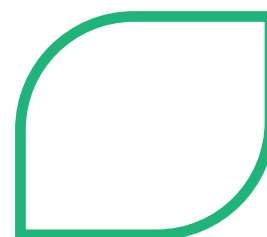
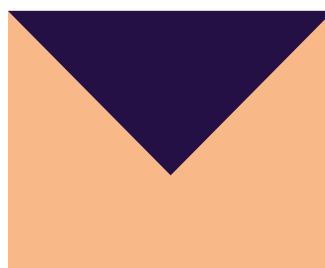
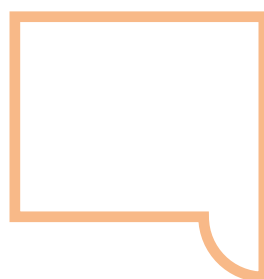




Legends Extra

A collection of worksheets
based around the 'LEGENDS'
book of sporting stories
and the 'Legends Matter'
workbook



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- The 15 sportspeople featured in the 'LEGENDS' book.
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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 Legends Matter



The 'Legends Matter' workbook has reading and writing exercises, puzzles, quizzes and other learning activities around the sporting stories. NALA is using QR codes throughout the workbook to direct people to additional content, information and resources online.

You can find out more about these resources on the NALA website: www.nala.ie/legends

About the Legends Extra worksheets

This collection of worksheets provides additional reading and writing exercises. We also share links to additional learning resources to help you brush up on your reading, writing, spelling and maths skills.

We use these symbols to guide you through using these worksheets.



Writing



Reading



Maths



Online resource



Useful tip

Need help?



If you need help with any of the activities in these worksheets you can email NALA at info@nala.ie or ring us on Freephone 1 800 20 20 65.

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Rugby

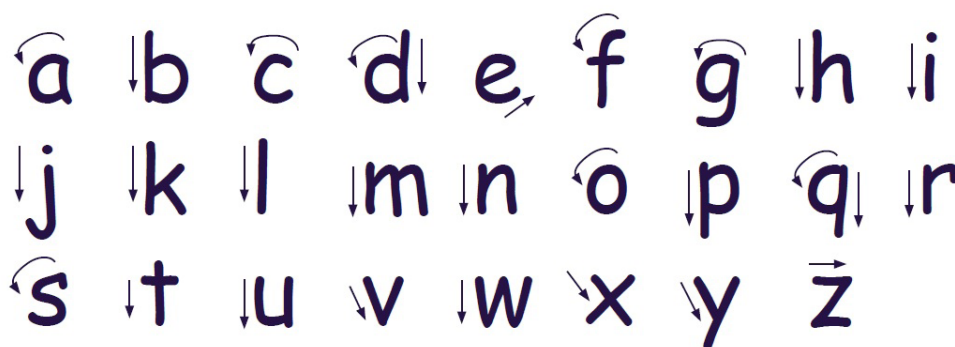
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Learning more about...



Practising your handwriting

Have a look at the letters below. The arrow is where you start writing it.



Get out a page and **start practising** your letters.



It is a good idea to have a notebook where you can jot down these exercises. This is a practice notebook just for you. Do not worry about perfect handwriting or spellings.

Writing support book

NALA has a workbook to help to you with your handwriting. It is called **Better Handwriting** and you can scan the QR code on your phone or go to our website to view online or download it:
<https://www.nala.ie/publications/handwriting-book/>



You can get your free copy by **ringing us on Freephone 1 800 20 20 65** or **emailing us at info@nala.ie** to post you a copy.

Thinking more about...



Experiences of education

John Brennan – hotelier, presenter and author – was interviewed by Ryan Tubridy on his radio show.



Listen to this interview where John talks about his education experience, the teacher who changed his life and challenging society's opinion on people who do not have a university degree (22 minutes). Scan the QR code on your phone or go to: <https://www.rte.ie/radio/radio1/clips/22038449/>



Sports podcasts

Do you listen to any sports podcasts? Off The Ball (OTB) talks about every sport.



Visit the Off The Ball website to see their latest series and episodes. Scan the QR code on your phone or go to: <https://www.offtheball.com/podcasts/>



You can also listen to the podcasts through your podcast app on your phone.



Jot down the names of some podcasts you are interested in listening to.

