

# Inspirational British Female Athletes

## Athlete Fact File

**Name:** Denise Lewis

**Date of birth:** 27<sup>th</sup> August 1972

**Sport specialisation:** heptathlon



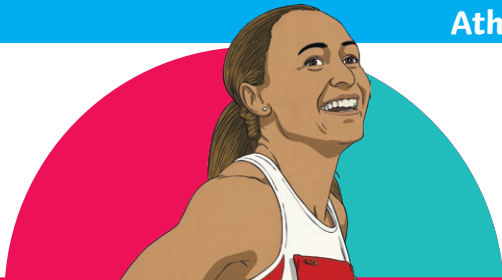
Denise Lewis is a **retired** athlete who won an Olympic gold medal in Sydney in 2000. Denise competed in the heptathlon. The heptathlon is an outdoor sport made up of seven events. These events are the 100 metre hurdles, the high jump, the shot-put, the 200 metres, the long jump, the javelin throw and the 800 metres.

After retiring from athletics, Denise became a **commentator** for lots of athletics events.

## Did You Know...?

In the 2000 Olympics, Denise ran the 800 metres with a bandaged leg.

## Athlete Fact File



**Name:** Jessica Ennis-Hill

**Date of birth:** 28<sup>th</sup> January 1986

**Sport specialisation:** heptathlon

Jessica Ennis-Hill is a retired athlete who won the Olympic heptathlon gold medal in London in 2012.

As a young child, Jessica would often go to athletics camps. Before her first Olympics, Jessica had already won lots of impressive medals, including a gold medal in the IAAF World Athletics Championships in 2009.

Today, Jessica provides the commentary for athletic events. She has also helped to write a book for children.

## Did You Know...?

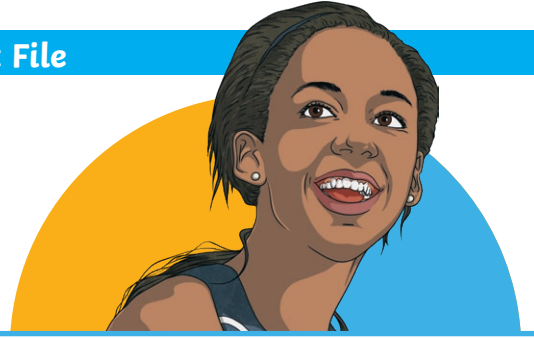
The first prize that Jessica ever won at an athletics competition was a pair of trainers.

## Athlete Fact File

**Name:** Katarina Johnson-Thompson

**Date of birth:** 9<sup>th</sup> January 1993

**Sport specialisation:** heptathlon



Katarina Johnson-Thompson is a **heptathlete** who won a gold medal in the IAAF World Athletics Championships in 2019. Many people hope that she will also win the heptathlon gold medal in the next Olympics.

From a young age, Katarina competed in high jump and long jump competitions before taking part in her first Olympics in 2012.

Katarina is still competing in the heptathlon and is now training for the Olympics in Tokyo in 2020.

### Did You Know...?

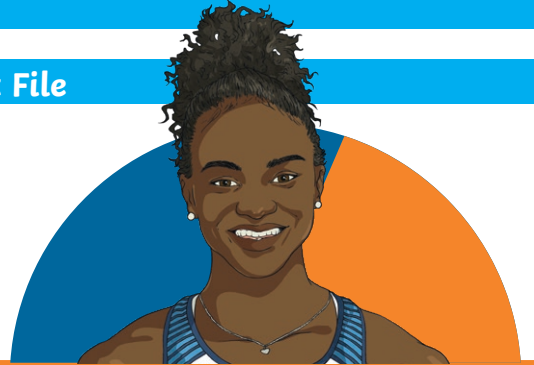
Katarina has two pet dogs called Bronx and Chorizo.

## Athlete Fact File

**Name:** Dina Asher-Smith

**Date of birth:** 4<sup>th</sup> December 1995

**Sport specialisation:** sprinting



Dina Asher-Smith is a sprinter who competes in the 100 metres, the 200 metres and the 4 × 100 metre relay. In the IAAF World Athletics Championships in 2019, Dina won a gold medal in the 200 metres and made a new British record.

