

Above and Beyond: The Positive Stories of Lockdown

In March 2020, the spread of a virus called COVID-19 meant that many countries were put on lockdown. Life became different for everyone. People could not go to work or school. Many people worked hard to help others who needed it. Read some of these stories below.



Captain Sir Thomas Moore



Captain Sir Thomas Moore raised over £32 million for the **NHS** by challenging himself to walk 100 laps of his garden. His story captured the hearts of the public because he was 99 years old at the time. It was shared across the UK and the world, which meant that he met his target of £1,000 within a day.

Captain Sir Thomas was 'blown away' to receive more than 100,000 birthday cards on his 100th birthday on 30th April 2020. The Royal Mail even had to set up a special collection box!

The war veteran's fundraising meant that he was awarded a knighthood.

Marcus Rashford

Marcus Rashford is a professional footballer who plays for Manchester United. 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 free school meal tokens over the school holidays to the children who needed them. He shared his own story of using **foodbanks** and free school meals and the government agreed to his request.

Marcus has also helped to raise £20 million for a charity which supports foodbanks.



Joe Wicks



Joe Wicks is on a mission to help people to have healthy bodies and eat well.

When the COVID-19 crisis began in March 2020, Joe began streaming PE lessons online to keep children active. 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

- When is Captain Sir Thomas Moore's birthday? Tick one.
 - 21st September
 - 30th April
 - 16th October
 - 26th March
- Which football team does Marcus Rashford play for? Tick one.
 - Manchester City
 - Chelsea
 - Manchester United
 - Tottenham Hotspur
- What does Joe Wicks help people to do? Tick **two**.
 - eat well
 - learn how to read
 - spend time with their friends
 - have healthy bodies

- Draw **four** lines and complete the sentences.

He shared his own story
of using foodbanks...

People could not go to...

When the COVID-19 crisis
began in March 2020,...

The Royal Mail even had
to...

Joe began streaming PE
lessons online to keep
children active.

set up a special collection
box!

and free school meals and
the government agreed to
his request.

work, school or visit their
family and friends.

- Fill in the missing words.

Marcus has also helped to _____ £20 million for
a _____ which supports foodbanks.

6. Look at the section about Captain Sir Thomas Moore.
Find and copy a word which means the same as **granted**.

7. Explain why people might think that Captain Sir Thomas Moore is heroic.

Answers

1. When is Captain Sir Thomas Moore's birthday? Tick one.

- 21st September
- 30th April**
- 16th October
- 26th March

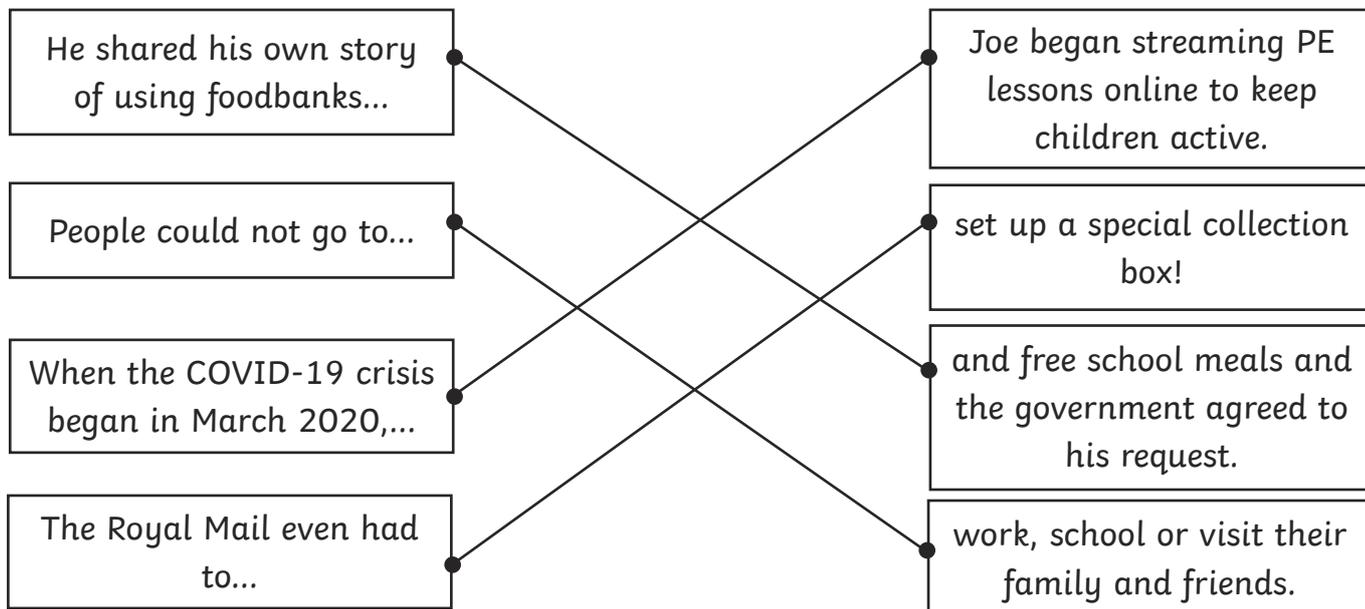
2. Which football team does Marcus Rashford play for? Tick one.

- Manchester City
- Chelsea
- Manchester United**
- Tottenham Hotspur

3. What does Joe Wicks help people to do? Tick **two**.

- eat well**
- learn how to read
- spend time with their friends
- have healthy bodies**

4. Draw **four** lines and complete the sentences.



5. Fill in the missing words.

Marcus has also helped to **raise** £20 million for a **charity** which supports foodbanks.