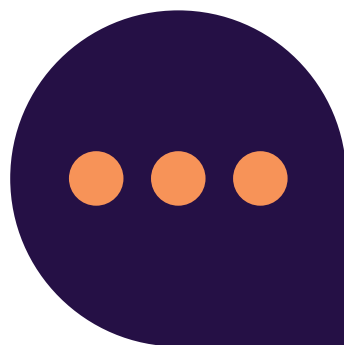




Legends Matter

Worksheets and activities based
around the 'LEGENDS' book of
sporting stories



Acknowledgements

The National Adult Literacy Agency (NALA) wishes to thank:

- The 15 sportspeople featured in the 'LEGENDS' book.
- Patricia Scanlan, editor of 'LEGENDS' and the Open Door Series.
- Helen Ryan and Pauline Hensey who wrote this workbook.

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About 'LEGENDS'



'LEGENDS' is a new reader for emerging adult readers. It consists of extracts from published autobiographies and other first hand accounts from some of Ireland's finest sportspeople. It is edited by Patricia Scanlan and published by New Island.

You can borrow a copy of 'LEGENDS' from your local library, buy in local bookshops or online directly from newisland.ie. NALA and your local literacy centre will have copies for adult literacy students. The cover of 'LEGENDS' was designed by Jack Smyth.

About this workbook

'Legends Matter' is a workbook to go with the book, 'LEGENDS'.

This workbook has worksheets and activities based around the stories in 'LEGENDS'.

The worksheets look at:

- The sport and the sportsperson's story;
- Developing and practising your literacy, numeracy and digital literacy skills;
- Having some fun with puzzles or quizzes; and
- Using QR codes to link you to content online.

We use these symbols to guide you through using this workbook.



Writing



Reading



Maths



Online resource



Useful tip



Need help?

We can help you to improve your reading, writing, maths and digital skills.

Call NALA for free on 1 800 20 20 65 or text **LEARN** to 50050. We are open from 9.30 am to 5 pm, Monday to Friday.

We can talk to you about your learning options. You can:

- Attend classes in your local adult literacy centre in your Education and Training Board (ETB). Find your local centre here: nala.ie/find-a-centre;
- Learn with NALA on the phone or online; or
- Do a combination of these to suit you.

You decide what, where and how you want to learn. It's free, confidential and delivered by trained adult literacy tutors. There are no exams.

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Literacy for life

Literacy, numeracy and digital literacy are life skills that allow us to take part in and make sense of the world.

These skills involve listening, speaking, reading, writing, using numbers and everyday technology to:

- communicate;
- build relationships;
- understand information; and
- make informed choices.



Literacy and sport

NALA and Patricia Scanlan worked with New Island publishers to develop a new reader called 'LEGENDS'. This reader has 15 stories from the lives of some of Ireland's greatest sports stars. Our hope is that 'LEGENDS' and this workbook will be a resource for people who are enthusiastic and passionate about sport and that it might support and inspire people to improve their literacy skills.

Addressing literacy within a sporting context is exciting. We learn best when our learning reflects our interests and lives. Building literacy learning into a particular subject area allows us to learn more about our chosen subject and at the same time learn and practise the key words and phrases of that subject.

One such subject is sport and whether played on a pitch or enjoyed from the sidelines, it is a very important part of many people's lives. There is often a lot of reading and numbers around sport – for example, reading a league table and working out who is winning, looking up sports fixtures and booking a ticket to attend an event.

We hope you enjoy 'LEGENDS' and this workbook.



If you have any comments, you can email NALA at info@nala.ie or ring us on Freephone 1 800 20 20 65.

Using QR codes

In this workbook, we use QR codes on certain pages.

What is a QR code?

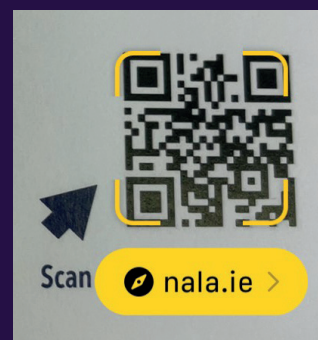
A QR (Quick Response) code is like a barcode. You can find them on sweet wrappers or menus. It consists of black and white squares. The code can be read by a machine, such as a smartphone or tablet.

What do you use a QR code for?

When you scan a QR code with your smartphone or device, it lets you quickly open a website page, download an app (application), send a text message and much more. Many restaurants use QR codes to bring you to their menu online.

How to scan a QR code

1. Take out your smartphone or tablet.
2. Open the camera app.
3. Point the smartphone at the QR code, as if you are taking a picture of it. Make sure the QR code is inside the box on your screen.
4. Tap the QR code on the screen or the pop-up banner in the bottom middle of the screen. You can click on the QR code icon in the bottom right corner. This will send you to a website, open an app or do some other action.



Make sure you know what the banner does before tapping it. If nothing happens, you may have to go to Settings and enable QR Code scanning.



Online resource

Scanning QR codes in this workbook

You will find QR codes throughout this workbook that will bring you to the NALA website page on a particular sport. On that website page we have links to videos, podcasts, articles and other resources that you can watch and enjoy.



Scan on your phone

In the past



Read the chapter 'Fight or Flight' by Keith Earls featured in 'LEGENDS'.



Answer these questions.

1. What did you think of Keith's story?

2. What was your experience in school? Think about these questions.

What did you like about school?

What did you not like about school?

3. What would you change about the schooling system?

Alphabet and the QWERTY keyboard



The alphabet has 26 letters.

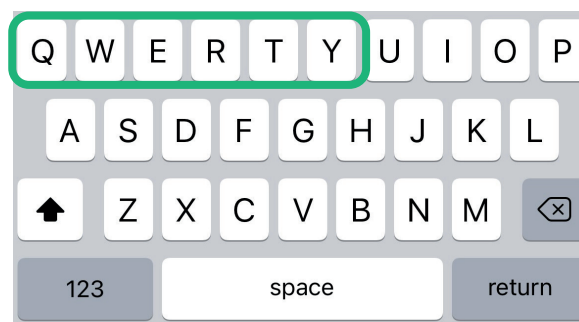
The 26 letters are made up of 5 vowels (A, E, I, O and U) and 21 consonants.

a	b	c	d	e	f	g	h	i	j	k	l	m	n	o	p	q	r	s	t	u	v	w	x	y	z
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

The 26 letters are shown in a particular order on a keyboard or mobile phone keypad.

This layout is called QWERTY.

The name comes from the order of the first six keys on the top left row of the keyboard.



Fill in the blank letters in these words.

There may be more than one letter you can use.

1. h _ m
2. n o _
3. a _ d
4. t h _
5. a b l _
6. t h _ t
7. w h _ n
8. r e a _
9. t _ e r e
10. g o i _ g

The 5 vowels are:

A E I O U



Fill in the missing letters in this sentence. The missing letters are all vowels.

W h _ n w _ l l y o _ b e _ b l e t _ r _ n g m _ ?



If you would like to learn to type, you can access the Touch-type Read & Spell course for free through your local library. Find your local library online here:

<https://www.librariesireland.ie/find-your-local-library>



The answers are on page 68.

Working it out

Rugby is a contact team game played with an oval ball. The ball can be kicked, carried and passed from hand to hand. The game is played between two teams of 15 players. The game is played in two halves, each half is 40 minutes. There is a 15 minute break.

Scoring

The team that scores the most points wins the game. You can score points with:

- a try (worth 5 points): this is where you score by grounding the ball in the in-goal area (between the goal line and the dead-ball line)
- a follow on conversion kick after a try (2 points)
- a successful penalty kick (3 points)
- a drop goal (3 points)



Read this coverage of a match.

Leinster had a good first half scoring two tries. In the second half, they scored a try and a conversion kick. Munster scored a penalty kick in the first half. In the second half, they scored two-drop goals along with a try and a conversion kick.



Answer these questions.

1. How many points did Munster score? _____
2. How many points did Leinster score? _____
3. Who won? _____



The answers are on page 68.



You will find a list of terms and their definitions online at the NALA web page below or scan the QR code on the next page:

<https://www.nala.ie/legends/rugby1/>

What do you think?



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a video. Click on the link to watch an interview with Keith Earls.



Listen to the podcast and answer these questions.

1. What did you enjoy about this interview?

2. What did you learn from this interview?

3. What stands out for you most in what Keith said?



If you would like to listen to more 'Off the Ball' interviews or podcasts, check out their selection online here:

<https://www.otbsports.com/podcasts/series>

In the boxing ring

In the boxing ring female boxers have different rules to male boxers.



Read the rules below.

Place a ✓ beside the rules you agree with and an X beside the ones you disagree with. Why do you agree or disagree?

Rule	✓ I agree X I disagree	I agree / disagree with this rule because...
Rule 1: Female boxers must not wear any make-up or facial cosmetics.		
Rule 2: Hair must be tied with soft and non-abrasive material.		
Rule 3: All female boxing matches can last for no more than 10 rounds with each round lasting 2 minutes. Male boxing matches can last for a maximum of 12 rounds with each round lasting 3 minutes.		
Rule 4: Female boxers must wear a mouthpiece.		
Rule 5: Female boxers must provide a negative pregnancy test before each match.		



These rules are taken from the website:

<https://www.abcboxing.com/female-rules/>

Boxing words



Read the chapter 'The Final' by Katie Taylor in 'LEGENDS' where she describes her Olympic gold medal fight.



Write down some of the 'boxing words' you noticed in her story.

Below are some of the 'boxing words' Katie uses in her story.

punch

bout

spar

feint

southpaw

round



Match the boxing words to their definition.

1. A boxing match.

2. A timed section of a boxing match.

3. A pretend blow or movement.

4. To practise fighting with someone.

5. A boxer that leads with their left hand.

6. To strike with the fist.



Did you know? In boxing, the boxers are divided by weight. This makes the competition fair. Do you know the difference between a flyweight or a bantamweight fight division? Look it up or ask someone.

Create a path



Moving from letter to letter, can you create a path that spells out all the boxing words below.

You can only go up or sideways. You cannot move diagonally.

Start on the shaded squares. The first two are done for you.

corner ✓	bag	glove	rope	score
bout ✓	count	match	round	spar
box	fight	ring	rule	weight

h	b	a	g	w	e	i	g	h	t
c	l	r	e	b	t	n	c	e	v
t	u	o	p	o	r	u	o	p	o
a	n	b	a	r	b	o	x	g	l
m	d	w	p	a	t	h	i	e	n
u	r	e	s	p	b	g	c	d	h
j	o	c	s	w	e	o	s	t	f
r	i	n	g	v	p	r	e	n	r
e	x	t	h	f	t	b	w	i	o
l	u	r	g	i	u	o	r	q	c

end here

start here



The answers are on page 68.