Dina is still competing and is now training for the 2020 Olympics, where many people are hoping that she will win lots of medals.

### Did You Know...?

In 2017, Dina won a silver medal after recovering from a broken foot.

### Glossary:

**commentator:** A person who comments on a sport or other event.

**heptathlete:** An athlete who takes part in a heptathlon.

**retired:** No longer doing that job.

# Questions

1. Which athlete competes in the 100 metres, the 200 metres and the 4 × 100 metre relay? Tick one.

- Denise Lewis
- Jessica Ennis-Hill
- Katarina Johnson-Thompson
- Dina Asher-Smith

2. Draw three lines to complete the sentences. One has been done for you.

Denise Lewis	has two pet dogs.
Katarina Johnson-Thompson	won a gold medal in the Olympics in 2012.
Dina Asher-Smith	ran the 800 metres with a bandaged leg.
Jessica Ennis-Hill	broke her foot in 2017.

3. Which event did Dina Asher-Smith set a new British record in? Tick one.

- heptathlon
- 100 metres
- 200 metres
- 4 × 100 metre relay

4. What did Jessica Ennis-Hill do after retiring from athletics? Tick one.

- took up skiing
- started a trainer company
- helped to write a book for children
- trained for the next Olympics

5. What was the first prize that Jessica Ennis-Hill won at an athletics competition?

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6. Look at the information on **Katarina Johnson-Thompson**.

Find and copy one word which means the same as **preparing** or **practising**.

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7. Do you think that you would enjoy being an athlete? Explain your answer.

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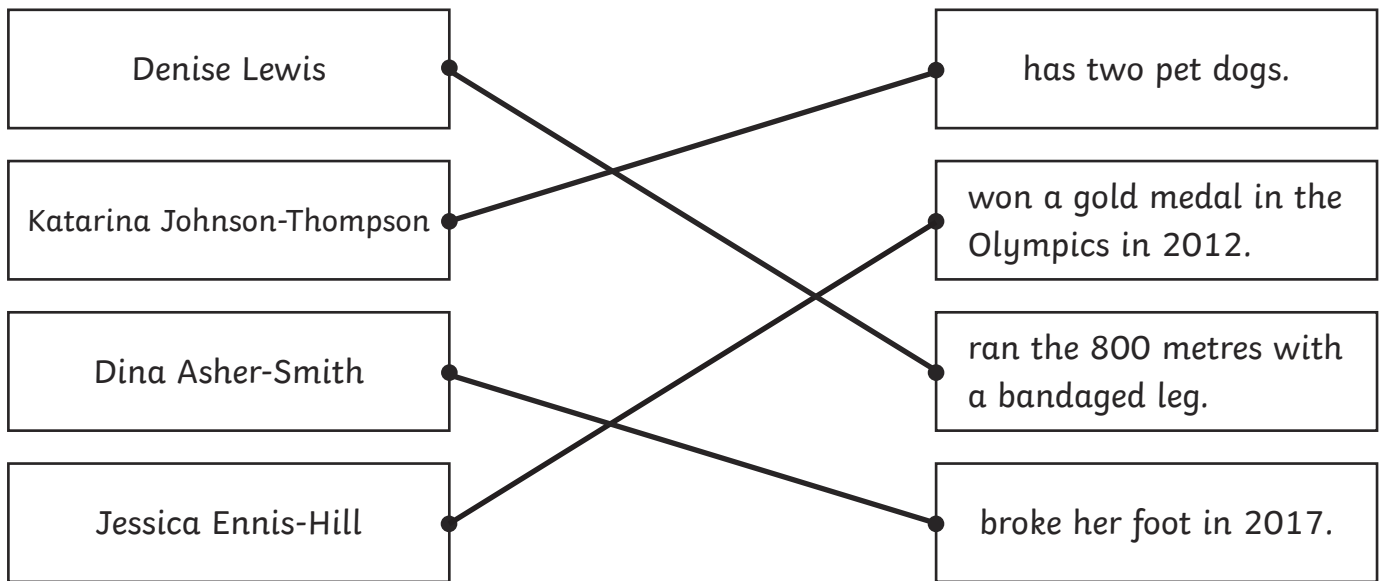
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# Answers

