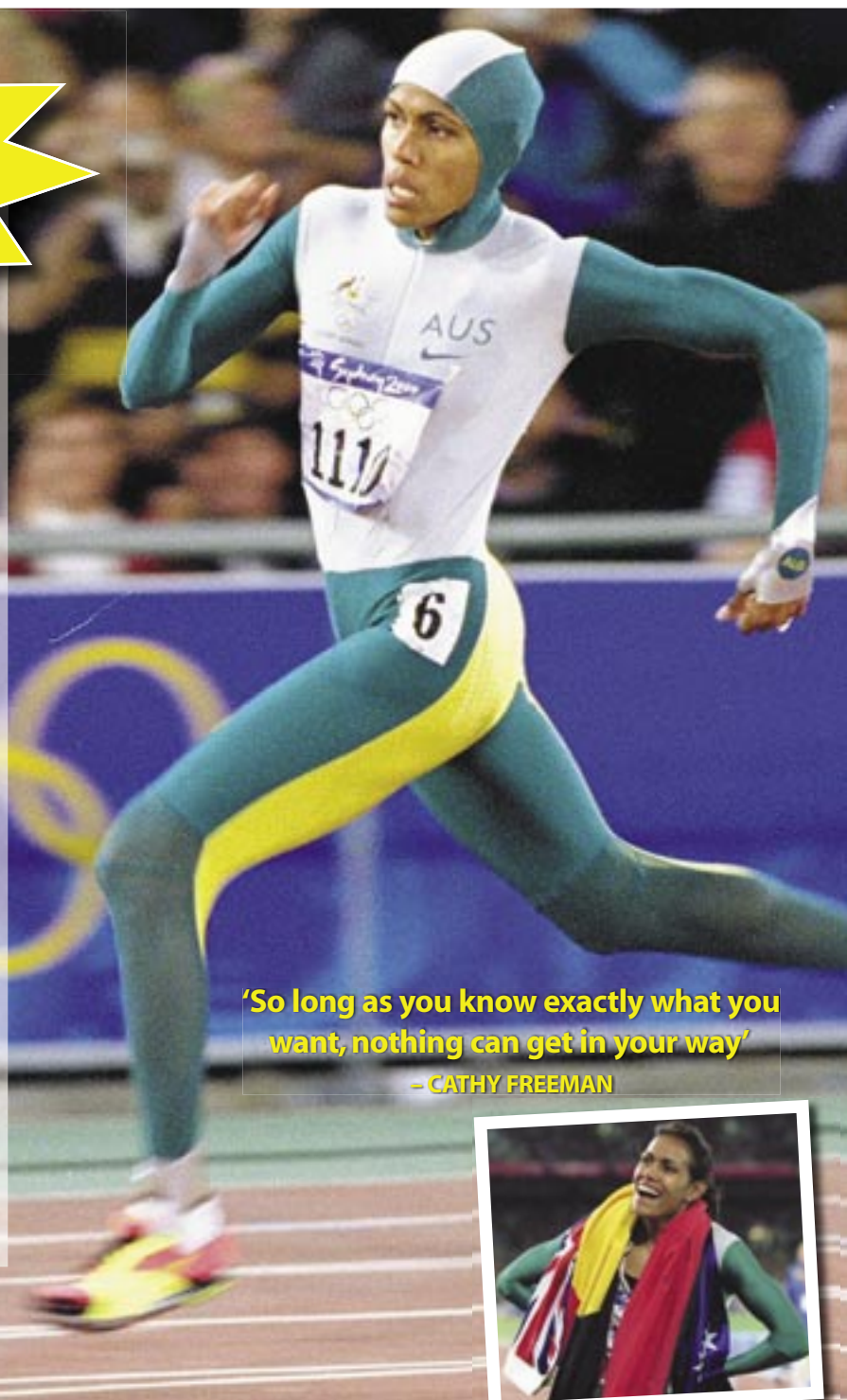
At 16, Cathy Freeman won gold at the Auckland Commonwealth Games as part of the 4x100m relay team. "I never saw any obstacles in my way," Cathy says. "If there were any, I just didn't see them. I had the full support of my friends and family – that's what made all the difference."

