

Above and Beyond: The Positive Stories of Lockdown

In March 2020, the spread of a virus called COVID-19 meant that many countries were put on lockdown. Life became different for everyone. People could not go to work or school. Many people worked hard to help others who needed it. Read some of these stories below.



Captain Sir Thomas Moore



Captain Sir Thomas Moore raised over £32 million for the **NHS** by challenging himself to walk 100 laps of his garden. His story captured the hearts of the public because he was 99 years old at the time. It was shared across the UK and the world, which meant that he met his target of £1,000 within a day.

Captain Sir Thomas was 'blown away' to receive more than 100,000 birthday cards on his 100th birthday on 30th April 2020. The Royal Mail even had to set up a special collection box!

The war veteran's fundraising meant that he was awarded a knighthood.

Marcus Rashford

Marcus Rashford is a professional footballer who plays for Manchester United. During lockdown, he worked tirelessly to help children all over the UK.

In June 2020, Marcus wrote a letter to the **government** asking them to continue to give free school meal tokens over the school holidays to the children who needed them. He shared his own story of using **foodbanks** and free school meals and the government agreed to his request.

Marcus has also helped to raise £20 million for a charity which supports foodbanks.



Joe Wicks



Joe Wicks is on a mission to help people to have healthy bodies and eat well.

When the COVID-19 crisis began in March 2020, Joe began streaming PE lessons online to keep children active. The classes were a huge hit. The first session saw 900,000 families tune in and, by the second day, the number had soared to 955,000. In total, Joe recorded over 70 sessions, helping to keep children fit while raising over £500,000 for NHS charities.

Glossary

foodbank: Provides people in need with free food.

government: A group of people who are in charge of a country.

NHS: The National Health Service. A public health service that is available to everyone living in the UK.

Questions

- When is Captain Sir Thomas Moore's birthday? Tick one.
 - ☐ 21st September
 - ☐ 30th April
 - ☐ 16th October
 - ☐ 26th March
- Which football team does Marcus Rashford play for? Tick one.
 - ☐ Manchester City
 - ☐ Chelsea
 - ☐ Manchester United
 - ☐ Tottenham Hotspur
- What does Joe Wicks help people to do? Tick **two**.
 - ☐ eat well
 - ☐ learn how to read
 - ☐ spend time with their friends
 - ☐ have healthy bodies

- Draw **four** lines and complete the sentences.

He shared his own story
of using foodbanks...

People could not go to...

When the COVID-19 crisis
began in March 2020,...

The Royal Mail even had
to...

Joe began streaming PE
lessons online to keep
children active.

set up a special collection
box!

and free school meals and
the government agreed to
his request.

work, school or visit their
family and friends.

- Fill in the missing words.

Marcus has also helped to _____ £20 million for
a _____ which supports foodbanks.

6. Look at the section about Captain Sir Thomas Moore.
Find and copy a word which means the same as **granted**.

7. Explain why people might think that Captain Sir Thomas Moore is heroic.

Answers

1. When is Captain Sir Thomas Moore's birthday? Tick one.

- ☐ 21st September
☒ **30th April**
☐ 16th October
☐ 26th March

2. Which football team does Marcus Rashford play for? Tick one.

- ☐ Manchester City
☐ Chelsea
☒ **Manchester United**
☐ Tottenham Hotspur

3. What does Joe Wicks help people to do? Tick **two**.

- ☒ **eat well**
☐ learn how to read
☐ spend time with their friends
☒ **have healthy bodies**

4. Draw **four** lines and complete the sentences.

He shared his own story of using foodbanks...	Joe began streaming PE lessons online to keep children active.
People could not go to...	set up a special collection box!
When the COVID-19 crisis began in March 2020,...	and free school meals and the government agreed to his request.
The Royal Mail even had to...	work, school or visit their family and friends.

5. Fill in the missing words.

Marcus has also helped to **raise** £20 million for
a **charity** which supports foodbanks.

6. Look at the section about Captain Sir Thomas Moore.

Find and copy a word which means the same as **granted**.

awarded

7. Explain why people might think that Captain Sir Thomas Moore is heroic.

Pupils' own responses, such as: People might think that Captain Sir Thomas Moore is heroic because he challenged himself to do something difficult to help other people who were in need.

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In March 2020, the spread of a virus called COVID-19 meant that many countries around the world were put on lockdown. This meant that life became different for everyone and many people could not go to work, to school or to visit their family and friends. During this difficult time, there were stories of heroic people going above and beyond to help others. Read some of these stories below.