1. Which athlete competes in the 100 metres, the 200 metres and the 4 × 100 metre relay? Tick one.

- Denise Lewis
- Jessica Ennis-Hill
- Katarina Johnson-Thompson
- Dina Asher-Smith**

2. Draw three lines to complete the sentences. One has been done for you.



3. Which event did Dina Asher-Smith set a new British record in? Tick one.

- heptathlon
- 100 metres
- 200 metres**
- 4 × 100 metre relay

4. What did Jessica Ennis-Hill do after retiring from athletics? Tick one.

- took up skiing
- started a trainer company
- helped to write a book for children**
- trained for the next Olympics

5. What was the first prize that Jessica Ennis-Hill won at an athletics competition?

**The first prize that Jessica Ennis-Hill won at an athletics competition was a pair of trainers.**

6. Look at the information on **Katarina Johnson-Thompson**.

Find and copy one word which means the same as **preparing** or **practising**.  
**training**

7. Do you think that you would enjoy being an athlete? Explain your answer.

**Pupils' own responses, such as: I would like to be an athlete because it sounds like a lot of fun and I would really like to win some medals in the Olympics.**

# Inspirational British Female Athletes

## Athlete Fact File

**Name:** Denise Lewis

**Date of birth:** 27<sup>th</sup> August 1972

**Place of birth:** West Bromwich

**Sport specialisation:** heptathlon



Denise Lewis is a retired athlete who won an Olympic gold medal for the heptathlon in Sydney in 2000. The heptathlon is an outdoor sport which is held on the track and on the field. It is made up of seven events. These events are the 100 metre hurdles, the high jump, the shot-put, the 200 metres, the long jump, the javelin throw and the 800 metres.

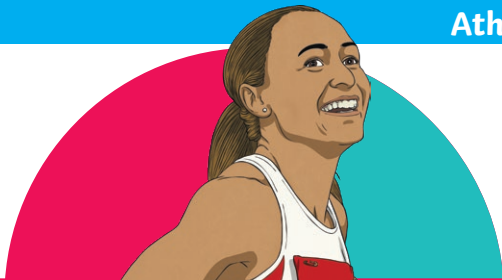
Amazingly, during the last event of the 2000 Olympics, Denise ran the 800 metres with half of her leg in a bandage and she still won a gold medal!

Since retiring from athletics, Denise has started a successful television career and has provided commentary for many athletic events.

## Did You Know...?

There is no men's heptathlon event in the Olympics.

## Athlete Fact File



**Name:** Jessica Ennis-Hill

**Date of birth:** 28<sup>th</sup> January 1986

**Place of birth:** Sheffield

**Sport specialisation:** heptathlon

Jessica Ennis-Hill is a retired athlete who won the Olympic heptathlon gold medal in London in 2012. Alongside an Olympic gold medal, Jessica also earned a silver medal in the 2016 Rio Olympics before announcing that she was going to retire from athletics.

As a young child, Jessica would often attend athletics camps. Before her first Olympics, Jessica had already achieved a number of impressive medals, including the gold medal in the IAAF World Athletics Championships in 2009.

Following her retirement, Jessica has provided the commentary for a number of athletics events.

## Did You Know...?

The first prize that Jessica ever won at an athletics competition was a pair of trainers.