1. _____
2. _____
3. _____

Learning more about...



Words about sport

Get today's newspaper and **look at a sports page.**



Think about what words you are familiar with and **write them here and in your notebook.**

Word	Meaning

Listening and speaking

Katie Taylor is a positive role model for women in sports.



In the video below, we see the importance of positive female role models.

Watch the Seeing is Believing video and try the tasks.

Scan the QR code on your phone or go to:

<https://learnenglish.britishcouncil.org/general-english/video-zone/seeing-is-believing>



Boxing

Thinking more about...



Katie on women's boxing



Watch this 4-minute video on **Katie Taylor** on YouTube. Katie Taylor talks about how far women's boxing has come. Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=SdSr98rwuS8>



Do you agree with her?

eMagazines

Do you like to read magazines? Do you have a tablet or smartphone? If yes, then you can access and use the **eMagazine service (Libby)** with your library card.



Go to the **Libraries Ireland website** for more details about how to get the App and login. Scan the QR code on your phone or go to:

<https://www.librariesireland.ie/elibrary/emagazines>



If you need help with this, ring **NALA** on Freephone 1 800 20 20 65.

Running

Learning more about...



Estimate distance

This web page will show you an easy way to estimate how far something is away from you.



Read the instructions on the Mathsisfun website and try it out.

Scan the QR code on your phone or go to:

<https://www.mathsisfun.com/measure/estimate-distance.html>



Jot down what object you choose and how far away you estimated.

Listening



Listen to this description of running a marathon.

Scan the QR code on your phone or go to:

<https://learnenglish.britishcouncil.org/general-english/audio-zone/marathon-running>



Try to answer Task 1 and Task 2.

Running

Thinking more about...



Usain Bolt on his career



Watch this short clip of Usain Bolt talking about what he thinks about moments before the race (2 minutes). Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=Q7a5DJEJ2DI>



What do you think about when you are facing a challenge?

Jot this down here.

Setting challenges

We often set ourselves challenges. When we finish the challenge, it can be hard to know what to do.



Read this Irish Times article on dealing with the days after a race and pick up some tips. Scan the QR code or go to:

<https://www.irishtimes.com/news/health/dealing-with-the-day-after-the-race-before-1.1063825>



Learning more about...



Suffixes

Let's **look at more suffixes on the Spellzone website.**

Scan the QR code on your phone or go to:

https://www.spellzone.com/word_lists/list-4751.htm



Now let's **practise the words** using the Look, Say, Cover, Write and Check method.

Visit the Spellzone website to try it out. Scan the QR code on your phone or go to:

https://www.spellzone.com/word_lists/look-say-cover-write-check-4751.htm



Football vocabulary



Try these exercises on the British Council website to learn some vocabulary for talking about football. Scan the QR code on your phone or go to: <https://learnenglish.britishcouncil.org/vocabulary/b1-b2-vocabulary/football>



Jot down some new words here or in your notebook.

_____	_____
_____	_____
_____	_____

Thinking more about...



Setting challenges



Read through Gavin Bazunu's player profile. Scan the QR code on your phone or go to:

<https://www.transfermarkt.co.uk/gavin-bazunu/profil/spieler/585550>



Did you learn something new about Gavin?

Gavin on goalkeeping



Watch this video where Gavin talks about his idea of what a goalkeeper can do and about himself as a footballer (5 minutes).

Scan the QR code on your phone or go to:

<https://www.facebook.com/watch/?v=3205844376322249>



What do you think about Gavin after listening to this interview?

Learning more about...



Reading books about sport

Do you read books about sport?



'Touching the Void' by Joe Simpson is about how he survived coming down the Andes. Scan the QR code on your phone to extract from this book or go to:
<https://y102english.wordpress.com/2015/12/08/touching-the-void-extract-language-paper-2-study/>



There was a film made about this journey. **Watch the 'Touching the Void' trailer online.** Scan the QR code on your phone or go to: <https://www.youtube.com/watch?v=jtnqVZEkyg>



Would you watch the film and why?

Sports quizzes and puzzles



braingle.com is a website that has many puzzles for you to try out. **Try this puzzle** where they give you a definition of a sport and you guess which sport it is. Scan the QR code on your phone or go to:
<https://www.braingle.com/trivia/5060/just-sports.html>



Thinking more about...