Let me tell you about



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a video. Click on the link to watch the video about Katie Taylor (24 minutes).



Research a sportsperson of your choice.

Person's name:

Place of birth:

Famous (most known) for:

3 interesting facts:

1.

2.

3.

Olympic opening ceremonies

The Olympic Games take place every four years.



Read the chapter 'Staying the Distance' by Ronnie Delany in the 'LEGENDS' book.



Answer these questions.

1. What do you like about the Olympic Games?

2. Did you watch any of the last Olympic Games in Tokyo in summer 2021? If yes, what did you enjoy most?

3. Have you watched an opening ceremony at any Olympic Games? If yes, which Games? What sticks out in your mind about it?

4. Using the internet, look up where the next Olympic Games will be:

In 2024: _____

In 2028: _____

In 2032: _____

Metres

In the Olympic Games there are many track events including:

100 metres (m)	400 metres (m)	1,500 metres (m)	10,000 metres (m)
200 metres (m)	800 metres (m)	5,000 metres (m)	



How long do you think 100 metres is? _____

How did you work it out? _____

- 100 metres is the same as 22 cars parked lengthways.
- Croke Park is 145 metres long.
- The Spire on O'Connell Street is 121 metres tall.

Did you know? Jamaican athlete Usain Bolt holds the World Record for the fastest man to run 100 metres in 9.58 seconds. He did this at the 2009 World Championships in Berlin.

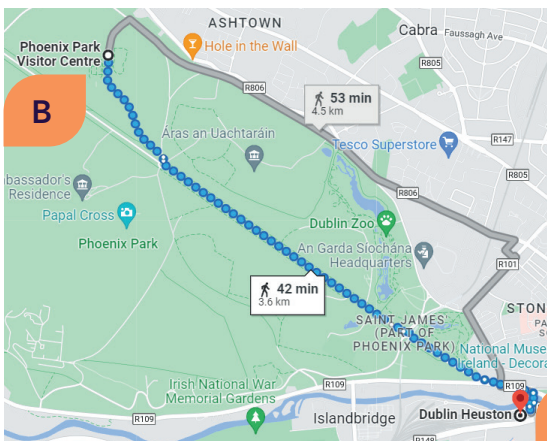


Metres in maps: Have you used Google maps to get directions? Google maps uses kilometres for larger distances and metres for smaller distances. Try it out yourself online at [google.ie/maps](https://www.google.ie/maps)

There are 1,000 metres in a kilometre.



Look at this map and answer the questions.



1. What are the two places marked on the map? _____
2. What distance is between them? _____
3. How long would it take you to walk from place A to place B? _____
4. How long do you think it would take to drive from A to B? _____

Working on budgets

Imagine you are planning a trip and you want to work out how much money you will need. Let's work out a budget for a trip in Ireland. Pick somewhere you would like to go, for example Kilkenny or Donegal. Check if there is a bus or train to get there or do you need a car?



To start with, let's write out what you will need to spend on the trip.

Then estimate how much you think each item will cost.

Now, using the internet, look up the actual costs.

	Item	Estimate: Take a guess	Actual cost
Travel	Train		
	Bus		
	Car: How many miles or kilometres?		
Accommodation	Bed and breakfast		
	Hotel		
	Apartment		
Food and drinks	Breakfast		
	Lunch		
	Dinner		
	Snacks		
	Drinks		
Other	Shopping		
	Presents		
TOTAL		€	€



Watch this NALA video about budgeting for a holiday:

<https://bit.ly/3puZQ5O>

What do you think?



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a video. Click on the link to watch footage from 1956 where Ronnie Delany visits his old school.



Watch the video and answer these questions.

1. What did you like about the footage?

2. What strikes you about the footage?

3. Try writing your signature here. Your signature is how you write your name.



If you would like to watch more old footage, check out the RTÉ Archives here:

<https://www.rte.ie/archives/>

What do you think?

When someone interviews you, you can share a lot of information about yourself.



Read the chapter 'From Ringsend to Tallaght' by Gavin Bazunu in the 'LEGENDS' book.



Answer these questions.

1. What do you think inspired Gavin to play football?	
2. Do you think it is a good idea for every young person to do the Leaving Certificate?	
3. What supporters did Gavin have?	
4. How important are supports and mentors in life?	

Suffixes

A suffix is a word ending added to the end of a root word to change its meaning or make a new word. The most common suffixes are "- ed" and "- ing".

Root word +	Suffix =	New word
attend	- ed	attended
play	- ing	playing

Other examples of common suffixes are:

- ly - er - ion - able - ness



Look at this list of words. Write the root word and the suffix.

The first one is done for you.

New word	Root word +	Suffix
started	start	- ed
training		
played		
teacher		
nicely		
comfortable		
action		
likeness		



Look at this list of root words. Add a suffix.

The first one is done for you.

Root word +	Suffix =	New word
expect	- ed	expected
support		
dark		
friend		



The answers are on page 68.

Code breakers



Break the codes using the information below.

The first line lists the alphabet and underneath the **blue** letter is the code. Find a letter on the top row and jot down the **blue** letter. The first two are done for you.

Alphabet key

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
H	K	P	I	V	E	R	F	D	S	N	C	B	Q	J	Z	L	U	O	X	W	M	Y	G	T	A

Code Breaker box

BFW	HDFQI	YZQFKY	CGFJJRGF
KEY	FIELD		
QFX	VZYLA	FKOSWFI	ZYYFKIDKX
XZVF	CDYLA	KFGESRJ	LSKHDIFKLF
XSZQ	JNRZI	CFKZQYW	IFQDXAYFI
HZJY	WSRKX	JYZIDRV	FTCFGDFKLF
QSRI	QFZXRF	UADJYQF	HSSYMZQQ



The answers are on page 68.

Finish a story



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a video. Click on the link to watch footage of a match where Gavin Bazunu scores a goal (4 minutes).



Imagine you were at the match that day. Write out what happens next.

It was amazing when he scored the goal – I could not believe it. Myself and John hugged, cheered, and suddenly then...

This image shows a single sheet of white paper with horizontal orange ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

If you would like help with this worksheet, ring NALA on Freephone 1 800 20 20 65, Monday to Friday 9.30 am to 5 pm.

True or false?



Read this piece from Philly McMahon's story in 'LEGENDS' describing Dublin's attempt to catch Kerry in the All Ireland Football Final.

In an instant, everything changes. A quick free from midfield and Alan Brogan is turned and running at them. Kev McManamon is on his shoulder. Give it, give it, give it. Alan waits and pops it but the Kerry men are standing guard. Three of them blocking the path to goal, warning Kev: don't even think about it. He's like me, thrown in from the bench in the second half with only one thing on his mind: make an impact. If he sticks the ball over the bar and gets us back to within three, he'll have done that.

Michael Darragh MacAuley is sprinting through in support. Bernard Brogan is on the edge of the square, crying out for the pass. But Kev is at full tilt and he has other ideas. He drops his shoulder and the goal opens up for him. Then it's all about keeping a cool head.

The Kerry net ripples and the Hill's fading dreams are transformed from a flicker to a roar. Sixteen years those fans have waited for a Dublin All-Ireland, 16 years of doubts and scars wiped away with a goal. A giddiness rushes in to take their place. There are fans my age who can barely remember the glory days of 1995; I barely remember them myself. The Dubs are giants of Gaelic football, for sure, but despite everyone's best efforts, they've been half-asleep for most of my life.



From what you have read above, are the following statements true or false? Prove it! If you are unsure, let us know why.

Statement	True	False	Unsure	Proof
Dublin is playing Kerry.				
Kev McManamon played the full match.				
There are 2 brothers on the Dublin team.				
Dublin needs 2 points to draw with Kerry.				

Creative writing



1. What is happening in this photograph?



Image source: This file is licensed under the Creative Commons Attribution-Share Alike 4.0 International

2. Imagine what is being said between the referee (A) and the player (B).

A

B

A

B

Football puzzles



Find the words in the word search. The first one is done for you.

Hint: The words can go in any direction. It can be helpful to search for the first letter of the word.

fans ✓	football	foul	match	pitch	referee	score
final	foot	goal	player	point	stand	team

s	l	f	b	a	q	c	t	f	i
c	a	t	a	q	c	n	q	o	l
o	n	o	z	n	i	q	y	o	x
r	i	o	z	o	s	m	g	t	r
e	f	f	p	g	o	a	l	b	e
e	e	r	e	f	e	r	h	a	y
m	a	t	c	h	f	c	e	l	a
n	n	y	o	o	t	d	p	l	l
l	q	x	u	i	t	e	a	m	p
u	o	l	p	d	n	a	t	s	h



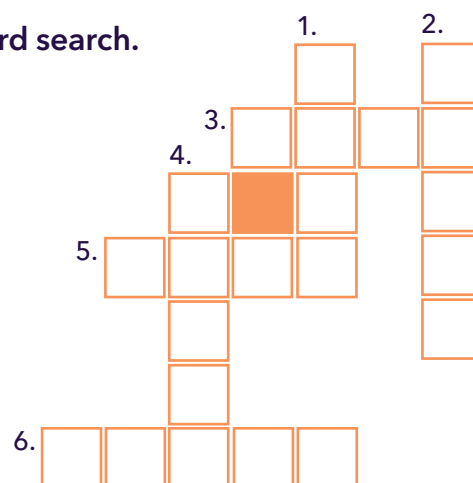
Fill in the crossword using words from the word search.

Across

3. A part of the body you use to strike the ball (4)
5. You get a yellow card for this (4)
6. The field where the match is played (5)

Down

1. A score under the crossbar (4)
2. The place where the fans are (5)
4. A score over the crossbar (5)



The answers are on page 68.

Some thoughts



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a documentary about Philly McMahon (51 minutes). Click on the link to watch the documentary.



Jot down some thoughts about what you have just watched.

<p>I feel:</p> <hr/> <hr/>	<p>I liked:</p> <hr/> <hr/>
<p>because:</p> <hr/> <hr/> <hr/>	<p>because:</p> <hr/> <hr/> <hr/>
<p>I think:</p> <hr/> <hr/>	<p>I wonder:</p> <hr/> <hr/>
<p>because:</p> <hr/> <hr/> <hr/>	<p>because:</p> <hr/> <hr/> <hr/>

Starting to run



Your friend is hoping to start running.
What beginner tips would you give?