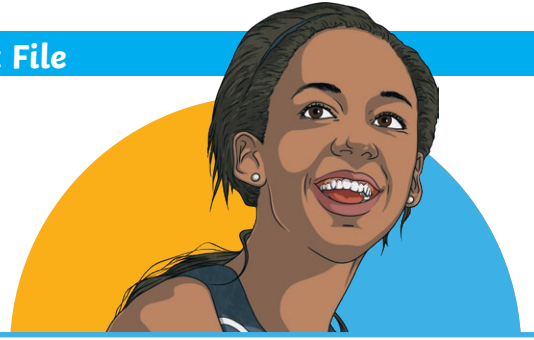
### Athlete Fact File

**Name:** Katarina Johnson-Thompson

**Date of birth:** 9<sup>th</sup> January 1993

**Place of birth:** Liverpool

**Sport specialisation:** heptathlon



Katarina Johnson-Thompson is a heptathlete who won a gold medal in the IAAF World Athletics Championships in 2019. After her incredible performance, many people are now hoping that she will win the heptathlon gold medal in the next Olympics.

From a young age, Katarina competed in high jump and long jump competitions before taking part in her first Olympics in 2012.

Katarina is still competing in the heptathlon and is now training for the Olympics in Tokyo in 2020.

### Did You Know...?

Katarina has two pet dogs called Bronx and Chorizo.

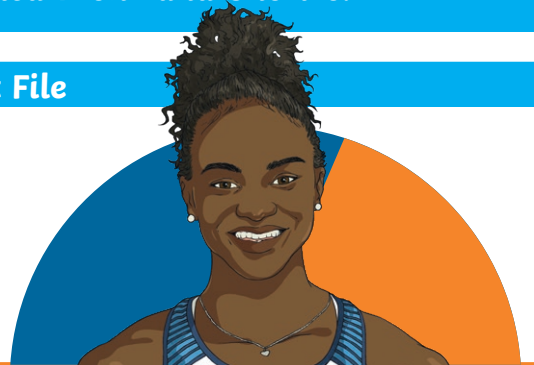
### Athlete Fact File

**Name:** Dina Asher-Smith

**Date of birth:** 4<sup>th</sup> December 1995

**Place of birth:** London

**Sport specialisation:** sprinting



Dina Asher-Smith is a sprinter who competes in the 100 metres, the 200 metres and the 4 × 100 metre relay. In the IAAF World Athletics Championships in 2019, Dina won a gold medal in the 200 metres and made a new British record.

In February 2017, Dina broke her foot. However, she did not let this stop her. She went on to win a silver medal in the 4 × 100 metre relay in the IAAF World Athletics Championships just six months later.

Dina is still competing and is now training for the 2020 Olympics, where many people are hoping that she will win several medals.

### Did You Know...?

Dina says that her mum and dad are her top supporters.



# Questions

1. Which of these athletes does **not** compete in the heptathlon? Tick one.

- Denise Lewis
- Dina Asher-Smith
- Jessica Ennis-Hill
- Katarina Johnson-Thompson

2. Number the events from 1-4 to show the order that they occurred.

- Denise Lewis won a gold medal in Sydney.
- Dina Asher-Smith won the 200 metres with a new British record.
- Katarina Johnson-Thompson was born.
- Jessica Ennis-Hill won a gold medal in London.

3. How many months after breaking her foot did Dina Asher-Smith come second in the 4 × 100 metre relay? Tick one.

- five months
- six months
- seven months
- eight months

4. Draw four lines to match each athlete with their corresponding fact.

Denise Lewis	competed in the high jump when they were young.
Dina Asher-Smith	celebrates their birthday in August.
Katarina Johnson-Thompson	won a gold medal in the 2009 IAAF World Athletics Championships.
Jessica Ennis-Hill	competes in three separate events.

5. Which **two** athletes are still taking part in athletics competitions?

\_\_\_\_\_ and \_\_\_\_\_

6. Look at the section on **Dina Asher-Smith**.

Find and copy one word which means the same as **more than two**.

\_\_\_\_\_

7. How likely do you think it is that Katarina Johnson-Thompson will win a gold medal in the next Olympics? Explain your answer.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. Imagine that you are Jessica Ennis-Hill at the end of the London Olympics.