Sporting moments

Have you a favourite sporting moment? Do you remember the commentary?



Here is an article that lists **12 of the greatest pieces of commentary in Irish sport**. **Look** at the list and **watch** the commentary. Scan the QR code on your phone or go to: <https://www.balls.ie/irishlife/greatest-pieces-of-commentary-378053>



Which piece of commentary was your favourite?

Interview with Philly

In 2018, Philly McMahon is interviewed on the 'Keith Andrews Show' where he talks about GAA versus soccer culture, Ballymun and mentoring.



Listen to the interview online (38 minutes). Scan the QR code on your phone or go to: https://youtu.be/Xm_WPcb41G8



What stuck out for you from the interview?

Has your opinion changed about anything?

Learning more about...



Getting started with running



If you are thinking of starting to run, **watch these videos and tips from the Irish Times 'Get Running series** to guide you through the first 4 weeks. Scan the QR code on your phone or go to: <https://www.irishtimes.com/life-and-style/get-running/weeks-1-4>



To start running, what three things do you need to do?

1. _____
2. _____
3. _____

Video of Sonia's race



Watch this video of Sonia O'Sullivan winning a race in Edinburgh in 1994. Scan the QR code on your phone or go to: <https://www.rte.ie/archives/2014/0709/629354-sonia-osullivan-breaks-2000m-world-record/>



Why do you think she won?

Thinking more about...



Verbs

Using the right verb

Sometimes you might want to use a more expressive verb.



Have a look at the **BBC Skillswise page on using verbs and try it out**. Scan the QR code on your phone or go to:
<http://teach.files.bbc.co.uk/skillswise/en23verb-l1-w-use-the-right-verb.pdf>



Using expressive verbs

As you saw in the examples, sometimes using a more expressive verb gives a better idea of what you mean.



Go to the **Thesaurus.com website**. Scan the QR code on your phone or go to:
<https://www.thesaurus.com/>



Type in 'run' in the search bar.

Pick 5 of the words listed and write them down in your notebook.

Now try doing the same with the verbs 'move' and 'win'.

Verbs	Other words you could use to describe word.
Move	
Win	

Learning more about...



Race commentary

What sports do you like to watch? Do you read or listen to the commentary?



Listen to this commentary of the 2015 Leger Legends Race

where A.P. McCoy is riding on Gannicus. Scan the QR code on your phone or go to: https://youtu.be/OasVI-8_e-U



Now **watch it again** and **mute the sound button**. Try to **commentate the race yourself**. What does it feel like?

History of horseracing



Watch this video about the history of horse racing (6 minutes).

Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=n-Z7dxPiUGk>



If you interested in hearing more about the history of horse racing, then **listen to the 'Off the Ball' podcast** where Paul Rouse discusses the history of Irish Horse Racing (32 minutes): Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=Pc1Y-hr2miQ>



What new fact did you learn?

Thinking more about



AP McCoy on retiring

In 2015, A.P. McCoy retired as a jockey.



Watch this short video where A.P. talks about retiring (2 minutes). Scan the QR code on your phone or go to:
<https://www.bbc.com/sport/horse-racing/32462007>



What do you think of the interview?

Survey on jockey's career, wellbeing and education

The Irish Jockey's Trust launched new research about jockeys in 2022.

The survey asked questions about their career, wellbeing and education. You might be surprised at some of the results.



Read the article about the Irish Jockey's Trust survey results. Scan the QR code on your phone or go to:
<https://www.theirishfield.ie/health-important-findings-in-jockey-survey-701854>



What surprised you in the article?

Learning more about...



Picture yourself

Dublin GAA star Carla Rowe talks about what confidence means to her:



"Loving what you do. Enjoying taking part and getting to play in big matches where you can test all your skills at the highest level. It is believing in something and backing yourself to complete the task / goal. Confidence is also developed through practice and repetition!"

Quote: <https://www.image.ie/self/women-in-sport-dublin-gaa-player-carla-rowe-604889>



Think of a learning goal. Picture yourself achieving it.

Draw or jot down what the picture would look like in your notebook.