Captain Sir Thomas Moore



At 99 years old, Captain Sir Thomas Moore raised over £32 million for the **NHS** by pledging to walk 100 laps of his garden. A former army officer, his story captured the hearts of the public and was shared widely across the UK and the world. Amazingly, he met his target within a day and quickly became a national treasure.

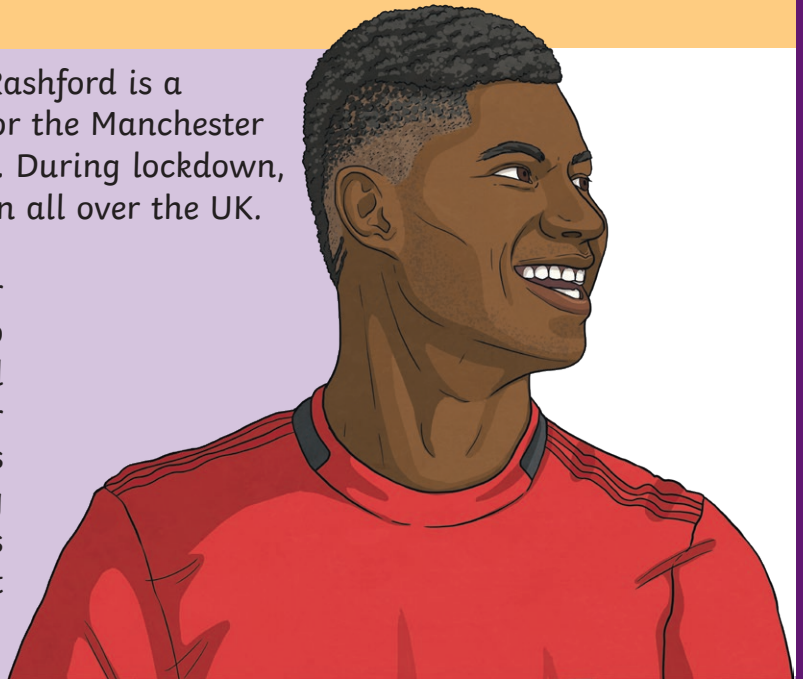
By his 100th birthday on 30th April 2020, he had achieved more than the 100 laps that he had set out to complete. Captain Sir Tom said he was 'blown away' to receive more than 100,000 birthday cards on his 100th birthday. The Royal Mail even had to set up a special collection box!

The war veteran's fundraising meant that he was awarded a knighthood which many believe is a wonderful and well-deserved achievement.

Marcus Rashford

Born on 31st October 1997, Marcus Rashford is a professional footballer who plays for the Manchester United and England football teams. During lockdown, he worked tirelessly to help children all over the UK.

In June 2020, Marcus wrote a letter to the **government** asking them to continue to give children that needed them free school meal vouchers over the school holidays. He shared his own personal experience of relying on **foodbanks** and free school meals and, as a result, the government agreed to his request.



Marcus has also helped to raise £20 million for a charity which supports foodbanks and has provided over one million children with meals during lockdown.

Joe Wicks



Joe Wicks is on a mission to help people to have healthy bodies and eat well. Born on 21st September 1986, he has said that he did not have the healthiest start to life himself.

When the COVID-19 crisis began in March 2020, Joe began streaming PE lessons online for children. This was to ensure that they could keep active despite missing out on normal lessons. The classes were a huge hit. The first session saw 900,000 families tune in and, by the second day, the number had soared to 955,000. In total, Joe recorded over 70 sessions, helping to keep children fit while raising over £500,000 for NHS charities.

Glossary

foodbank: Provides people in need with free food.

government: A group of people who are in charge of a country.

NHS: The National Health Service. A public health service that is available to everyone living in the UK.

Questions

- What did people have to stop doing during lockdown? Tick **two**.
 - ☐ going to work
 - ☐ going in their garden
 - ☐ going to school
 - ☐ eating chocolate
- Number the events from 1-4 to show the order that they happened in.
 - ☐ Marcus Rashford wrote a letter to the government.
 - ☐ Joe Wicks was born.
 - ☐ Captain Sir Thomas Moore was born.
 - ☐ Many countries were put on lockdown.
- Read the section titled **Sir Captain Thomas Moore**.
Tick one word which means the same as **achievement**.
 - ☐ affectionate
 - ☐ accomplishment
 - ☐ miracle
 - ☐ applause
- Marcus Rashford has worked tirelessly to help children across the UK during lockdown.**
What does this tell you about him? Tick one.
 - ☐ that he likes playing football
 - ☐ that he is determined
 - ☐ that he worked at a foodbank
 - ☐ that he has children
- What did Joe Wicks do to help children during lockdown?