Explain how you are feeling. Use the text to support your answer.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Answers

1. Which of these athletes does **not** compete in the heptathlon? Tick one.

- Denise Lewis
- Dina Asher-Smith**
- Jessica Ennis-Hill
- Katarina Johnson-Thompson

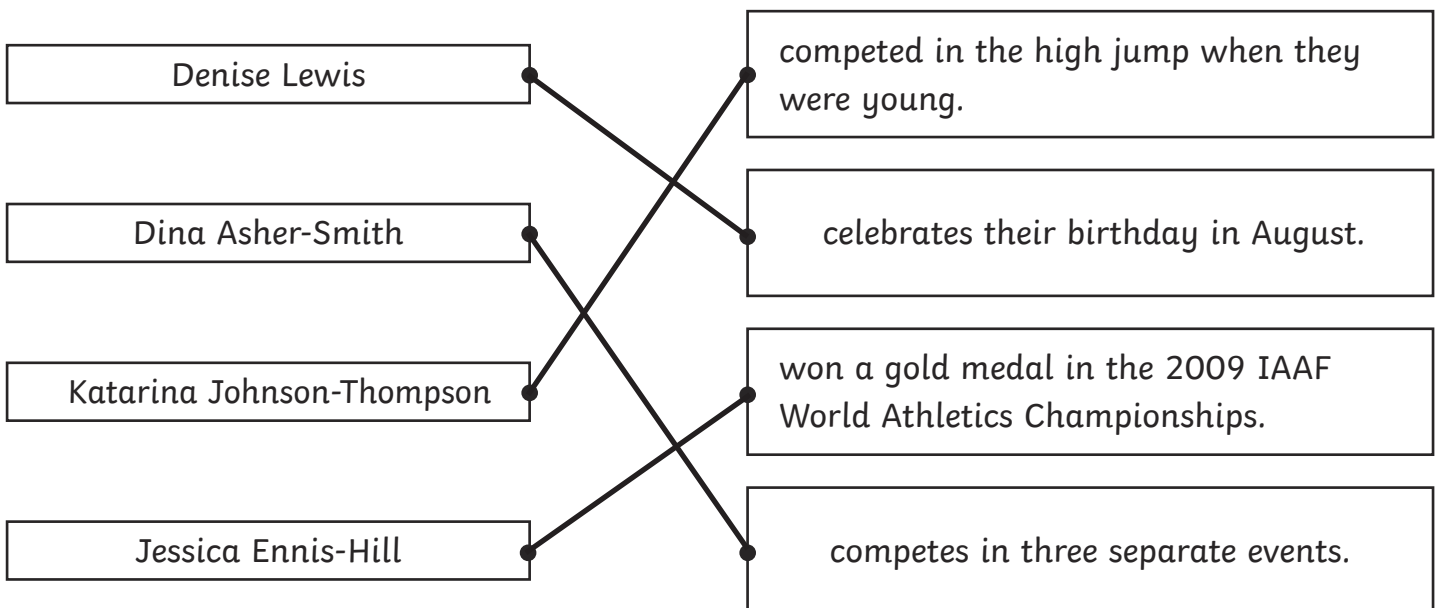
2. Number the events from 1-4 to show the order that they occurred.

- 2** Denise Lewis won a gold medal in Sydney.
- 4** Dina Asher-Smith won the 200 metres with a new British record.
- 1** Katarina Johnson-Thompson was born.
- 3** Jessica Ennis-Hill won a gold medal in London.

3. How many months after breaking her foot did Dina Asher-Smith come second in the 4 × 100 metre relay? Tick one.

- five months
- six months**
- seven months
- eight months

4. Draw four lines to match each athlete with their corresponding fact.



5. Which **two** athletes are still taking part in athletics competitions?

**Katarina Johnson-Thompson** and **Dina Asher-Smith**

6. Look at the section on **Dina Asher-Smith**.

Find and copy one word which means the same as **more than two**.  
**several**

7. How likely do you think it is that Katarina Johnson-Thompson will win a gold medal in the next Olympics? Explain your answer.