Visit this website to get running tips for beginners:
electricireland.ie/news/article/the-top-10-running-tips-for-beginners



Your friend is starting a 5km training programme over 8 weeks.
Below is a suggested training plan for the first week.
Fill in the next three weeks.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	1.5km (walk/jog)	Rest	1.5km (walk/jog)	Rest	30 minute walk	1.5km (walk/jog)
Week 2							
Week 3							
Week 4							

Words explained

- **Walk:** Brisk walking pace (faster than walking to the shops).
- **Jog:** Gentle running (able to chat easily throughout).
- **Walk/Jog:** Periods of walking followed by periods of jogging.
- **Run:** Faster pace than jogging but still able to chat (not all the time).
- **Rest:** Either a day off exercise completely or do another exercise such as swimming, aerobics or cycling.

Action verbs

An action verb tells us what someone or something is doing.

For example:

Sonia ran as hard as she could. action verb = **ran**

Kajal put the plate on the table. action verb = **put**



Put a circle around the action verbs in the sentences.

1. We hid in the loo.
2. She walked to the start line.
3. Dad grinned at me.
4. Yvonne moves to the front of the race.
5. He washes his hands.
6. I walk the dog everyday.
7. The friends played soccer at lunchtime.
8. The dog chased the rabbit in the field.



The answers are on page 69.



Write three sentences using action verbs.

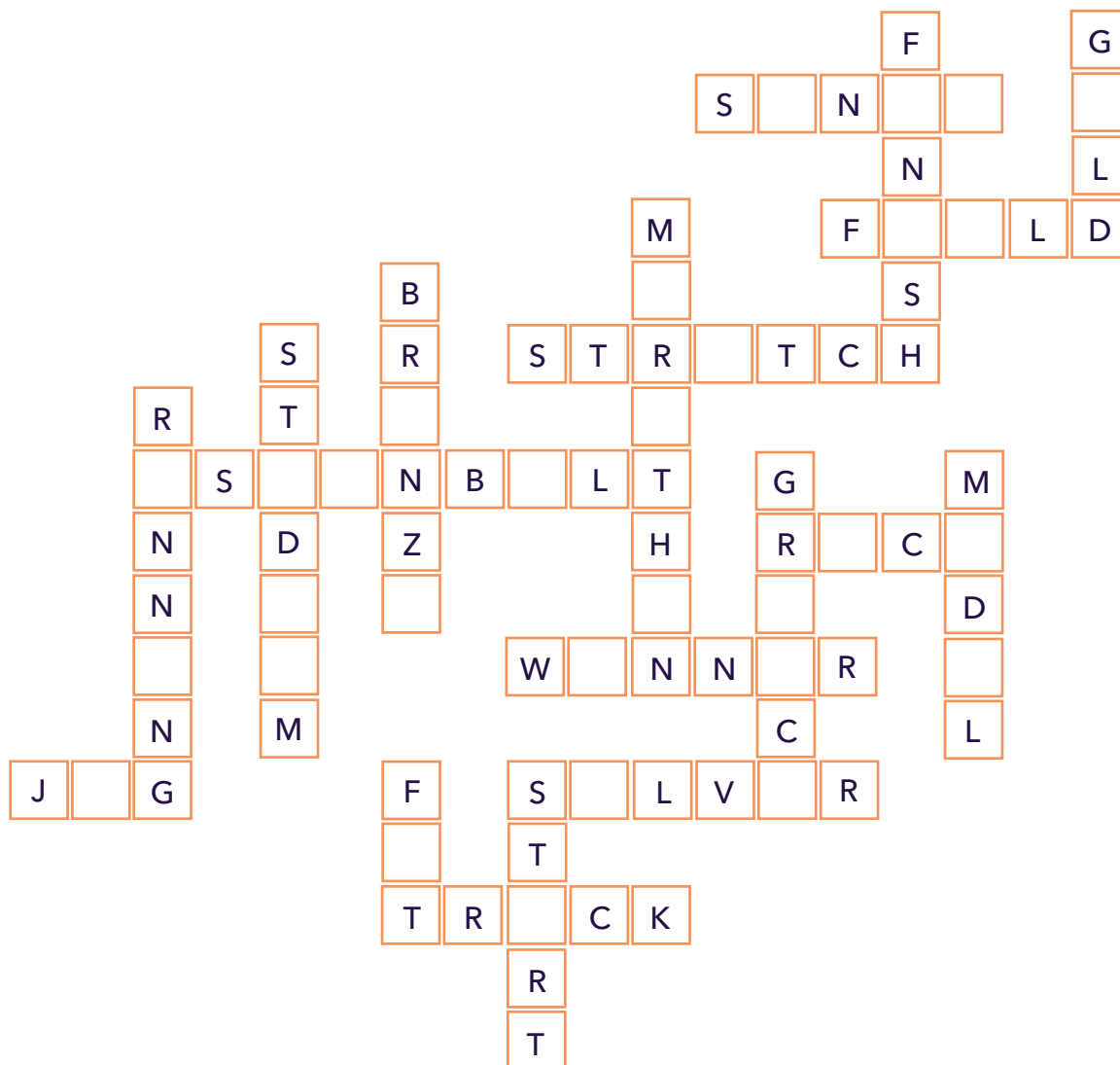
1. _____
2. _____
3. _____

Missing vowels

The words in the crossword are all to do with running. The vowels are missing!



Place the missing vowels in the empty squares of the grid to finish the crossword.



The answers are on page 69.



If you would like help with this worksheet, ring NALA on Freephone 1 800 20 20 65, Monday to Friday 9.30 am to 5 pm.

What do you think?



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a video. Click on the link to watch an interview with Sonia O'Sullivan on RTÉ's 'We become Heroes' (48 minutes).



Do you have a sports hero? Tell us about them.

Name:

Personal background:

Sport:

In my opinion _____ is a sports hero because...

My sports hero has inspired me to....

Horseracing the basics



Common horse terms

Colt	A young male horse up to the age of four
Filly	A young female horse up to the age of four
Mare	A female horse aged five or older
Horse	A colt is referred to as a 'horse' after the age of five
Sire	The father of a horse
Dam	The mother of a horse
Stallion	A male horse used for breeding
Broodmare	A female horse used for breeding
Foal	Newborn horse up to one year old
Yearling	A one-year old horse
Gelding	A male horse castrated, usually to make it more even-tempered
Maiden	A horse that has yet to win a race



Put the horse terms in the correct box.

A male horse used for breeding

A female horse used for breeding

Newborn horse up to one year old

The mother of a horse

A male horse up to four years old

A female horse aged five or over

A castrated male horse

A colt after five years

Roll the dice

A dice has six sides. Each side is marked with a different number of dots from one to six. Imagine you have two dice.



Dice 1	1	2	3	4	5	6
Dice 2	1	2	3	4	5	6

- You roll both of the dice together and add up the scores.
- For example, if you get 2 on one dice and 5 on the other dice, your total score is 7.

Now let's look at all the possible scores from rolling and adding the scores of two dice.



1. Fill in the table below.

For example:

If you get a 1 on the first dice and 1 on the second dice, you add them to get 2.
 If you get a 1 on the first dice and 3 on the second dice, you add them to get 4.
 If you get a 1 on the first dice and 6 on the second, you add them to get 7.

	1	2	3	4	5	6
1	2		4			7
2						
3						
4						
5						
6						



The answers are on page 69.

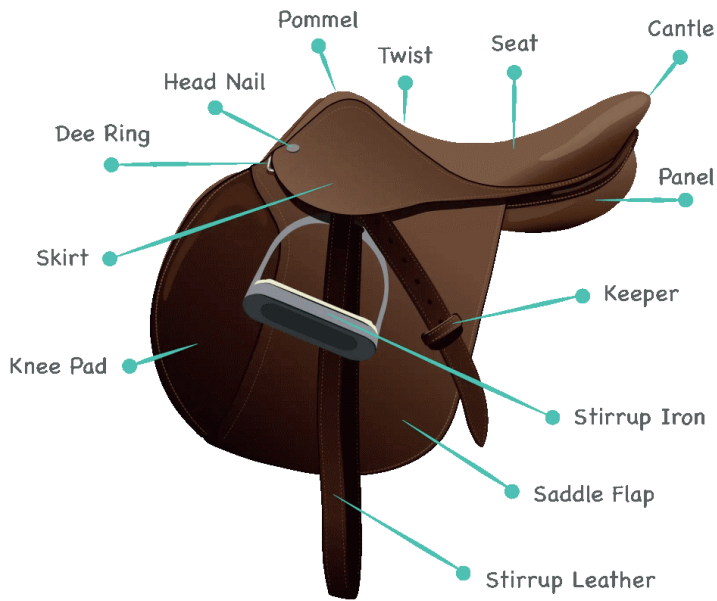
2. By looking at the filled in table, answer these questions:

- How often is 4 the total score? _____
- How often is 7 the total score? _____
- How often is 12 the total score? _____
- How often is the total score less than 7? _____
- How often is the total score greater than 6? _____

3. Which numbers turn up the least? _____

4. Which number turns up the most? _____

Word search



Find the parts of the saddle in this word search.

The first one is done for you.

S	K	N	E	E	P	A	D	D	E	K	N	L	E
T	M	L	D	N	C	G	C	G	P	K	W	W	U
I	M	Z	E	L	A	V	I	O	J	E	Y	M	S
R	T	S	E	S	N	A	E	G	P	E	L	W	E
R	W	A	R	T	T	X	F	Q	D	P	Y	I	A
U	I	D	I	I	L	W	L	V	K	E	W	P	T
P	S	D	N	R	E	M	H	A	L	R	M	E	M
L	T	L	G	R	B	H	G	Y	F	R	N	R	Y
E	S	E	H	U	S	K	I	R	T	I	N	Y	O
A	Y	F	W	P	T	A	B	R	A	U	J	J	Q
T	E	L	C	I	H	E	A	D	N	A	I	L	W
H	J	A	C	R	Z	V	M	S	E	K	C	L	J
E	L	P	P	O	M	M	E	L	S	B	U	I	U
R	B	P	A	N	E	L	F	A	F	T	Z	I	G

Knee pad ✓

Skirt

Dee ring

Head nail

Pommel

Twist

Seat

Cantle

Panel

Keeper

Stirrup iron

Saddle flap

Stirrup leather



The answers
are on page
69.

What do you think?



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a video. Click on the link to watch the video.



Title of the documentary _____

What's it about: What did you learn about the documentary from the trailer?

Your opinion: Did this trailer make you want to watch the documentary? Why?

Yes

☐

No

☐

Recommend: Who would you recommend the documentary to? Why?

Any questions or comments?

Setting goals

We set goals to help us to achieve something and they can help to motivate us.



Think about a goal you want to achieve.

It can be anything from learning a new skill to improving your health and wellbeing.

Why

When

I want to:

What I need

First step



To Do List: What are the first steps you need to do?

1.

2.

3.

4.

Using capital letters and full stops



Every sentence begins with a capital letter and ends in a full stop.
You also use capital letters for names of places and people.