- Fill in the missing words.

During this _____ time, there were stories
of _____ people going above and beyond to help others.

- Summarise in 25 words or fewer why people might think that Marcus Rashford is inspirational.

8. Think about the three stories that you have read. Which story do you think had the most impact during lockdown? Explain your reason using evidence from the text.

Answers

1. What did people have to stop doing during lockdown? Tick **two**.
 - ☒ **going to work**
 - ☐ going in their garden
 - ☒ **going to school**
 - ☐ eating chocolate
2. Number the events from 1-4 to show the order that they happened in.
 - 4** Marcus Rashford wrote a letter to the government.
 - 2** Joe Wicks was born.
 - 1** Captain Sir Thomas Moore was born.
 - 3** Many countries were put on lockdown.
3. Read the section titled **Sir Captain Thomas Moore**.
Tick one word which means the same as **achievement**.
 - ☐ affectionate
 - ☒ **accomplishment**
 - ☐ miracle
 - ☐ applause
4. **Marcus Rashford has worked tirelessly to help children across the UK during lockdown.**
What does this tell you about him? Tick one.
 - ☐ that he likes playing football
 - ☒ **that he is determined**
 - ☐ that he worked at a foodbank
 - ☐ that he has children
5. What did Joe Wicks do to help children during lockdown?
Joe Wicks streamed PE lessons online during lockdown to help keep children fit.
6. Fill in the missing words.

During this **difficult** time, there were stories
of **heroic** people going above and beyond to help others.

7. Summarise in 25 words or fewer why people might think that Marcus Rashford is inspirational.
Pupils' own responses, such as: Marcus Rashford is inspirational because he stood up for people in need and used his fame to help others, not just for himself.

8. Think about the three stories that you have read. Which story do you think had the most impact during lockdown? Explain your reason using evidence from the text.

Pupils' own responses, such as: I think that Captain Sir Thomas Moore had the most impact during lockdown as he has raised millions of pounds for the NHS and over 100,000 people sent him birthday cards.

Above and Beyond: The Positive Stories of Lockdown



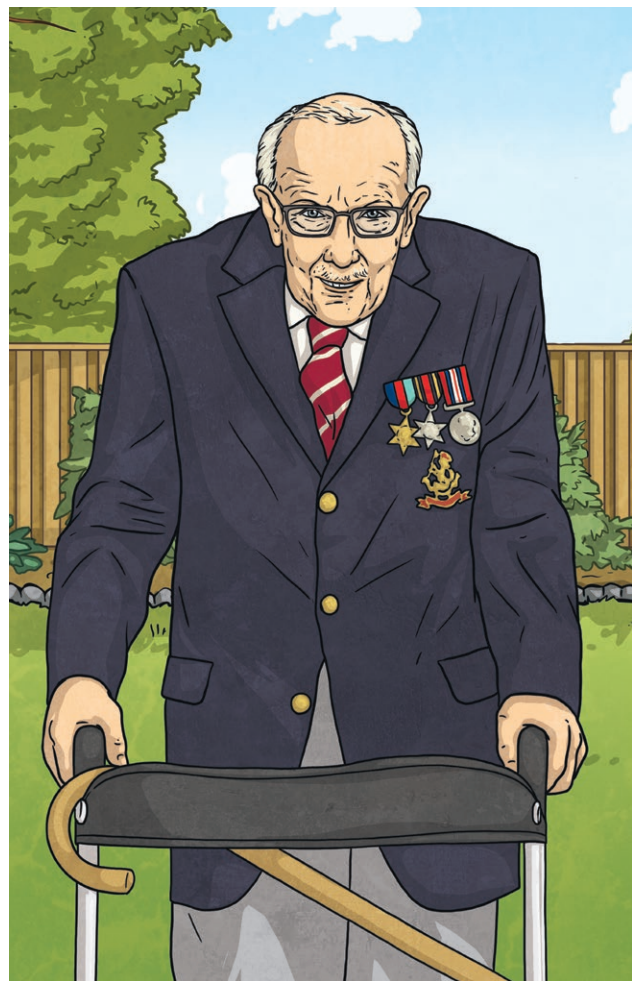
In March 2020, governments worldwide put many countries on lockdown to try to slow the spread of the virus COVID-19 and to save lives. Lockdown meant changes for everyone. People could not go to work, to school or to visit their family and friends. Out of this difficult period came uplifting stories of heroic people going above and beyond to help others. Read some of these stories below.