In 1992, Cathy became the first Aboriginal track and field athlete to represent Australia at an Olympic Games. At the 1994 Commonwealth Games in Victoria, Canada, she caught the attention of the world by flying both the Australian and the Aboriginal Australian flags.

"If you want to achieve, you've got to have that love for yourself and who you are," she says. "If you don't believe in yourself, why would anyone else?"

At the 1996 Olympics, she became the first Indigenous Olympic medallist, winning the silver medal. She went on to win gold in the 400m at both the 1997 and 1999 World Championships.

"So long as you know exactly what you want, nothing can get in your way," says Cathy. "Keep it simple, and go for it!"



'So long as you know exactly what you want, nothing can get in your way'

- CATHY FREEMAN

★ COMPREHENSION

★ What year did Cathy Freeman become the first track and field athlete to represent Australia at an Olympic Games? _____

★ How did Cathy Freeman catch the attention of the world at the 1994 Commonwealth Games in Canada? _____

★ What medal did Cathy Freeman win at the 1996 Olympics? _____

★ Why is this win so important? _____

★ What event did Cathy Freeman win gold in at the 1997 and 1999 World Championships?

★ DIRECT SPEECH MARKS

"..." Direct speech marks tell us exactly what is said.

★ Punctuate the following with direct speech marks. Check your work against the article.

I never saw any obstacles in my way, Cathy says. If there were any, I just didn't see them. I had the full support of my friends and family – that's what made all the difference.

If you want to achieve, you've got to have that love for yourself and who you are, she says. If you don't believe in yourself, why would anyone else?





COMPOUND WORDS

Some words are made up of two other words. When two short words make one long word, the long word is called a compound word.

Eg: your + self = yourself

★ Draw lines to join up these compound words.

hand	one
lip	self
her	woman
body	tail
sports	stick
any	bag
pony	suit

★ Now write the list of compound words that you found.



VERBS

Verbs are doing, having or being words. That are used to describe some form of action or state of being.

★ Circle the verbs in the following sentences.

Cathy Freeman won gold at the Auckland Commonwealth Games.