Rewrite the following sentences putting in the capital letters and full stops.

1. it was amazing to be part of something great

2. i really enjoyed my final game in croke park

3. we had won another all ireland title

4. we were thrashed by waterford and kerry in the munster football
championship



The answers are on page 69.



Write your name and address
here:



Capital letters are
always used for:

- The first and last name of a person – for example Jean Byrne.
- The name of a place – for example Semple Stadium.
- Writing your address – for example Cork or Leitrim.

Crossword

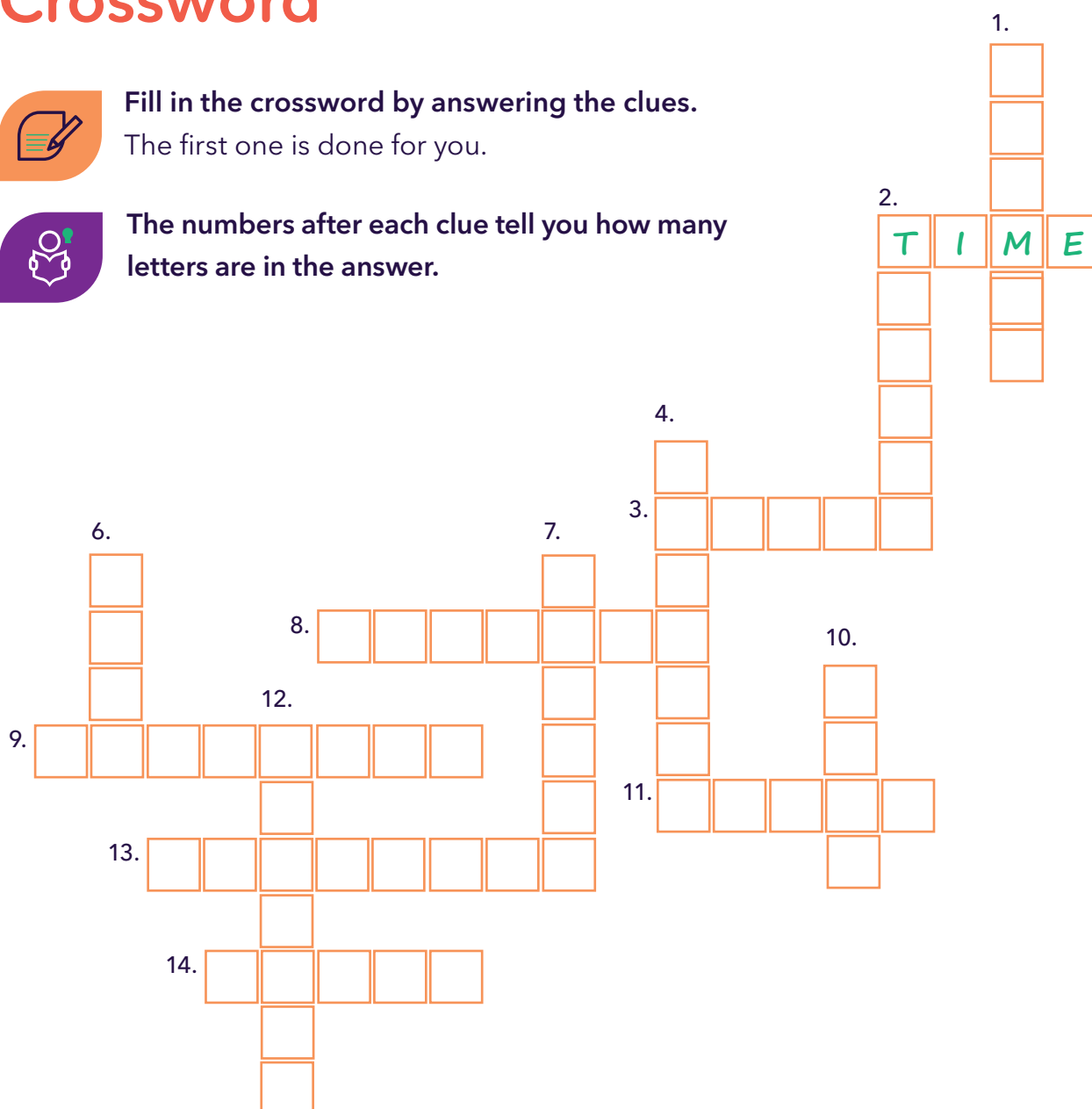


Fill in the crossword by answering the clues.

The first one is done for you.



The numbers after each clue tell you how many letters are in the answer.



Across

- 2. Seconds, minutes, hours (4) ✓
- 3. Fortunate (5)
- 8. The past (7)
- 9. Make up your mind (8)
- 11. Grin (4)
- 13. You do this to prepare for a match (8)
- 14. A person who trains a team (4)

Down

- 1. One of the seasons (6)
- 2. Prize for winning (6)
- 4. These make up a team (7)
- 6. We live it (4)
- 7. Not winning (6)
- 10. You play with this (4)
- 12. There are four of them in a year (7)



The answers are on page 69.

Who are you?



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a video. Click on the link to watch the TedX talk from Valerie Mulcahy (14 minutes).



Watch the talk and answer these questions.

1. What did you enjoy about this talk?

2. What did you learn from this talk?

3. How would you describe your identity?



If you would like listen to more TEDX talks, check out their library here:
<https://www.ted.com/watch/tedx-talks>

Boxing card

B. McGuigan

Nickname - The Clones Cyclone

Height: 5' 6" / 168cm

Birth date: 28 February 1961

Weight: Featherweight

Birthplace: Clones, Ireland

BOXING RECORD

	Fights	Wins	Loses	Draws	Knockouts
Total	35	33	2	0	28

Barry McGuigan is one of Ireland's most celebrated boxers. He started fighting at an early age and in 1978, at just 18, won the gold medal at the Commonwealth Games in Canada. He turned professional and went on to win a total of 33 fights with 28 knockouts. In 1985, in front of 27,000 fans in the Loftus Stadium, McGuigan beat Pedroza to take the title of the featherweight champion of the world.



A. Circle the correct answer to make the statement true.

- McGuigan was born in a) 1981 b) 1961 c) 1951
- He won a total of a) 28 b) 35 c) 33 fights
- He was born in a) Belfast b) Clones c) Dublin
- McGuigan was a a) flyweight b) heavyweight c) featherweight

B. Describe Barry McGuigan's 'Boxing Record'.

Words with similar meaning



Find the words with similar meanings in the wall. Join them with a line.
The first one is done for you.



All the words are in Barry McGuigan's story in 'LEGENDS'.

remember	entrance	fight	quiet	closer	huge
angry	bandage	recall	silent	large	watch
way in	annoyed	dressing	observe	bout	nearer



Write a word (or words) that has a similar meaning to these words:

- a. watch _____
- b. noise _____
- c. chatting _____
- d. crowd _____



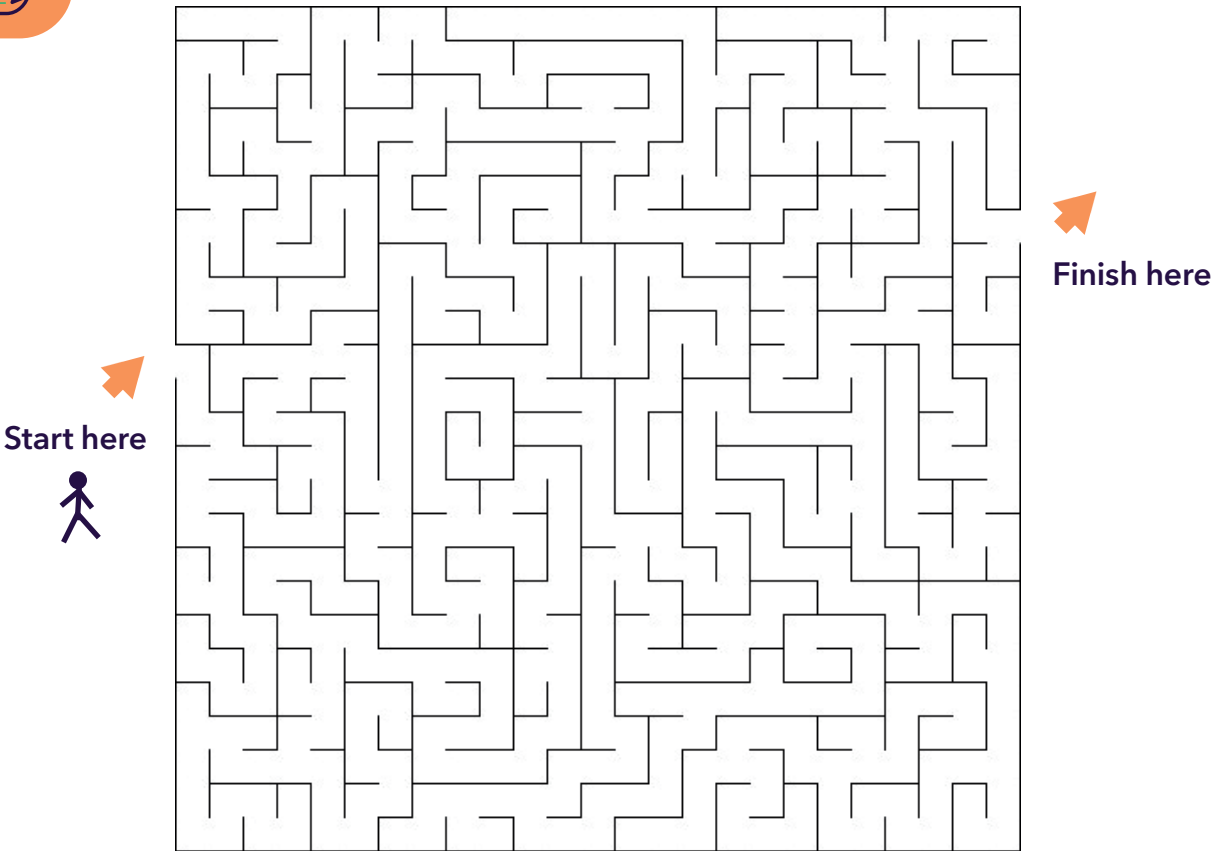
Write a word that has a similar meaning to the underlined word in the sentences.

- a. Most of the fans were already inside. _____
- b. What I really remember about arriving at the stadium was the noise. _____
- c. Dermot watched the bandages being wrapped. _____
- d. I was annoyed but I'm not sure that his plan really worked. _____

Maze and codes



Help Barry McGuigan find his way to the boxing ring.



See what Barry McGuigan says about boxing by working out the code.

Some of the codes are given to get you started.