Online course: Setting Learning Goals

NALA offers an online course on **Setting Learning Goals** at levels 1 and 2. You can get a NALA certificate at level 1 and a Quality and Qualifications Ireland (QQI) Award at level 2.



To get started, [go to the Learn with NALA website](https://www.learnwithnala.ie/) and register.

Scan the QR code on your phone or go to:

<https://www.learnwithnala.ie/>



All courses are free and confidential. If you need help to get started, ring NALA on **Freephone 1 800 20 20 65**.

Thinking more about...



Activist video

In her TED talk, Valerie says “it’s lovely to be able to use her voice to help people”.

An activist is a person who campaigns to bring about political or social change.



Look at these ten steps to becoming an activist.

Scan the QR code on your phone or go to:

<https://www.trocaire.org/sites/default/files/education/lent2017/ten-steps-to-become-an-activist.pdf>



What would you like to become an activist about?



Jot down a few points.

Activist in action



Watch this video where four young people talk about their experience of being an activist for climate change (59 minutes).

Scan the QR code or go to:

<https://www.youtube.com/watch?v=4cX6Lo-LzEU>



Would you become an activist for climate change and why?

Boxing

Learning more about...



Writing about sport

Do you read about sport in newspapers?

Kieran Cunningham is a sports writer for the Irish Daily Star and he won the 'Popular Sports Journalist' of the year in the Journalism Awards 2022.



Read his award winning article on Muhammad Ali.

Scan the QR code on your phone or go to:

<https://journalismawards.ie/ja/wp-content/uploads/2021/10/KieranCunningham-03.pdf>



What do you think of this article?

Numbers puzzles

Do you like a numbers puzzle? Have you tried Kakuro puzzle? The aim is to place the numbers 1-9 into each white square so that the sums of each horizontal or vertical entry matches the clues given at the start of each column or row. You cannot repeat a number in any entry.

For example:

			12	9	
		20	17	9	8
	8	6	3	2	1
17	7	9	1		
9	1	8			



Try it out

Play one online on the KakuroConquest website.

<https://www.kakuroconquest.com>

OR

Play one online on the Braingle website.

<https://www.braingle.com/games/kakuro/>

Thinking more about...



Interview with Barry



Watch this interview with **Barry McGuigan** where he speaks about his work (15 minutes). Scan the QR code on your phone or go to: <https://www.youtube.com/watch?v=HKnlInIaIHMA>



What did you learn from this video? Jot down a few points.

Top 10 famous speeches



Watch this video that shows **top 10 famous speeches in history** (16 minutes). Scan the QR code on your phone or go to: <https://www.youtube.com/watch?v=0Veglvb1e7s>



What is your favourite and why?

Did you notice there is only one woman in this list? **Look up** famous speeches by women and see what you can find.

Learning more about...



Prefixes

Re is a prefix that means again or back.



Read the clues and answer the word puzzle here or in your notebook.

Remember all the answers start with the prefix '**re**'. The numbers after the clue is the number of letters in the answer.

	Clue	Answer
1	To do again (4)	
2	To pay money back (5)	
3	To find a new use for something (5)	
4	To come back or go back to a place (6)	
5	To fill something again (6)	
6	To drive backwards (7)	

More on prefixes



Try this exercise to spot the prefixes and type them in the space allowed. Scan the QR code on your phone or go to:
https://www.spellzone.com/unit23/quest1_p1-2/index.cfm



Thinking more about...



County crests

How many of the county crests do you know?



Test yourself on the SportsJoe website. Scan the QR code on your phone or go to:

<https://www.sportsjoe.ie/gaa/county-crests-gaa-76218>



Heroes



Watch the RTÉ programme 'We become Heroes' which features Cora Staunton (51 minutes). Scan the QR code on your phone or go to: <https://www.youtube.com/watch?v=5Qjs4P2RmEo>



Why do you think Cora is a Mayo legend?

Learning more about...



Reading about sports people

Do you read much about sport or your hobbies?

There is a lot of information on the internet and you can also borrow books from the library about your favourite sports person.



Who would you like to read about?

Look them up online and see what you can find out about them. Have they have written an autobiography? Is there an in-depth interview with them on radio, podcast or in print?

Writing a letter

There are times when we have to write a letter – for example, to the tax office or a letter of complaint.