**Pupils' own responses, such as: I think that it is extremely likely that Katarina Johnson-Thompson will win a gold medal in the next Olympics because she was able to win a gold medal at the IAAF World Athletics Championships in 2019. This means that she is currently one of the best heptathletes in the world.**

8. Imagine that you are Jessica Ennis-Hill at the end of the London Olympics.

Explain how you are feeling. Use the text to support your answer.

**Pupils' own responses, such as: I feel amazing. I can't believe that I was able to win a gold medal for Great Britain while in Great Britain! I am so proud of myself and now I'm going to start training for the next Olympics.**

# Inspirational British Female Athletes

## Athlete Fact File

**Name:** Denise Lewis

**Date of birth:** 27<sup>th</sup> August 1972

**Place of birth:** West Bromwich

**Sport specialisation:** heptathlon



Denise Lewis is a retired athlete who famously won an Olympic gold medal for the heptathlon in Sydney in 2000. The heptathlon is an outdoor sport which is held on the track and on the field. It comprises of seven events. These events are the 100 metre hurdles, the high jump, the shot-put, the 200 metres, the long jump, the javelin throw and the 800 metres.

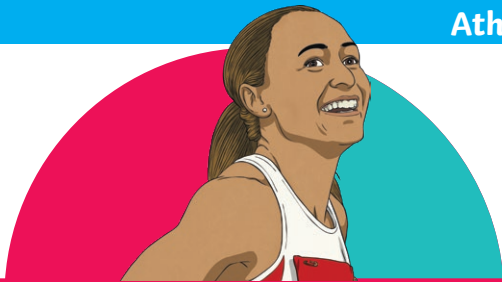
Amazingly, during the last event of the 2000 Olympics, Denise ran the 800 metres with half of her leg in a bandage. This was because of a previous injury.

Since retiring from athletics, Denise has forged a successful television career and has provided expert commentary for many athletic events.

## Did You Know...?

There is no men's heptathlon event in the Olympics.

## Athlete Fact File



**Name:** Jessica Ennis-Hill

**Date of birth:** 28<sup>th</sup> January 1986

**Place of birth:** Sheffield

**Sport specialisation:** heptathlon

Jessica Ennis-Hill is a retired athlete who is most famous for winning the Olympic heptathlon gold medal in London in 2012. Alongside an Olympic gold medal, Jessica also earned a silver medal at the 2016 Rio Olympics before announcing that she was going to retire from athletics.

As a young child, Jessica would often attend athletics camps with her sister. Before making her Olympic debut, Jessica had already earned a number of impressive medals, including a gold in the IAAF World Athletics Championships in 2009.

Following her retirement, Jessica has provided the commentary for a number of athletics events. She has also recently co-authored a book for children.

## Did You Know...?

The first prize that Jessica ever won at an athletics competition was a pair of trainers.

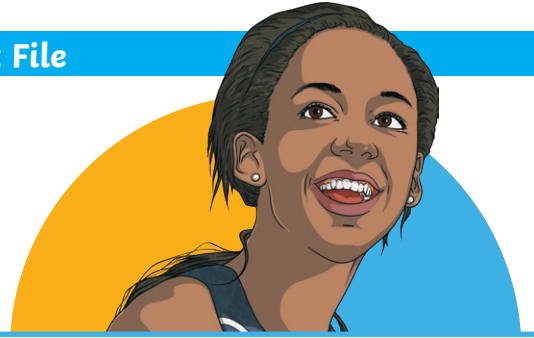
### Athlete Fact File

**Name:** Katarina Johnson-Thompson

**Date of birth:** 9<sup>th</sup> January 1993

**Place of birth:** Liverpool

**Sport specialisation:** heptathlon



Katarina Johnson-Thompson is a heptathlete who won a gold medal in the IAAF World Athletics Championships in 2019. After her incredible performance, many people are now naming Katarina as the favourite to win the heptathlon at the 2020 Olympics in Tokyo.

From a young age, Katarina competed in high jump and long jump competitions before making her Olympic debut in 2012.

Katarina is still competing in the heptathlon and is now in training for the next Olympics.

### Did You Know...?

Katarina has two pet dachshunds called Bronx and Chorizo.