A	B	D	E	F	G	H	I	L	N	O	R	S	T	U	W	X
	5	6				7			12				13			

T H _ _ _ T _ _ _ B _ _ _ _ _ T H B _ _ _ N _
 13 7 2 13 14 3 10 5 1 2 16 9 13 7 5 3 17 9 12 15

_ _ _ T H _ _ T T _ _ _ _ _ T _ _ N _ _ T
 9 4 13 7 8 13 13 3 3 3 11 13 2 12 9 13

_ _ N D _ _ _ N _ _ _ D N _ _ _ .
 2 12 6 4 9 12 4 8 6 12 2 4 4



The answers are on page 70.

Victory speech



Scan the QR code

This QR code will bring you to a NALA web page where you will find a link to a video.



Imagine Barry McGuigan has to write a victory speech after the Peruzo fight. Help him write his speech.

Introduction



Opening

Thank you for inviting me here today...

Body



What I achieved

It has been a long road...

Conclusion



What helped me

Introduce me

I was born in...

What I learned

Who I want to thank

Introduce the event

This fight...

What I will remember

Final message

Reading GAA results



In Gaelic football and hurling there are two types of score, a goal or a point.

A point is scored by playing the ball over the crossbar between the goalposts.

A goal is scored by playing the ball under the crossbar between the goalposts.

It is worth 3 points.

Scores in GAA matches are written in **Goal-Point** format.

For example, from the results we can see Armagh scored **1-16** or 1 goal and 16 points.

GAA Football All-Ireland Senior Championship				
Round 1	Armagh	1-16	1-10	Tyrone
Tailteann Cup				
Quarter-Final (S)	Carlow	2-13	1-21	Westmeath
Quarter-Final (N)	Leitrim	2-16	1-19	Sligo
Quarter-Final (N)	Fermanagh	0-13	2-16	Cavan
Munster GAA Hurling Senior Championship				
Final	Clare	0-29	1-29	Limerick



Scan the Results and ✓ True or False

True False

1. Armagh played Tyrone in the All-Ireland Senior Championship.

☐ ☐

2. Tyrone beat Armagh.

☐ ☐

3. Leitrim scored 1 goal and 16 points against Sligo.

☐ ☐

4. Fermanagh played Cavan in the Quarter-Final of the Tailteann Cup.

☐ ☐

5. Cavan beat Fermanagh by 2 goals and 3 points.

☐ ☐

6. Limerick lost to Clare by one goal in the Hurling Championship.

☐ ☐

7. Carlow's score in points is 19.

☐ ☐

8. Leitrim beat Sligo.

☐ ☐

Prefixes

Definition	Example
A root word is a word with nothing added at the beginning or end.	start
A prefix is added to the beginning of a root word to change its meaning or to make a new word.	re start

Look at the following prefixes.

Prefix	Meaning	Example	Your example
dis	not	dishonest	
over	very/too much	overcooked	
re	do again	replay	
un	not	untidy	



Which of the above prefixes can complete each pair of sentences?

- Less than a minute after the ____ start we got a free.
One player was injured. The manager had to ____ shuffle the team.
- The goal was ____ allowed.
He ____ agreed with the referee's decision.
- The football stand was _____ crowded.
He _____ cooked the dinner.
- She was _____ happy with missing the match.
Her injury meant she was _____ able to play for the full match.



The answers are on page 70.



If you would like help
with this worksheet, ring
NALA on Freephone
1 800 20 20 65.

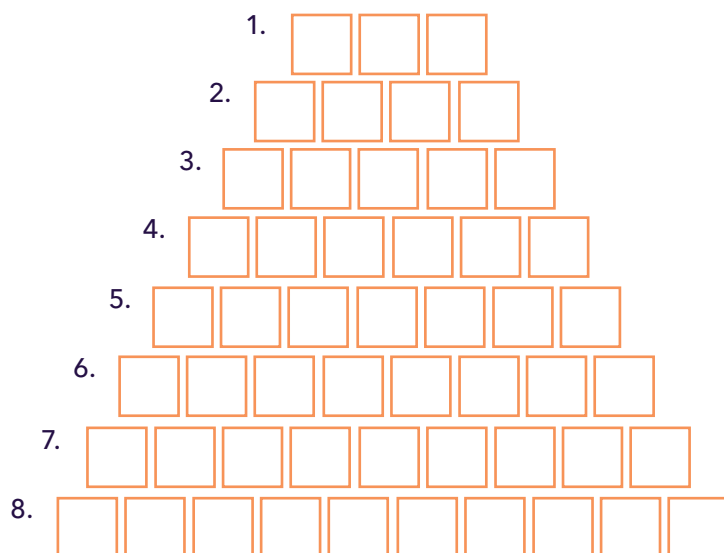
Playing with words



Word pyramid

Answer the clues to the right of each row to complete the Word Pyramid.

Tip: Each answer is to do with Gaelic Football



1. Short for Gaelic Athletic Association

2. The county Cora plays for

3. Scored when the ball passes over the crossbar

4. This **J** is worn by each player

5. This **R** makes sure rules are not broken

6. The GAA game Cora plays

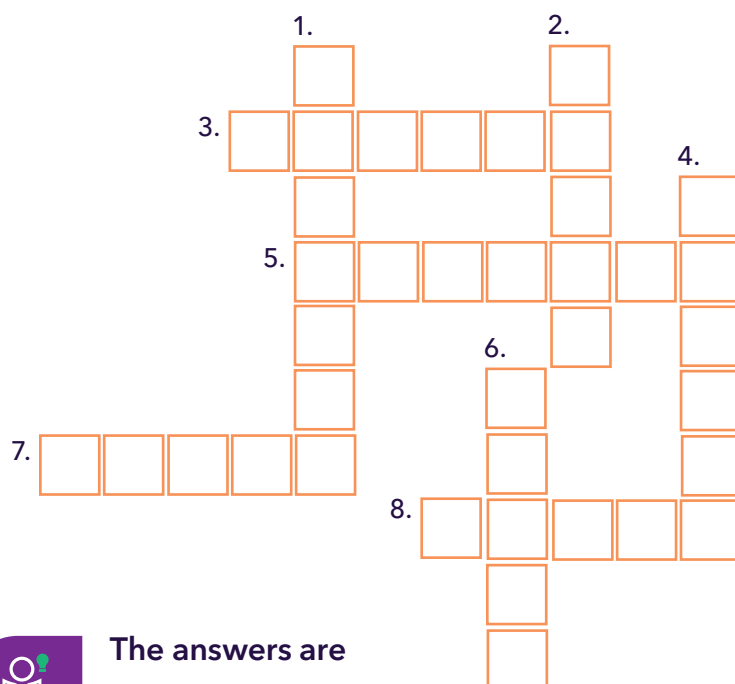
7. Someone who follows a team

8. No 1 player who stops goals being scored.



Word pairs

Cora says her club is her 'bread and butter. Look at the food pairs below and fill in the crossword.



Across

3. Salt and _____

5. Bacon and _____

7. Fish and _____

8. _____ on toast

Down

1. _____ and cream

2. _____ and butter

4. Oranges and _____

6. _____ and sour



The answers are on page 70.

The interview

You are working for the Sports sections of a local magazine and you have the opportunity to interview Cora Staunton.



Remember to use a mix of open and closed questions.

- A **closed question** is one that the interviewee can answer 'yes' or 'no' to. For example, did you win the game?
- An **open question** allows the interviewee to give more detail on how they think and feel about a subject. For example, how was the game for you?



List 3 questions you would like to ask Cora.

1. _____

2. _____

- 3 _____



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a podcast. Listen to it. Jot down a few notes about what you found interesting.



Where were you?



In 2002, Niall Quinn was playing for Ireland in the World Cup in Japan. Read his account of the Republic of Ireland versus Spain match on 17 June 2002 in 'LEGENDS'.



Answer these questions.

1. What do you think about Niall's reflections about the match?

2. Can you think of an event in your life where you "have no regrets" - describe or draw it.

The Football World Cup Championship takes place every four years.



Can you remember where these Championships took place?

You can use the internet to look them up.

1990		2010	
1994		2014	
1998		2018	
2002		2022	
2006		2026	

Handwriting

We are not writing as much by hand nowadays.

However, there are times when we need to fill in a form or sign our name.

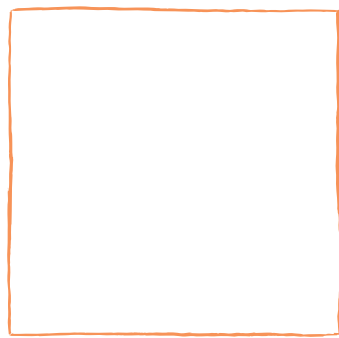
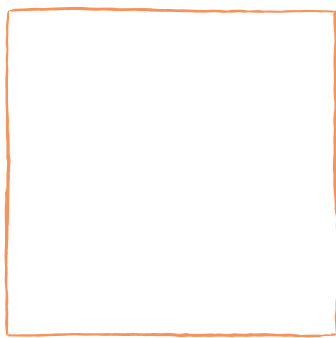
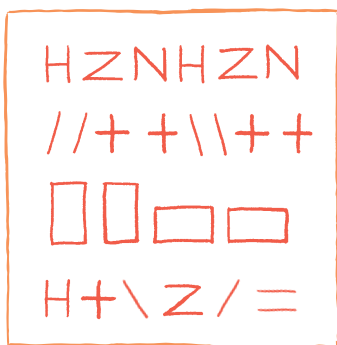


Here are some tips for getting started on practising your handwriting:

1. Warm up your hand muscles with some exercises.
2. Choose a time when you are not feeling rushed.
3. Do not worry about what to write - start with some doodles, then move on to copy a few lines from a book or magazine.



Practise these shapes.



Try writing these sentences.

I have no doubt about that.

I am delighted with myself that I had some role to play.



NALA has a free workbook for adults called 'Better Handwriting'. You can order your copy by ringing us on Freephone 1 800 20 20 65 or find online:
<https://www.nala.ie/publications/handwriting-book/>

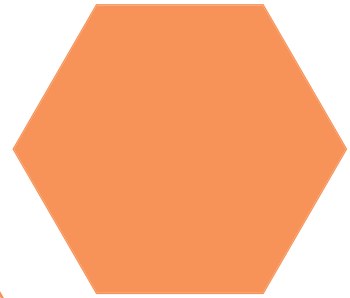
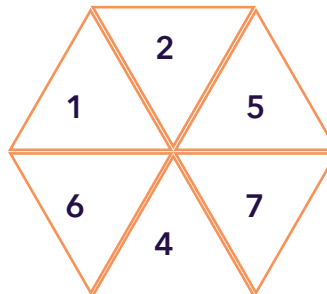
Number diamond

A hexagon is a shape that is commonly seen in everyday life.