Look at the BBC Skillswise page on 'Writing a letter'.

Scan the QR code on your phone or go to:

<https://www.bbc.co.uk/teach/skillswise/writing-a-letter/zbc8vk7>



Remember NALA has a workbook to help to you with your handwriting. It is called **Better Handwriting** and it is free. You can download a copy here:

<https://www.nala.ie/publications/handwriting-book/>

You can get your copy by **ringing us on Freephone 1800 20 20 65** or **emailing us at info@nala.ie**.

Thinking more about...



Archive footage



Watch this old footage from the RTÉ Archives in 1984 - 'Arsenal Ambition for Niall Quinn' (15 minutes).

<https://www.rte.ie/archives/2019/0319/1037333-gunner-niall-quinn/>



What did you think of the footage?

History of soccer in Ireland

Are you interested in the history of sport in Ireland? You can find a lot of information on the internet about this.



Read this article about 100 years of Irish history told through 10 sporting events. Scan the QR code on your phone or go to: <https://www.the42.ie/100-years-of-irish-history-told-through-10-sporting-events-2676471-Mar2016/>



What did you think of the article? Would you add in any other sporting event?

Learning more about...



Hurling rules



Do you know the rules for playing hurling?

List what you know in your notebook.



Now **read more about hurling and the rules of play on the GAA website**. Scan the QR code on your phone or go to:
<https://www.gaa.ie/my-gaa/getting-involved/hurling>



Did you learn something new?

Cross number

Did you enjoy the Cross Number puzzle on page 54 of the Legends Matter workbook?



Try some other maths puzzles on the MathsIsFun website. Scan the QR code on your phone or go to:
<https://www.mathsisfun.com/puzzles/index.html>



Thinking more about...



The art of hurley making



Watch this video 'From Ash to Clash' about the art of hurley making (25 minutes). Scan the QR code on your phone or go to: <https://www.youtube.com/watch?v=WJbajy5j2Qo>



Name 3 things you learned from the video.

1. _____
2. _____
3. _____

The 4 provinces

Ireland is divided into 4 provinces Munster, Leinster, Ulster and Connacht. Hurling is played in all of the provinces.



How well do you know the provinces? Try out this fun quiz on the **FunTrivia website**. Scan the QR code on your phone or go to: <https://www.funtrivia.com/trivia-quiz/General/The-Four-Proud-Provinces-of-Ireland-382872.html>



Rally driving

Learning more about...



Travelling



Watch this video - **Rise Up** (4 minutes). Scan the QR code on your phone or go to: <https://vimeo.com/108329954>



In your notebook, **jot down any thoughts** you have after watching the video.

How do you feel about travelling?

If you could only take one more trip, where would you choose to go?

Worldle

Have you come across '**Worldle**' yet?

It is another online puzzle but this time you have to guess the country from its shape. There is a new country shape every day. You get 6 guesses. After each guess, they give the distance, the direction and how near it is from your guess to it.

So for example:

What is this country?



Try it out on the Worldle website.

Go to: <https://worldle.teuteuf.fr/>

Rally driving

Thinking more about...



Interview with Rosemary

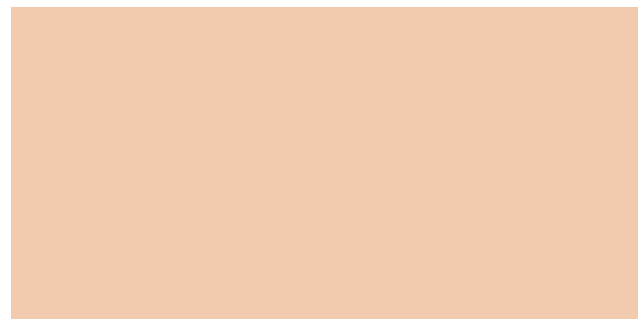
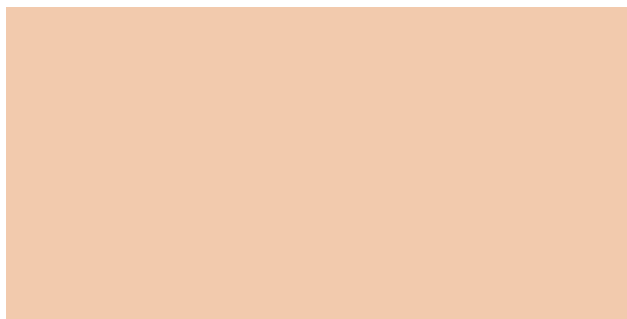


Watch this interview with Irish rally legend Rosemary Smith on being a winner, not growing old and "women drivers" (53 minutes). Scan the QR code on your phone or go to:
<https://www.youtube.com/watch?v=100i9NMh9zM>



What did you think of the interview?