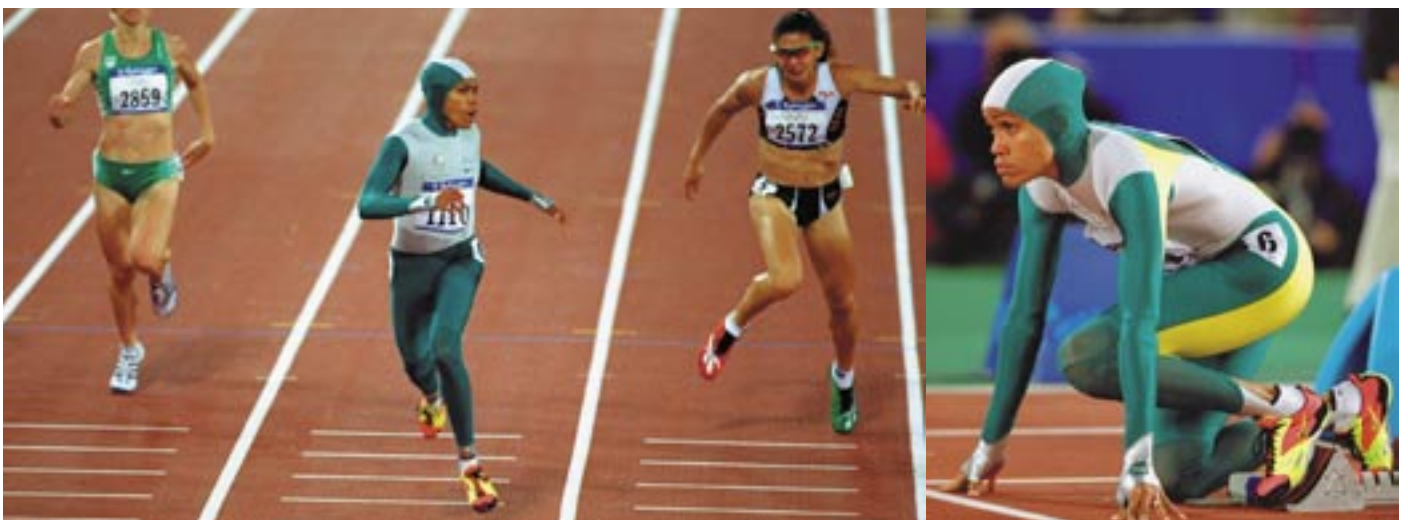
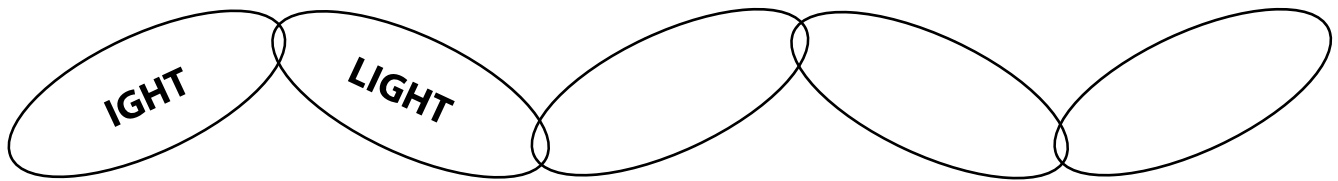
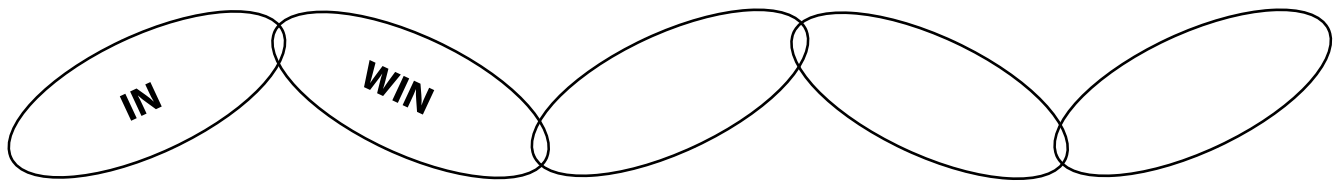
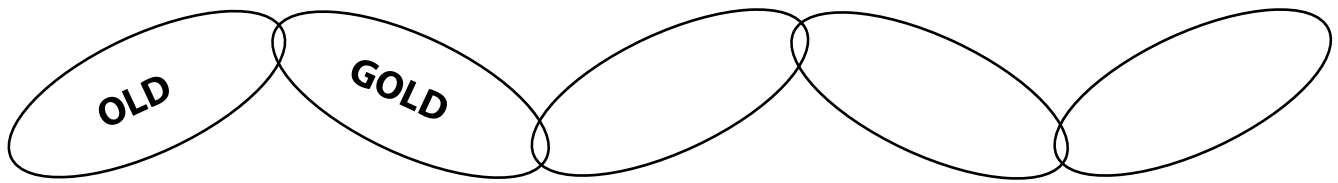
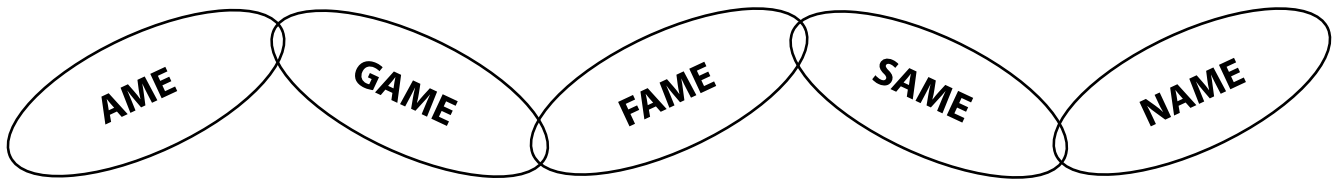
Cathy Freeman flew both the Australian and Aboriginal flags at the Commonwealth Games in Canada.

Cathy Freeman caught the attention of the world.

★ Write down five more verbs from the article on Cathy Freeman.

★ WORD CHAINS

★ Complete each word chain by writing three words that contain the letter string given in the first link. The first one has been done for you.



★ TIME LINE

★ Find out as much information as you can about Cathy Freeman, and plot the highlights of her life on the time line below, from when she was born in 1973, up until now. Continue on another piece of paper if you need to.