It has six straight sides of equal length.

Look at this number diamond. Each hexagon has six triangles.

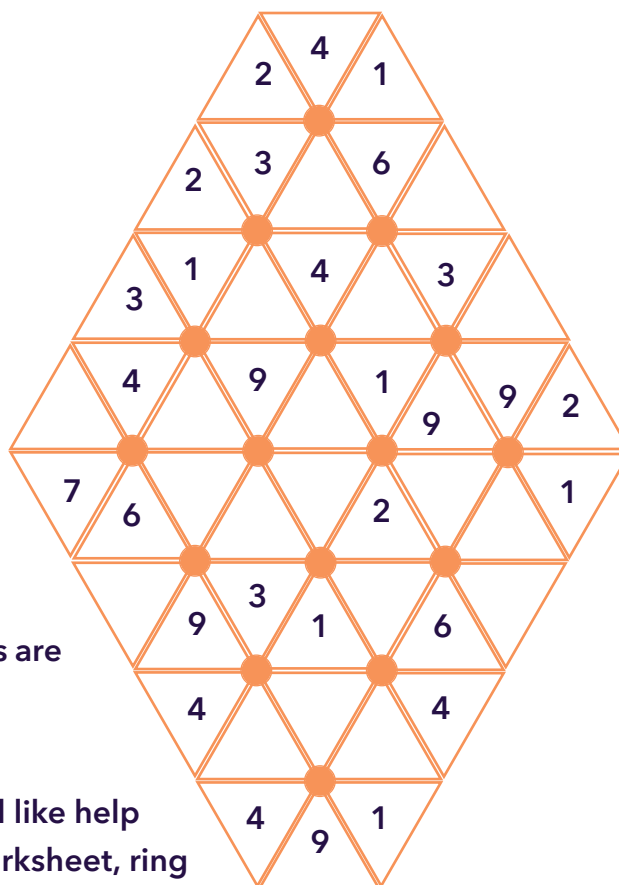
When these six triangles are added up together, they add up to 25.



Fill in the numbers from 1 to 9 in each empty triangle to complete the puzzle. Each hexagon must add up to 25.



You cannot repeat a number within a hexagon. Begin with the hexagon that is only missing one number.



The answers are on page 70.



If you would like help with this worksheet, ring NALA on Freephone 1 800 20 20 65.

Moving on



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to an interview with Niall Quinn. Click on the link to listen to it.



Listen to the interview and answer these questions.

1. What do you think about Niall's interview?

2. How do you feel when something finishes in your life?
Think about these questions. Jot down a few words.

Do you think people need to plan when something finishes up, for example, retirement?

Have you thought about your retirement and started to put plans in place?

3. What steps are you taking to plan retirement?

1.

2.

3.

What is hurling?

Hurling is the oldest field game in Europe. It can be found in Irish folklore for at least 3,000 years.

It is a game played between two teams. Each team has 15 players.

The stick, or "hurley" (called camán in Irish) is made from ash wood and is curved outwards at the end.



The ball or "sliotar" is similar in size to a hockey ball. It has raised ridges.

Each team tries to score by hitting the sliotar in the goal for 3 points or over the crossbar for one point.



Fill in the blanks. The words are in the box.

ball	end	game	goal	players
stick	team	two	ridges	wood

Hurling is the oldest field _____ in Europe. It can be found in Irish folklore for at least 3,000 years. It is a game played between _____ teams. Each team has 15 _____.

The _____ or "hurley" (called camán in Irish) is made from ash _____ and is curved outwards at the _____. The _____ or "sliotar" is similar in size to a hockey ball. It has raised _____.

Each _____ tries to score by hitting the sliotar in the _____ for 3 points or over the crossbar for one point.

Language and words



Read the speech given by Bonnar Ó Loingsigh at Eid celebrations at Croke Park featured in the 'LEGENDS' book.



Did you spot any new words? Write these down in the space below.

Do not worry about how to spell them.



Answer these questions.

Yes No Not sure

- Are any of these words familiar to you? ☐ ☐ ☐
- Have a guess which words are Arabic and which words are Irish?

Arabic words	Irish words

- How would you go about looking up these words?

Cross number

Have you tried a cross number puzzle? It is the same as a crossword only the clues and answers are numbers.



Fill in the grid by answering the clues. The first one is done for you.

You can use your calculator to work out the sums.

	1. 1	2. 5			3.	4.	5.	
6.			7.		8.			
9.			10.	11.				12.
	13.	14.		15.			16.	
		17.	18.			19.		
20.	21.							
				22.			24.	
	25.		26.			27.		
			28.					

Across

- | | |
|---------------|-----------------|
| 1. 20 - 5 ✓ | 16. 60 - 35 |
| 3. 162 - 24 | 17. 17 + 4 |
| 6. 487 + 762 | 19. 500 - 107 |
| 8. 410 - 50 | 20. 2596 + 1584 |
| 9. 72 - 37 | 22. 4884 + 900 |
| 10. 126 + 452 | 25. 1000 - 265 |
| 13. 37 + 19 | 27. 457 + 453 |
| 15. 40 - 17 | 28. 112 - 22 |

Down

- | | |
|---------------|---------------------|
| 1. 574 + 681 | 12. 700 - 47 |
| 2. 73 - 19 | 14. 256 + 372 |
| 3. 359 + 1024 | 16. 60 - 31 |
| 4. 17 + 19 | 18. 99 - 89 |
| 5. 102 - 22 | 19. 25,000 + 10,899 |
| 6. 19 - 6 | 21. 99 + 8 |
| 7. 53 + 42 | 24. 32 + 9 |
| 11. 104 - 32 | 26. 100 - 41 |



The answers are on page 71.

Making a speech



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to Bonnar Ó Loingsigh giving a speech at Croke Park (4 minutes).



Watch the video and answer these questions.

1. What did you think about Bonnar's speech?

2. Have you ever made a speech? Yes ☐ No ☐

3. How would you prepare for making a speech?

Preparation in advance	When you deliver it
1. List out your points in bullets.	1. Engage your audience from the beginning.
2. Think of your audience and how to engage them.	2. Make it personal.
3. Put emotion into your speech.	3. Look them in the eye.
4. Use humour - if appropriate.	4. Step away from the podium.
5. Think about what you want people to remember.	5. Breathe - use your breath to stay calm.
6. Practise, practise, practise.	6. Relax and focus.

Buying a car

Buying a car for the first time, particularly a second-hand car can be difficult.

When checking out a second-hand car, it is useful to do so in the daylight. If you do not know much about cars, bring a friend with you who does know something about cars.

Here is a list of things you can look out for when checking the outside and inside of a car.

Outside of car	Inside of car
Windshield is free of cracks.	No warning lights on the dashboard are lit up.
The body of the car is free of any dents or scratches.	The seats move properly.
All doors and the boot open and close freely.	All dashboard displays work.
All the lights work.	Power windows work properly.
There is no rust in the door edges, hinges or boot.	Hazard lights work.
Tyres	All locks work.
Tyres are free of cuts and cracks.	Boot and driver-side door lock and unlock with a key.
There is a spare tyre, jack and wrench.	Stereo and heater works.
The spare tyre is inflated.	Inside is free of damage.



List three things you learned from reading the checklist.

What else would need to be checked when buying a second-hand car?

Reading a map

The map shows the route of the motor rally described by Rosemary Smith in the extract 'South of the Border' in 'LEGENDS'.

The countries are written in an orange box.
The cities are in a navy box.



A) List four of the countries the motor rally goes through.

1. _____
2. _____
3. _____
4. _____

B) Circle the statements true or false:

- | | | | |
|----|------------------------------------|------|-------|
| 1. | Rio de Janeiro is in Brazil. | True | False |
| 2. | The route went through La Paz. | True | False |
| 3. | Lima is in Argentina. | True | False |
| 4. | The route went through Costa Rica. | True | False |
| 7. | The race finished in Mexico City. | True | False |

C) Write down one interesting fact about:

1. Rio De Janeiro _____
2. Argentina _____
3. Peru _____



Use the internet to help you find an interesting fact.

Letter tiles



Rearrange the tiles to show phrases from the first paragraph of 'South of the Border' chapter in the 'LEGENDS' book.

The first one is done for you.

1.

fallen	wayside	the	by
--------	---------	-----	----

<i>fallen</i>	<i>by</i>	<i>the</i>	<i>wayside</i>
---------------	-----------	------------	----------------

2.

well	was	known	it
------	-----	-------	----

--	--	--	--

3.

way	the	along
-----	-----	-------

--	--	--

4.

was	this	because	it	of
-----	------	---------	----	----

--	--	--	--	--

5.

a	bet	good	was	I
---	-----	------	-----	---

--	--	--	--	--



The answers are on page 71.

Reflection



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to a video. Click on the link to watch footage of Rosemary Smith taking a test drive (3 minutes).



Watch the video and answer these questions.

Title of the footage:

I liked...

I learned that...

It made me think about...

My passion is...



You can read more about Rosemary Smith in this article in The Irish Times online here: <https://bit.ly/3QEi3tb>

Reading the noticeboard



Read the weekly training and upcoming match schedule.

Training

Mon	Senior hurling Under 14 hurling	Wed	Senior camogie Under 18 camogie
Tues	Under 18 hurling Under 14 camogie	Thurs	Under 10 hurling Under 10 camogie

Matches

Saturday 5 March	Under 14 hurling Senior camogie	At home Away: Dublin
Saturday 12 March	Under 18 hurling Under 14 camogie	At home
Sunday 13 March	Under 18 camogie Under 10 hurling	At home
Saturday 19 March	Senior hurling	Away: Cork
Sunday 20 March	Under 18 hurling Under 10 camogie	At home



Answer these questions.

1. What teams train on Wednesday? _____
2. What day does the senior hurling team train? _____
3. Who will play a match in Dublin and on what date? _____
4. Where will the senior hurling team play on 19 March? _____
5. How many matches will be played at home? _____



The answers are on page 71.

Looking up words

Sometimes you might want to check what a word means or how to spell it correctly.

You can look up words:

- In a **dictionary** - hard copy or online dictionary such as www.dictionary.com.
- **Online** - type the word into a search engine such as Google and you will get many definitions.

When you look up a word, it tells you the type of word it is (for example, a noun or a verb).

A word might have more than one meaning. All the meanings will be listed and numbered.

For example:

Role [rohl]

noun

- 1 an actor's part in a play, film.
- 2 the function assumed or part played by a person or thing in a particular situation.



Look up these words and write down two meanings for them.

- | | | |
|-------------|----|-------|
| journey | 1. | _____ |
| | 2. | _____ |
| independent | 1. | _____ |
| | 2. | _____ |
| language | 1. | _____ |
| | 2. | _____ |
| fashion | 1. | _____ |
| | 2. | _____ |



If you would like help with this worksheet, ring NALA on Freephone
1 800 20 20 65, Monday to Friday 9.30 am to 5 pm.