Did you learn anything new or gain a new opinion?



Reading about the world

The National Geographic has many interesting articles online and in print. This article looks at how California skateboarding changed global culture. Scan the QR code on your phone or go to:
<https://www.nationalgeographic.com/magazine/article/how-california-skateboarding-revolutionized-global-culture-feature>



You will find other articles to read on the National Geographic website. Go to:
<https://www.nationalgeographic.com/>

Learning more about...



Using a dictionary

Dictionaries are very useful.



Go to the [EnglishWorksheetsLand](https://www.englishworksheetsland.com/grade2/language/17dictionary/1dictionary.pdf) website and read the worksheet. Scan the QR code on your phone or go to:
<https://www.englishworksheetsland.com/grade2/language/17dictionary/1dictionary.pdf>



Try **answering the questions** and you can jot down answers in your notebook if you wish.

Dive into the dictionary

Now let's dive further into the dictionary.



Try this online worksheet on the [EnglishWorksheetsLand](https://www.englishworksheetsland.com/grade2/language/17dictionary/5dive.pdf) website. Scan the QR code on your phone or go to:
<https://www.englishworksheetsland.com/grade2/language/17dictionary/5dive.pdf>



The answers are upside down.

1. Dormant	5. Doze
2. Dormitory	6. Doorman
3. Dormant	7. Seven
4. Dormitory	8. Dormant - both plant and animal can be alive but not growing

Thinking more about...



Know your counties

Henry Shefflin was proud to play for Kilkenny.



How well do you know your counties?

Try this quiz on the **GeoGuessr website** to find out.
Scan the QR code on your phone or go to:
<https://www.geoguessr.com/seterra/en/vgp/3150>



Greatest moments



Watch this video of Henry Shefflin's 'Best Moments' (3 minutes).
Scan the QR code on your phone or go to:
<https://www.youtube.com/watch?v=HkWL1rMj97o>



How would describe your greatest moments?

Learning more about...



Getting started with writing

Before you write, it is good to think about what you will write and plan it.



Here is a good sheet on **How to plan your writing from the BBC Skillswise website**. Scan the QR code on your phone or go to:
<http://teach.files.bbc.co.uk/skillswise/en12plan-l1-f-how-do-i-plan-my-writing.pdf>



Sometimes it is good to use a spider diagram for planning. Here is a good example of a **Spider Diagram from the BBC Skillswise website** of using one to plan a CV. Scan the QR code on your phone or go to:

<http://teach.files.bbc.co.uk/skillswise/en12plan-l1-f-planning-a-cv-using-a-spider-diagram.pdf>



Puzzles

Do you like doing puzzles? Many people like to buy a puzzle book and sit down and fill it out. Others like to do puzzles online.



If you would like to try another Word fit or Kriss Kross puzzle, you can **try out some free ones on the WordyPuzzle website**.

Scan the QR code on your phone or go to:

<http://www.wordypuzzle.com/play-word-fit-online.php>



Thinking more about...



Paul on a quiz show

The BBC television programme 'A Question of Sport' is the longest running quiz show on British TV. It began in 1970.



Watch this 2 minute clip of Paul O'Connell on the show in 2017, where he answers a challenging question. Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=OFsEIPNs0uE>



Would you have guessed the answer?

Interview with Paul



Paul O'Connell is an Ireland Rugby Coach now.

Listen to this interview with Paul on 'Off the Ball' where he talks about changing nutrition in rugby (39 minutes).

Scan the QR code on your phone or go to:

<https://www.youtube.com/watch?v=F12cHFUZ4nY>



What did you learn from this interview?

Will you change anything you do?

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 literacy skills.

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