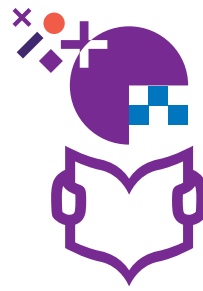


Step into Learning



Learn with
NALA

A worksheet for adults to practise reading, writing, spelling and numbers.

Looking back at their lives

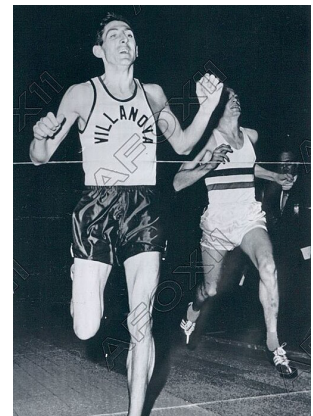
Ronnie Delany

Ronnie Delany was an Irish Olympic runner. He died recently at the age of 91. He was born in Arklow, Co. Wicklow, in 1935.

Ronnie won a gold medal for Ireland in the 1956 Olympic Games. He was only 21 years old. He gave up running a few years later because of an injury.

Ronnie also kindly gave us here in NALA (National Adult Literacy Agency) a piece from his book about his life, which we used in a book for our learners called LEGENDS.

A statue of him was put up in Arklow a few years ago, to remember him in the town where he was born. His wife, Joan, sadly died a week later.



Ronnie Delany



Dolores Keane

Dolores Keane, the famous Irish singer, died in March. She was 72 years old. She was from Galway.

When she was a child, she lived with her grandparents and her aunts, Sarah and Rita. They were all good singers. Dolores grew up with music in her home.

She was famous around the world and sang in places like Australia and Nashville in America. Her best-known songs are "Caledonia" and "My Own Dear Galway Bay".



Dolores Keane

The President of Ireland, Catherine Connolly, and former president Michael D. Higgins went to her funeral in Galway.

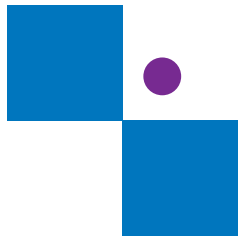
Michael Lyster

Michael Lyster, the well-known sports TV (television) presenter, also died in March. He was 71. He was from Galway. He started working in RTÉ (Raidió Teilifís Éireann) in 1979. He presented the popular TV show "The Sunday Game" for over 30 years, until he retired in 2018.

People across Ireland knew him. Every Sunday on TV he talked with the sports panel about important GAA (Gaelic Athletic Association) hurling and football matches.

Image sources pages 1-2:
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Tony 1212, CC BY 4.0 via Wikimedia Commons

Words from the story



gold games injury statue singer music
funeral Galway President Sunday Game

Writing practise



Fill in the blanks with words from the box above.

1. Ronnie Delany won a _____ medal.
2. He ran in the 1956 Olympic _____.
3. Ronnie Delany gave up running because of an _____.
4. A _____ of Ronnie Delany stands in Arklow.
5. Dolores Keane was a famous _____.
6. Dolores grew up in a house full of _____.
7. Many people went to Dolores Keane's _____.
8. Michael Lyster and Dolores Keane were both from _____.
9. Catherine Connolly is the Irish _____.
10. Michael Lyster was on a TV show for 30 years called
The _____.

Fuel protests in Ireland

In April there were fuel protests in Ireland. Lorry drivers, farmers, bus drivers, and the public were all in the protests. They wanted the government to do something about the high prices of petrol, diesel and oil. The prices went up when fighting started in Iran.

The protests started on **Tuesday 7 April 2026**. Tractor, bus and lorry drivers blocked the main roads and motorways. People were held up for many hours. The ports in **Galway**, **Foynes** in Limerick and **Whitegate** in Cork were blocked and oil could not be taken in or out.

Soon, there was not enough fuel. Many petrol stations ran out of petrol and diesel. People trying to go to work or to the hospitals were very worried. The Gardaí came to open the ports and some people were arrested.

The government did not like the protests. They asked people to stop. On Sunday, more people joined protests in towns all over Ireland.

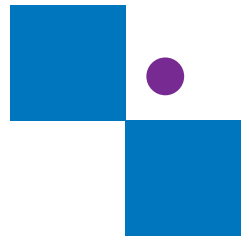
The government gave **€500 million** to help bring down the price of diesel, petrol and home heating oil. By the end of the week, most roads were open. Some protests still went on. The government and workers are still talking.



Irish fuel protests in Dublin

Image source:
infomatique, CC BY-SA 4.0 via Wikimedia Commons

New words



protests drivers petrol diesel motorways government

Writing practise



Fill in the blanks using words from the box above.

1. In April there were fuel _____ in Ireland.
2. Tractor, bus and lorry _____ blocked the roads.
3. Prices of _____ and _____ went very high.
4. They blocked the _____.
5. The _____ gave €500 million to help.

Spelling practise: Words that end in 'ing'



When we add a letter or letters before **ing** we can make new words.

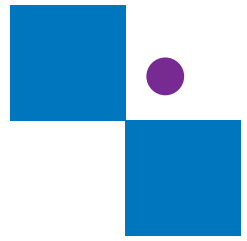
Examples: b + ing = bing and sw + ing = swing

add 1 letter	add 2 letters	add 3 letters
king	bring	string
ring	sling	spring
sing	sting	
wing	thing	

Pick a word from the list above to finish the sentences.

1. The head of a country is sometimes called the _____ .
2. I have a lovely gold _____ on my finger.
3. When I am happy, I like to _____ a song.
4. The little bird fell off the tree and broke his _____ .
5. When you go shopping, please _____ home milk.
6. When I broke my arm, the doctor put it in a _____ .
7. The wasp gave me a _____ .
8. That was a lovely _____ you did for your friend.
9. Can you tie the flowers together with some _____ .
10. This season before Summer is _____ .

Fill in the blanks: Words that end in 'ing'



Fill in the blanks in the sentences below. All the words end in **ing**.

Tick ✓ the correct word **a, b** or **c**.

1. I like to _____ a song when I am at a party.

- a. thing b. sing c. wing

2. I wear a _____ on my finger.

- a. ring b. sing c. king

3. There is a _____ and a queen in England.

- a. ring b. bring c. king

4. My favourite season of the year is _____.

- a. ring b. sing c. spring

5. A _____ from a wasp is not nice.

- a. sting b. bring c. wing

6. I like to _____ a lunch to work every day.

- a. sing b. bring c. wing

Word search



Find these words hidden in the word search.

ring	v	v	k	j	r	g	t	i	o	p	l	r
king	s	l	i	n	g	p	r	n	t	k	h	i
sing	s	p	r	i	n	g	a	g	h	i	f	n
wing	r	f	i	g	e	t	s	t	i	n	g	g
bring	a	q	s	n	o	y	q	y	n	g	n	n
sting	j	r	i	n	g	h	k	t	g	h	s	r
sling	c	e	n	w	i	n	g	m	g	h	n	d
thing												
spring												
string												

Further help is available

If you need help with these worksheets, or with reading, writing, maths or digital skills, you can contact the National Adult Literacy Agency (NALA).



Call us on Freephone 1 800 20 20 65

You can study online on our Learn with NALA website [learnwithnala.ie](https://www.learnwithnala.ie) or with a tutor over the phone, or we can give details of your local training options.



National Adult Literacy Agency

Áisíneacht Náisiúnta Litearthachta do Aosaigh

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