Word ladder



Can you move from the word at the top of the ladder to the word at the bottom by changing one letter on each step of the ladder?

For example:

BULL
BEAT

BULL
BELL
BELT
BEAT



You cannot change the order of the letters.



Try these word ladders.

GATE
FAKE

FROG
PRAM

SPORT
TOURS

HORSE
LOOSE



The answers are on page 71.

Greatest moments



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to an interview with Henry Shefflin (6 minutes).



Watch the video and answer these questions.

1. What do you feel about what Henry said?

2. Do you think Henry will miss playing hurling?

Your greatest moments

1. What are your greatest moments so far?

2. What would you like to do in the future?

Reading player profiles



Read the piece by Paul O'Connell featured in the 'LEGENDS' book.

Below you will find player profiles from the Irish Senior Rugby Squad 2022.

Aki Bundee	Club: Connaught Rugby	Position: Centre	
DATE OF BIRTH	PLACE OF BIRTH	HEIGHT	WEIGHT
07/04/1990	Otahuhu, N.Zealand	1.78 m (5'10")	102Kg (16st. 0lbs)

Conor Murray	Club: Munster Rugby	Position: Scrum half	
DATE OF BIRTH	PLACE OF BIRTH	HEIGHT	WEIGHT
20/04/1989	Limerick, Ireland	1.88 m (6'2")	93Kg (14st.7lbs)

Johnny Sexton	Club: Mary's College RFC	Position: Fly half	
DATE OF BIRTH	PLACE OF BIRTH	HEIGHT	WEIGHT
11/07/1985	Dublin, Ireland	1.88 m (6'2")	90Kg (14st.2lbs)



Based on the information in the player's profile above, fill in this table below.

	Aki Bundee	Conor Murray	Johnny Sexton
Date of Birth			
Place of Birth			
Height			
Weight			
Club			
Position			

Who would you choose on your team. Why?

Word endings -ing

When **adding 'ing'** to words we follow a number of rules.

Rule 1: For words ending in 'e' - drop the 'e' when adding '-ing'

Example: write + -ing = writing

Rule 2: For words with 1 syllable or sound, 1 vowel and 1 final consonant - double the last letter before adding '-ing'.

Example: run + -ing = running

Rule 3: For most others just add '-ing'

Example: train + -ing = training



Which rule do the words below follow?

Put them in the column they belong to.



All of these words are in Paul O'Connell's story in 'LEGENDS'.

train	put	lift	force
give	come	run	stop
make	feel	watch	plot

Just add 'ing'	Drop the 'e'	Double the last letter



The answers are on page 71.

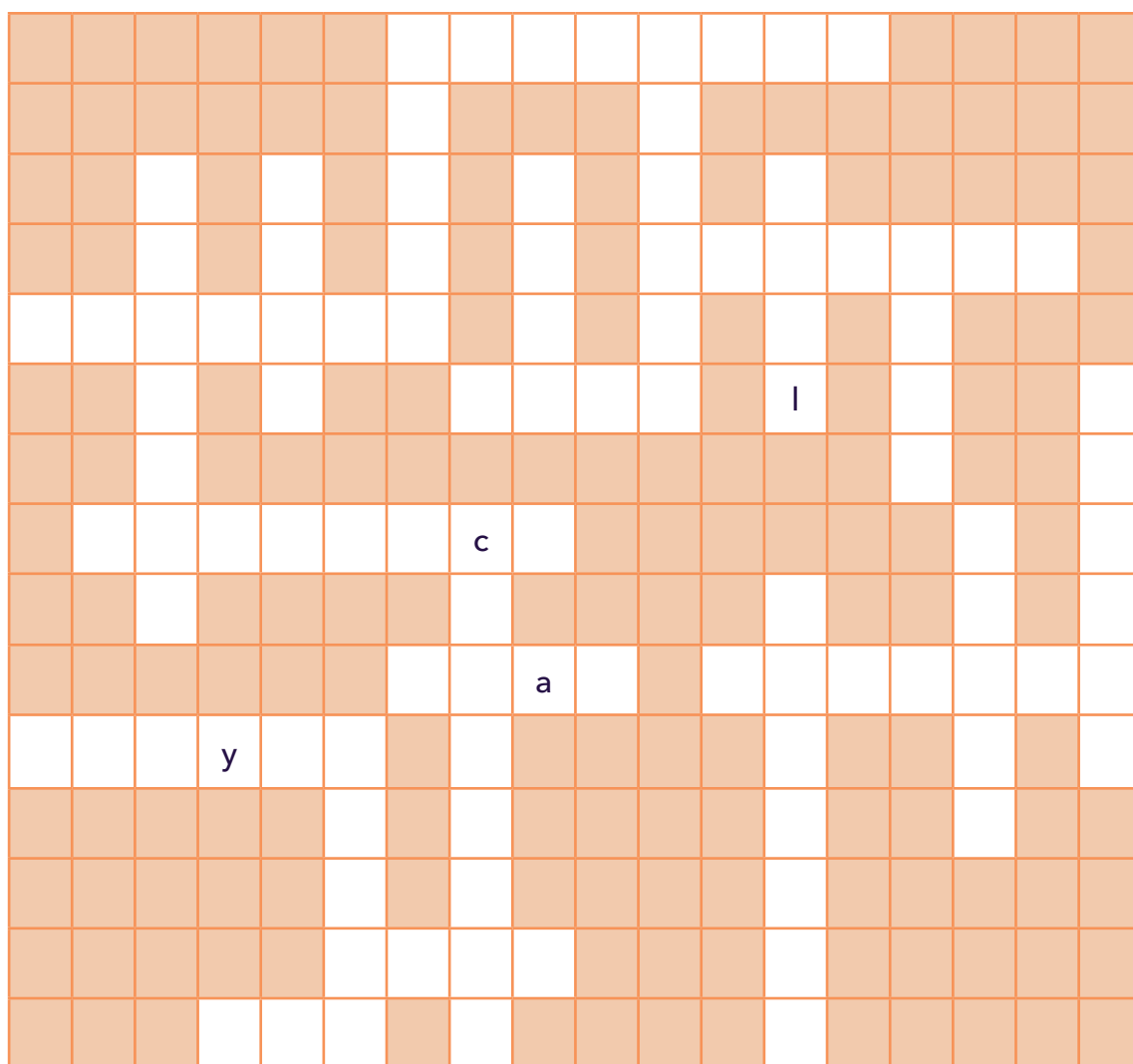
Kriss Cross



Place each of the words into the grid **ONCE** to complete the puzzle.

Some letters are included to help you on your way.

8 letter words crossbar fullback position	6 letters player tackle winger
7 letters contact knock-on lineout penalty referee	5 letters point rugby scrum
4 letters beat foul game goal haka kick team	3 letters try



The answers are on page 71.

What do you think?



Scan this QR code.

This QR code will bring you to a NALA web page where you will find a link to an article about Paul O'Connell.



Read the article and watch the clips.

Then answer these questions.

1. Which of the greatest moments mentioned in the article stand out for you?

2. Imagine you were interviewing Paul O'Connell.

What 3 questions would you ask him?

1.

2.

3.

3. What sportsperson would you most like to meet and why?

Answers

Alphabet and QWERTY keyboard (page 9)

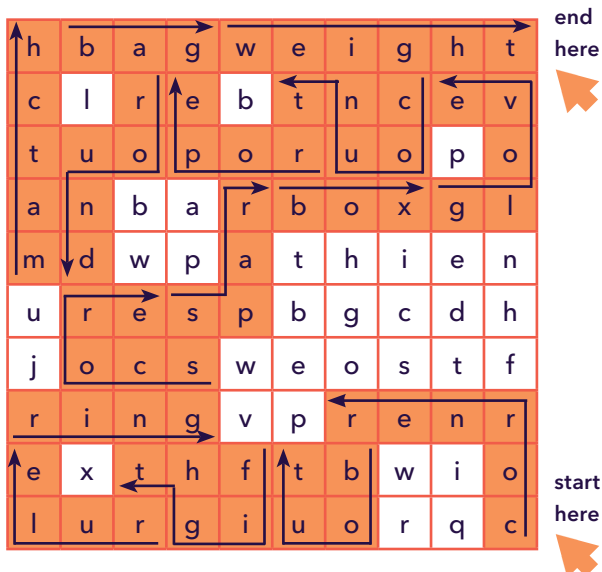
- h i m
- n o t
- a n d
- t h e
- a b l e
- t h a t
- w h e n
- r e a d
- t h e r e
- g o i n g

When will you be able to ring me?

Working it out (page 10)

- How many points did Munster score? 16
- How many points did Leinster score? 17
- Who won? Leinster

Create a path (page 14)



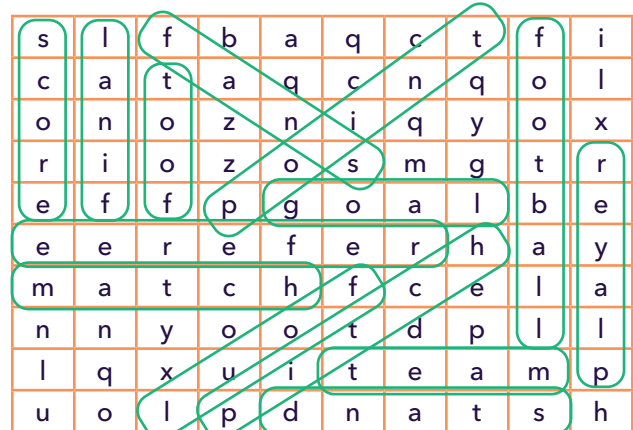
Suffixes (page 21)

Root word +	Suffix =	New word
expect	- ed	expected
support	- er	supporter
dark	- ness	darkness
friend	- ly	friendly

Code breakers (page 22)

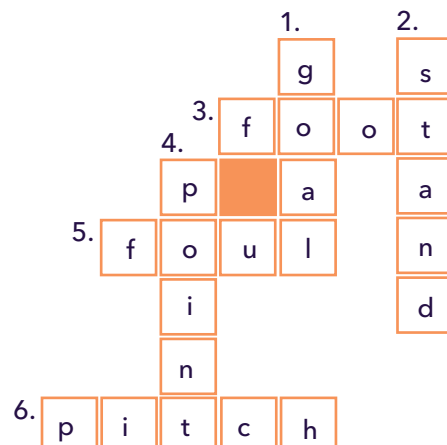
BFW	HDFQI	YZQFKY	CGFJJRGF
KEY	FIELD	TALENT	PRESSURE
QFX	VZYL A	FKOSWFI	ZYYFKIDKX
LEG	MATCH	ENJOYED	ATTENDING
XZVF	CDYLA	KFGESRJ	LSKHDIFKLF
GAME	PITCH	NERVOUS	CONFIDENCE
XSZQ	JNRZI	CFKZQYW	IFQDXAYFI
GOAL	SQUAD	PENALTY	DELIGHTED
HZJY	WSRKX	JYZIDRV	FTCFGDFKLF
FAST	YOUNG	STADIUM	EXPERIENCE
QSRI	QFZXRF	UADJYQF	HSSYMZQQ
LOUD	LEAGUE	WHISTLE	FOOTBALL