### Athlete Fact File

**Name:** Dina Asher-Smith

**Date of birth:** 4<sup>th</sup> December 1995

**Place of birth:** London

**Sport specialisation:** sprinting



Dina Asher-Smith is a successful sprinter who competes in the 100 metres, the 200 metres and the 4 × 100 metre relay. After winning the 200 metres with a new British record in the IAAF World Athletics Championships in 2019, Dina has now been named as the fastest British woman in history.

In February 2017, Dina broke her foot. However, she did not let this stop her; she went on to win a silver medal in the 4 × 100 metre relay in the IAAF World Athletics Championships in 2019 just six months later.

Dina is still competing and is training for the 2020 Olympics, where many people believe that she will achieve great things.

### Did You Know...?

Dina says that her mum and dad are her top supporters.

# Questions

1. Who is hoping to compete in the heptathlon in the 2020 Olympics? Tick one.

- Denise Lewis
- Jessica Ennis-Hill
- Katarina Johnson-Thompson
- Dina Asher-Smith

2. Number the events from 1-4 to show the order that they occurred.

- Denise Lewis ran the 800 metres with a bandaged leg.
- Dina Asher-Smith broke her foot.
- Jessica Ennis-Hill retired from athletics.
- Katarina Johnson-Thompson attended her first Olympics.

3. Look at the section on **Jessica Ennis-Hill**.

Find and copy one word which means the same as **first appearance**?

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4. According to the text, which **two** athletes took part in the same Olympics?

\_\_\_\_\_ and \_\_\_\_\_

5. Who won a gold medal in the IAAF World Athletics Championships in 2009?

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6. Why do you think that the author has chosen to use the word **inspirational** in the title?

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7. Compare **Katarina Johnson-Thompson** and **Dina Asher-Smith**.

How are the two athletes similar?

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8. Do you think that Dina Asher-Smith will be successful in the 2020 Olympics? Tick one.

 yes no

Fully explain your answer.

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# Answers

- Who is hoping to compete in the heptathlon in the 2020 Olympics? Tick one.
  - Denise Lewis
  - Jessica Ennis-Hill
  - Katarina Johnson-Thompson**
  - Dina Asher-Smith
- Number the events from 1-4 to show the order that they occurred.
  - 1** Denise Lewis ran the 800 metres with a bandaged leg.
  - 4** Dina Asher-Smith broke her foot.
  - 3** Jessica Ennis-Hill retired from athletics.
  - 2** Katarina Johnson-Thompson attended her first Olympics.
- Look at the section on **Jessica Ennis-Hill**.  
Find and copy one word which means the same as **first appearance**?  
**debut**
- According to the text, which **two** athletes took part in the same Olympics?  
**Jessica Ennis-Hill and Katarina Johnson-Thompson**
- Who won a gold medal in the IAAF World Athletics Championships in 2009?  
**Jessica Ennis-Hill won a gold medal in the IAAF World Athletics Championships in 2009.**
- Why do you think that the author has chosen to use the word **inspirational** in the title?  
**Pupils' own responses, such as: I think that the author has chosen to use the word inspirational because these athletes have all worked really hard and achieved amazing things which might inspire someone to do the same.**
- Compare **Katarina Johnson-Thompson** and **Dina Asher-Smith**.  
How are the two athletes similar?  
**Pupils' own responses, such as: Katarina Johnson-Thompson and Dina Asher-Smith are similar because they are both British athletes who are still competing. They also both performed really well in the IAAF World Athletics Championships in 2019 and they are hoping to go to the 2020 Olympics.**

8. Do you think that Dina Asher-Smith will be successful in the 2020 Olympics? Tick one.

yes

no

**Accept either a yes or a no response provided that a full explanation is given.**

Fully explain your answer.

**Pupils' own responses, such as: Yes, I think that Dina Asher-Smith will be really successful in the next Olympics because she has already proved that she is an incredible athlete by winning the 200 metres in the IAAF World Athletics Championships in 2009. She has also proved that she can achieve amazing things even after breaking her foot.**