Captain Sir Thomas Moore

At 99 years old, Captain Sir Thomas Moore managed to raise over £32 million for the **NHS** by pledging to walk 100 laps of his garden. A former army officer, his story captured the hearts of the public and was shared widely both across the UK and the world. Amazingly, he met his target within a day.

Captain Sir Tom quickly became a national treasure and, by his 100th birthday on 30th April 2020, he had easily surpassed his target of 100 laps. He said that he was 'blown away' to receive more than 100,000 birthday cards on his 100th birthday. The Royal Mail even had to set up a special collection box!

The war veteran's fundraising efforts meant that he was awarded a knighthood: an important honour and well-deserved achievement.

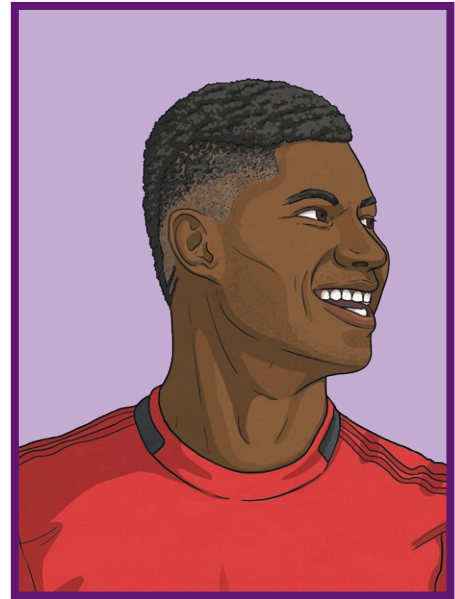


Marcus Rashford

Born on 31st October 1997, Marcus Rashford is a professional footballer from Manchester. Famous for being a star of the Manchester United and England football teams, his inspirational actions during lockdown caught the attention of the wider public.

In June 2020, Marcus wrote a letter to the government asking them to continue to give free school meal vouchers to children that needed them over the school holidays. He shared his own personal experience of relying on **foodbanks** and free school meals, explaining how important these things were for his family during his childhood. As a result, the government changed their minds and agreed to his request.

Along with this achievement, he helped to raise £20 million for a charity which supports foodbanks and has provided meals for over one million children in the UK. Marcus intends to do more to help people in need following his successes during lockdown.



Joe Wicks



Joe Wicks is on a mission to help people have healthy bodies and to eat well. Born on 21st September 1986, he has said that he did not have the healthiest start to life. He has worked with over 100,000 people worldwide and helped to transform their lives for the better.

When the COVID-19 crisis began in March 2020, Joe began streaming PE lessons online for children to ensure that they could keep active and healthy despite missing out on PE lessons while schools were closed. The classes were a huge hit – the first

session saw 900,000 families tune in and, by the second day, the number had rocketed to 955,000. This was a record-breaking number of online streams for a fitness video.

In total, Joe recorded over 70 sessions, helping to keep children (and adults) fit during lockdown while simultaneously raising over £500,000 for NHS charities.

Glossary

foodbank: Provides people in need with free food.

NHS: The National Health Service. A public health service that is available to everyone living in the UK.

Questions

1. **Captain Sir Thomas Moore received over 100,000 birthday cards.**

What does this tell you him? Tick **two**.

- ☐ that he liked receiving presents
- ☐ that many people liked him
- ☐ that many people knew it was his birthday
- ☐ that he used to be in the army

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

He has worked with over 100,000 people worldwide...

Captain Sir Tom quickly became a national treasure...

Along with this achievement,...

In March 2020, governments worldwide put many countries on lockdown...

to try to slow the spread of the virus COVID-19 and save lives.

and helped transform their lives for the better.

and, by his 100th birthday on 30th April 2020, he had easily surpassed his target of 100 laps.

he has helped to raise £20 million for a charity which supports foodbanks.

3. What is Marcus Rashford's job?

4. Look at the section about Joe Wicks. Find and copy a word which means the same as **emergency**.

5. Fill in the missing words from the section about Marcus Rashford.

His _____ actions during lockdown have caught the _____ of the wider public.

6. **The government agreed to continue giving children free school meal vouchers in the holidays.**

Why do you think that Marcus was able to convince the government to change their minds about the vouchers?

7. Both Captain Sir Thomas Moore and Joe Wicks raised money for NHS charities. Explain why you think this was using evidence from the text.