Football puzzles (page 26)



Suffixes (page 21)

New word	Root word +	Suffix
started	start	- ed
training	train	- ing
played	play	- ed
teacher	teach	- er
nicely	nice	- ly
comfortable	comfort	- able
action	act	- ion
likeness	like	- ness

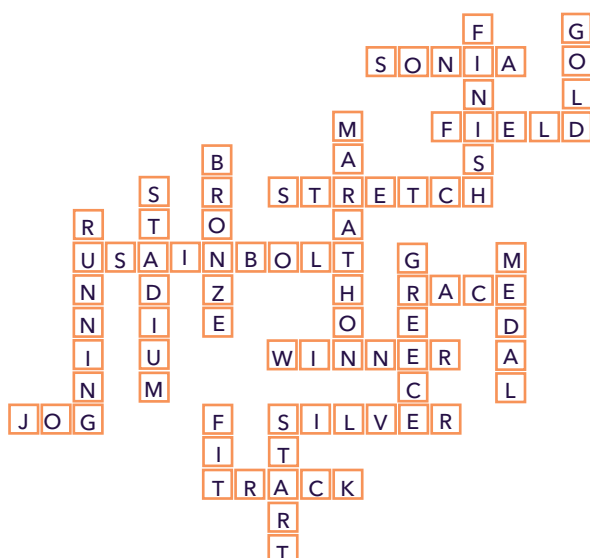


Action verbs (page 29)

Put a circle around the action verbs in the sentences.

1. We hid in the loo.
2. She walked to the start line.
3. Dad grinned at me.
4. Yvonne moves to the front of the race.
5. He washes his hands.
6. I walk the dog everyday.
7. The friends played soccer at lunchtime.
8. The dog chased the rabbit in the field.

Missing vowels (page 30)



Roll the dice (page 33)

1. Table

	1	2	3	4	5	6
1	2	3	4	5	6	7
2	3	4	5	6	7	8
3	4	5	6	7	8	9
4	5	6	7	8	9	10
5	6	7	8	9	10	11
6	7	8	9	10	11	12

Roll the dice (page 33)

2. Answer these questions

How often is 4 is the total score? 3

How often is 7 the total score? 6

How often is 12 the total score? 1 time

How often is the total score less than 7? 15

How often is the total score greater than 6? 21

2. Which numbers turns up the least? 2 and 12

3. Which number turns up the most? 7

Word search (page 34)



Using capital letters and full stops (page 37)

1. It was amazing to be part of something great.
2. I really enjoyed my final game in Croke Park.
3. We had won another All Ireland title.
4. We were thrashed by Waterford and Kerry in the Munster football championship.

Crossword (page 38)

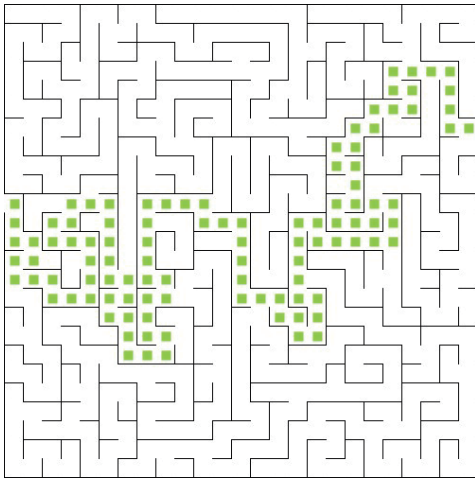
Across	Down
2. Time	1. Summer
3. Lucky	2. Trophy
8. History	4. Players
9. Decision	6. Life
11. Smile	7. Losing
13. Training	10. Ball
14. Coach	12. Seasons

Answers

Playing with words (page 46)

Word pairs

Maze and codes (page 42)



A	B	D	E	F	G	H	I	L	N	O	R	S	T	U	W	X
8	5	6	2	11	15	7	9	1	12	3	14	4	13	10	16	17

The trouble with boxing is that too often it ends in sadness

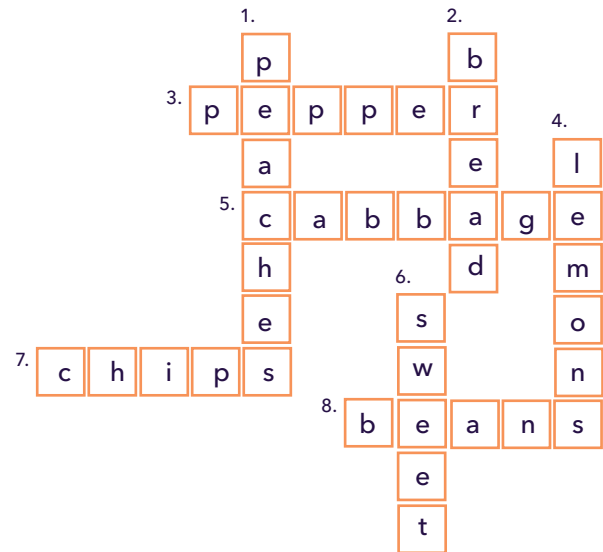
Prefixes (page 45)

- Less than a minute after the **re** start we got a free.
One player was injured. The manager had to **re**shuffle the team.
- The goal was **dis**allowed.
He **dis**agreed with the referee's decision.
- The football stand was **over**crowded.
He **over**cooked the dinner
- She was **un**happy with missing the match.
Her injury meant she was **un**able to play for the full match.

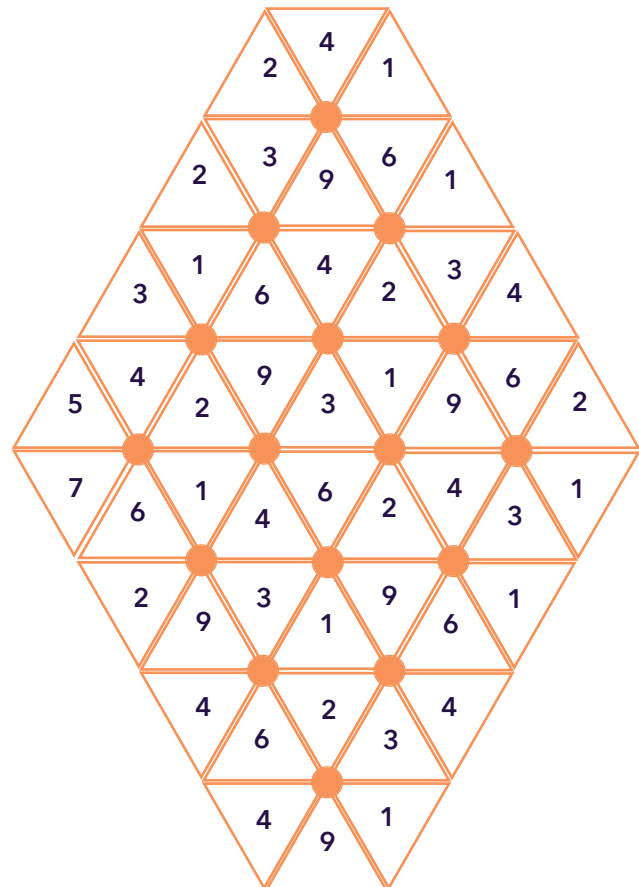
Playing with words (page 46)

Word pyramid

- G A A
- M A Y O
- P O I N T
- J E R S E Y
- R E F E R E E
- F O O T B A L L
- S U P P O R T E R
- G O A L K E E P E R



Number diamond (page 50)



Cross number (page 54)

	1. 1	2. 5			3. 1	4. 3	5. 8	
6. 1	2	4	7. 9		8. 3	6	0	
9. 3	5		10. 5	11. 7	8			12. 6
	13. 5	14. 6		15. 2	3		16. 2	5
		17. 2	18. 1			19. 3	9	3
20. 4	21. 1	8	0			5		
	0			22. 5	7	8	24. 4	
	25. 7	3	26. 5			27. 9	1	0
			28. 9	0		9		

Letter tiles (page 58)

fallen	by	the	wayside	
it	was	well	known	
along	the	way		
it	was	because	of	this
I	was	a	good	bet

Reading the noticeboard (page 60)

1. What teams train on Wednesday?

Senior camogie and Under 18 camogie

2. What day does the senior hurling team train?

Monday

3. Who will play a match in Dublin and on what date? Senior camogie on Saturday 5 March

4. Where will the senior hurling team play on 19 March? Cork

5. How many matches will be played at home? 4

Word ladder (page 62)

GATE
late
fate
FAKE

FROG
from
prom
PRAM

SPORT
spurt
spurs
sours
TOURS

HORSE
morse
mouse
moose
LOOSE

Word endings -ing (page 65)

Just add 'ing'	Drop the 'e'	Double the last letter
lifting	forcing	running
watching	giving	stopping
training	coming	putting
feeling	making	plotting

Kriss Kross (page 66)

				p	o	s	i	t	i	o	n			
				o				a						
		l		t		i		h		c		f		
		i		e		n		a		k	n	o	c	k
c	o	n	t	a	c	t		k		l		u		i
		e		m			g	a	m	e		l		c
		o											k	
	f	u	l	l	b	a	c	k					s	n
		t					r				p		c	g
						g	o	a	l		r	e	f	e
p	l	a	y	e	r		s				n		u	r
					u		s				a		m	
					g		b				l			
					b	e	a	t			t			
			t	r	y		r				y			

The National Adult Literacy Agency (NALA) is a charity and membership based organisation. We work to support adults with unmet literacy, numeracy and digital literacy needs to take part fully in society and to have access to learning opportunities that meet their needs. NALA does this by raising awareness of the importance of literacy, doing research and sharing good practice, providing online learning courses, providing a tutoring service and by lobbying for further investment to improve adult literacy, numeracy and digital skills.



This workbook accompanies 'LEGENDS' which shares 15 stories from some of Ireland's greatest sports stars.

'LEGENDS' is edited by Patricia Scanlan and written in plain English for emerging readers.

Borrow a copy from your local library, buy in local bookshops or online directly from newisland.ie. NALA and your local literacy centre will have copies for adult literacy students.

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