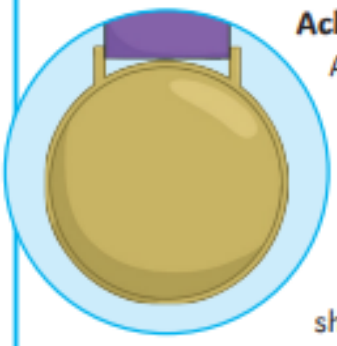
Jessica Ennis-Hill

Jessica Ennis-Hill was born 28 January 1986 in Sheffield, England.

Childhood

Jessica grew up in Sheffield with her father, who was a self-employed painter and decorator, her mother, who was a social worker, and her younger sister, Carmel. She came from a sporty background with her father doing some sprinting at school, whilst her mother participated in the high jump. They introduced her to athletics by taking her to a local sports camp at Sheffield's Don Valley Stadium during the 1996 school summer holidays. Shortly after, she joined the City of Sheffield Athletics Club, which she still represents today.

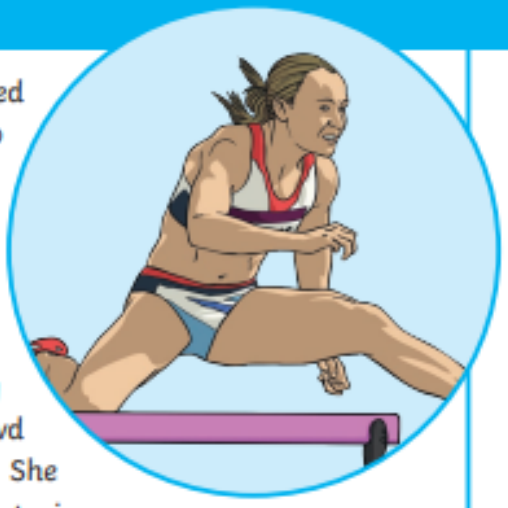
At the age of 13, her massive talent was evident and she had her first coaching session with Toni Minichiello, who advised her to specialise in the heptathlon - a seven discipline event comprising of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres. In November 2000, aged 14, she won the Sheffield Federation for School Sports Whitham Award for the best performance by a Sheffield athlete at the National Schools Championships, where she won the high jump competition. Having formed a great relationship, Toni and Jessica continued to work together right through her schooling and time at university. By 2004, Jessica had established herself as one of Britain's top junior athletes with great potential for future success.



Achievements

After many years of preparation, training and success, Jessica was chosen to represent Team GB at the 2008 Olympic Games in Beijing. However, in May 2008 (just three months before the Olympics were due to begin) Jessica had to withdraw from a heptathlon competition in Austria after the first day's events after complaining of a pain in her right foot. A scan later revealed that she had stress fractures within her right foot. As a consequence, she missed the Olympic Games and the rest of the 2008 season. Determined to make up for her previous Olympic disappointment, Jessica went on to cement herself into the history books during the London 2012 Olympics. At the end of the first day of competition, Jessica had scored her highest ever first-day total, and was 184 points

visit twinkl.com



ahead of her nearest competitor. On day two, she achieved a lifetime best time in the 100 metres and going into the final event of the 800 metres, she knew that she was virtually guaranteed the gold medal. In front of her home crowd, a resolute Jessica went on to win the 800 metres event on a night that later became known as 'Super Saturday'. After her momentous win, she was quoted as saying, "I told myself at the start that I'm only going to have one moment to do this in front of a crowd in London and I just wanted to give them a good show." She certainly did - all the time being supported by the same trainer, Toni Minichiello!

Life after London 2012

Jessica's Olympic achievement was honoured in many ways including the placing of a gold post box in her hometown of Sheffield, being featured on a special Royal Mail commemorative postage stamp and receiving an MBE from Her Majesty, The Queen. Following on from her success in London 2012 and eager to retain her Olympic title, Jessica competed in the Rio 2016 games. Despite her admirable efforts, Jessica was unable to win gold and had to settle for the silver medal instead. Disappointed, and ready to start a family, Jessica returned home and later retired from athletics on the 16th October 2016.

Jessica has always tried to use her fame and influence to help a specific charity that is close to her heart, Sheffield Children's Hospital Fund, for whom she is now a patron. With her huge talent and bubbly, infectious personality, Jessica was recently voted Great Britain's favourite sporting hero in a poll conducted by Sport Relief.

Olympic Games	Medals
2012 London Games:	Gold medal (Women's heptathlon)
2016 Rio Games:	Silver medal (Women's heptathlon)

Amazing Fact!
At just 5'4" tall, Jessica is one of the smallest competitors ever on the heptathlon circuit. Her GB team-mate and long-time friend, Kelly Sotherton, nicknamed her 'tadpole' as she never grew!

visit twinkl.com

Jessica Ennis-Hill **Questions**

Answer the following questions using full sentences that give as much detail as possible.

1. What first inspired Jessica to take part in athletics?

2. What is the name of Jessica's trainer and why is their relationship so special?

3. Why do you think Jessica's trainer advised her to take up the heptathlon?

4. Describe how Jessica may have been feeling by the end of May 2008.

5. Many people said that Jessica had the 'competition of her life' during the 2012 London Olympic Games. Can you give three reasons to explain why people might have said that?