8. Explain why Captain Sir Thomas Moore was awarded a knighthood.

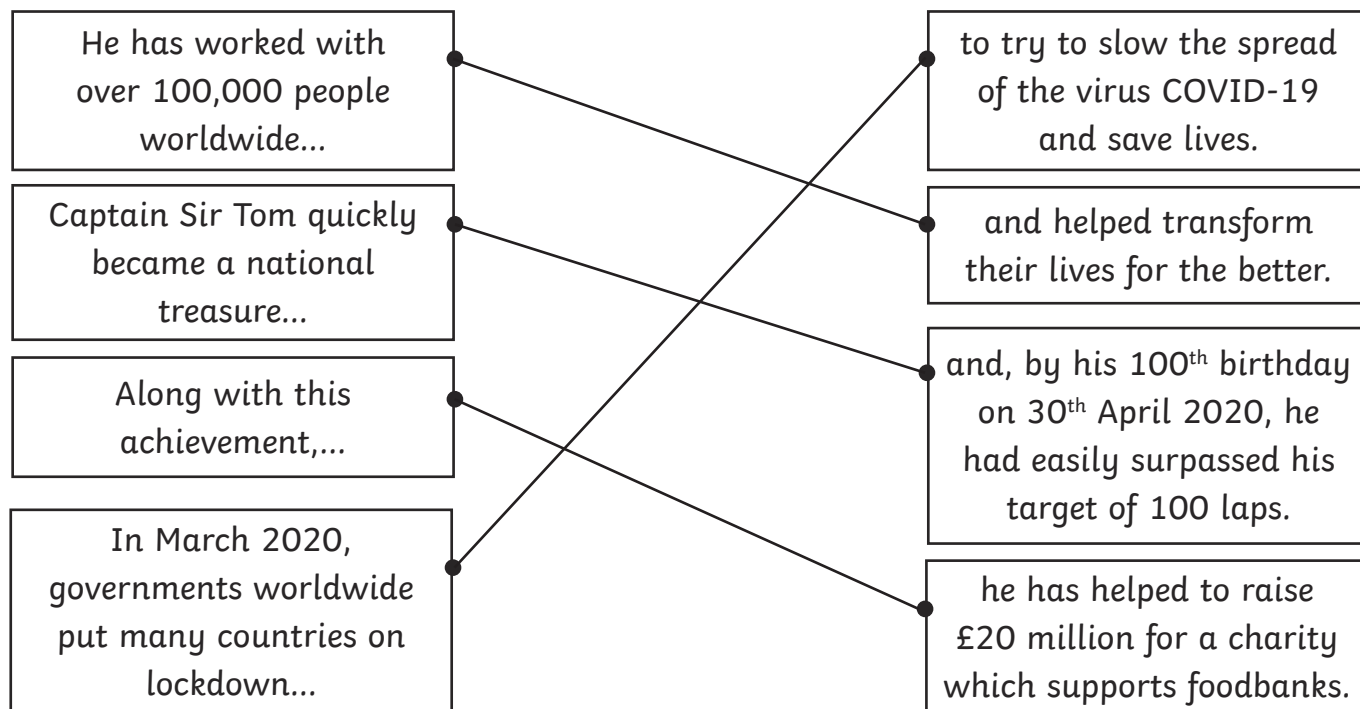
Answers

1. **Captain Sir Thomas Moore received over 100,000 birthday cards.**

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- ☐ that he used to be in the army

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3. What is Marcus Rashford's job?

Marcus Rashford is a professional footballer.

4. Look at the section about Joe Wicks. Find and copy a word which means the same as **emergency**.
crisis

5. Fill in the missing words from the section about Marcus Rashford.

His **inspirational** actions during lockdown have caught the **attention** of the wider public.

6. The government agreed to continue giving children free school meal vouchers in the holidays.

Why do you think that Marcus was able to convince the government to change their minds about the vouchers?

Pupils' own responses, such as: I think that Marcus was able to change the government's mind because, as a famous person, his letter got attention online and from the public and many other people began to support and agree with him.

7. Both Captain Sir Thomas Moore and Joe Wicks raised money for NHS charities.

Explain why you think this was using evidence from the text.

Pupils' own responses, such as: I think that both Captain Sir Thomas Moore and Joe Wicks raised money for the NHS because the virus was making lots of people ill. This meant that there were more people in hospital than usual. The NHS needed money to make sure it could keep looking after people well.

8. Explain why Captain Sir Thomas Moore was awarded a knighthood.

Pupils' own responses, such as: Captain Sir Thomas Moore was awarded a knighthood because he raised millions of pounds for a very important cause during a crisis in the UK.