

# Above and Beyond: The Positive Stories of Lockdown

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



## Captain Sir Thomas Moore



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

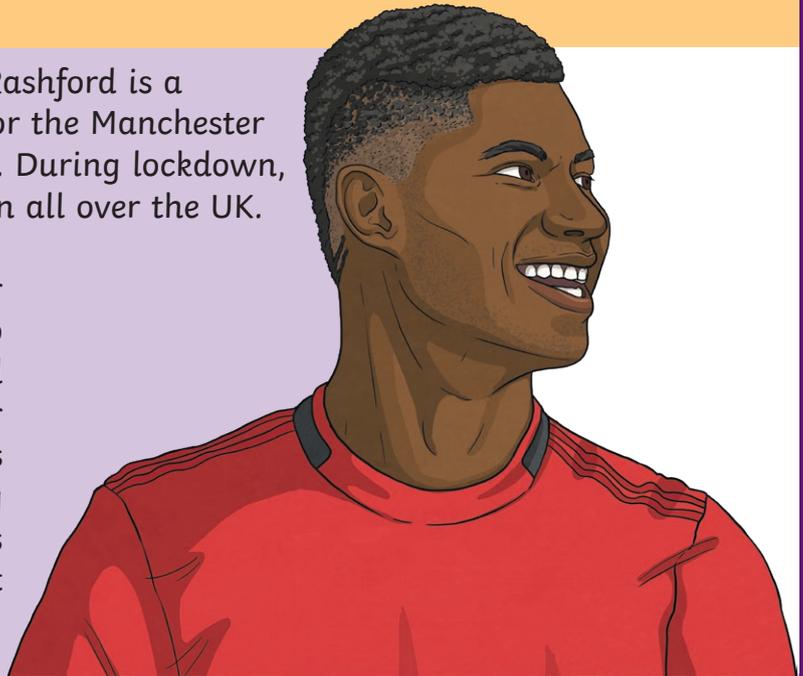
By his 100<sup>th</sup> birthday on 30<sup>th</sup> April 2020, he had achieved more than the 100 laps that he had set out to complete. Captain Sir Tom said he was 'blown away' to receive more than 100,000 birthday cards on his 100<sup>th</sup> birthday. The Royal Mail even had to set up a special collection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

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

### Marcus Rashford

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

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



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

### Joe Wicks



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

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

## Glossary

**foodbank:** Provides people in need with free food.

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

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

# Questions

1. What did people have to stop doing during lockdown? Tick **two**.
  - going to work
  - going in their garden
  - going to school
  - eating chocolate
2. Number the events from 1-4 to show the order that they happened in.
  - Marcus Rashford wrote a letter to the government.
  - Joe Wicks was born.
  - Captain Sir Thomas Moore was born.
  - Many countries were put on lockdown.
3. Read the section titled **Sir Captain Thomas Moore**.  
Tick one word which means the same as **achievement**.
  - affectionate
  - accomplishment
  - miracle
  - applause
4. **Marcus Rashford has worked tirelessly to help children across the UK during lockdown.**  
What does this tell you about him? Tick one.
  - that he likes playing football
  - that he is determined
  - that he worked at a foodbank
  - that he has children
5. What did Joe Wicks do to help children during lockdown?  
\_\_\_\_\_
6. Fill in the missing words.  
During this \_\_\_\_\_ time, there were stories  
of \_\_\_\_\_ people going above and beyond to help others.
7. Summarise in 25 words or fewer why people might think that Marcus Rashford is inspirational.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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# Answers

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

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

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

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

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