6. List three ways that Jessica's Olympic achievement was recognised in Great Britain.

7. Why does Jessica have the nick-name 'Tadpole'?

Jessica Ennis-Hill **Questions**

8. Can you give ambitious adjectives to describe how Jessica must have felt after not winning gold at the Rio Olympic Games. Explain your reasons.

   a) I think Jessica would have felt _____

   because _____

   _____

   b) I think Jessica would have felt _____

   because _____

   _____

9. The night Jessica won her gold medal was later nicknamed 'Super Saturday'. Conduct some research on the Internet to find out what else happened on that special night.

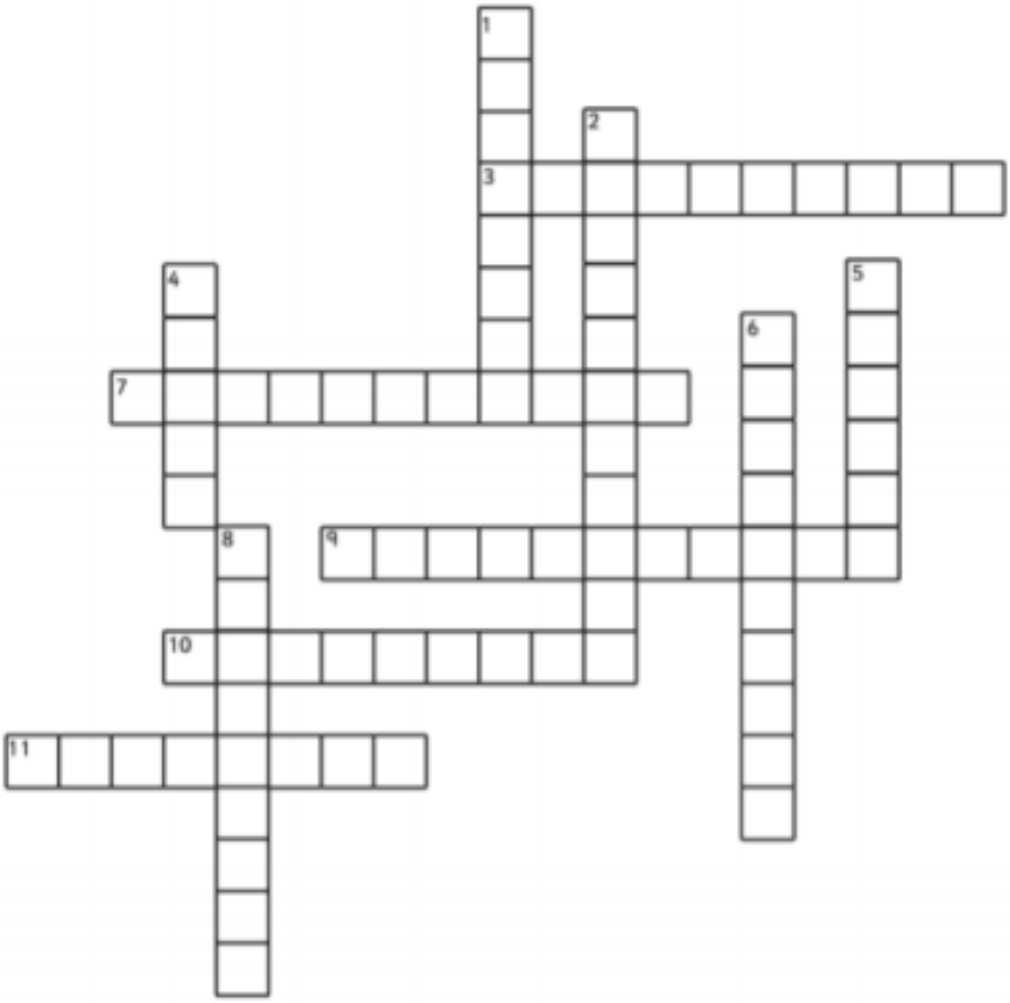
   _____

   _____

   _____

   _____

Spelling List Crossword
Initial Sound Followed by Double Consonant



Across

3. I a_____ any help I get.
7. The house can a_____ 5 people.
9. I called i_____ for help.
10. Will you a_____ me to the shops?
11. For no a_____ reason he smiled.

Down

1. She a_____ it with string.
2. I wish I had the o_____ to visit another country.
4. What time did it o_____?
5. I o_____ my free time by reading.
6. The cat was a_____ towards the dog.
8. Bake the cake a_____ to the instructions in the book.

Story Starter

She gripped me tightly in her fingers. I could tell exactly what was about to happen...

Without warning, I felt myself being flung high into the air. For a moment it felt like I was flying as the wind rushed past me. I could see myself glowing a gloriously bright shade of yellow in the glistening sunshine as it poured down upon the court.

As I reached the pinnacle of my flight, I glanced down and saw her reaching up towards me with her racquet.

Then, it happened...

Everything blurred; my whole world went out of shape for an instant. I was hit by a wall of confusion and I felt totally disorientated. It wasn't until I sailed over the top of the net that I came to my senses and realised what had happened...

Activate
Go to Settir
Pobble.com

Question time

- Who is telling the story?
- What is happening to them?
- What will happen to them over the next few moments?
- Can you attempt to tell a story from the point of view of an object? It could be tennis, another sport or another activity entirely!

Sentence Challenge

What is the impact of using short sentences in the story starter? Can you find an example of when I have used one?

Can you continue the story using these sentence openers? Think about the length of your sentences and how this can convey information to your reader.

- Suddenly, I hit the ground...
- Ouch...
- What next?

Activate