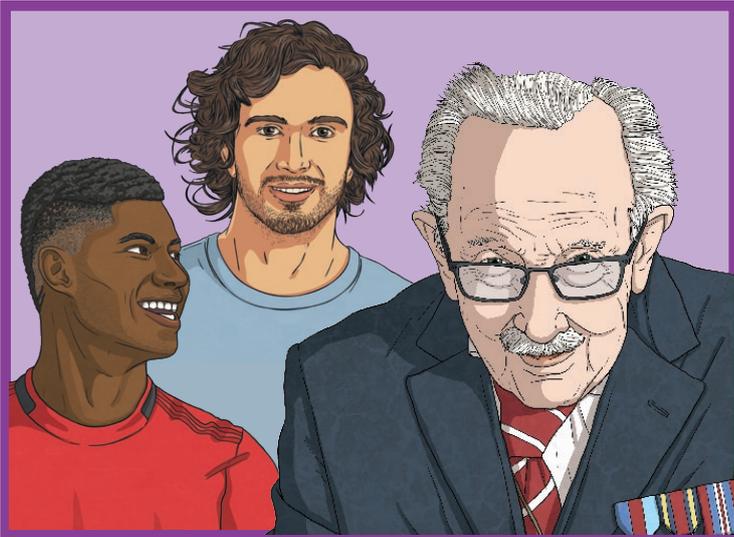


Above and Beyond: The Positive Stories of Lockdown



In March 2020, governments worldwide put many countries on lockdown to try to slow the spread of the virus COVID-19 and to save lives. Lockdown meant changes for everyone. People could not go to work, to school or to visit their family and friends. Out of this difficult period came uplifting 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 managed to raise 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 both across the UK and the world. Amazingly, he met his target within a day.

Captain Sir Tom quickly became a national treasure and, by his 100th birthday on 30th April 2020, he had easily surpassed his target of 100 laps. He said that he was 'blown away' to receive more than 100,000 birthday cards on his 100th birthday. The Royal Mail even had to set up a special collection box!

The war veteran's fundraising efforts meant that he was awarded a knighthood: an important honour and well-deserved achievement.



Marcus Rashford

Born on 31st October 1997, Marcus Rashford is a professional footballer from Manchester. Famous for being a star of the Manchester United and England football teams, his inspirational actions during lockdown caught the attention of the wider public.

In June 2020, Marcus wrote a letter to the government asking them to continue to give free school meal vouchers to children that needed them over the school holidays. He shared his own personal experience of relying on **foodbanks** and free school meals, explaining how important these things were for his family during his childhood. As a result, the government changed their minds and agreed to his request.

Along with this achievement, he helped to raise £20 million for a charity which supports foodbanks and has provided meals for over one million children in the UK. Marcus intends to do more to help people in need following his successes during lockdown.



Joe Wicks



Joe Wicks is on a mission to help people have healthy bodies and to eat well. Born on 21st September 1986, he has said that he did not have the healthiest start to life. He has worked with over 100,000 people worldwide and helped to transform their lives for the better.

When the COVID-19 crisis began in March 2020, Joe began streaming PE lessons online for children to ensure that they could keep active and healthy despite missing out on PE lessons while schools were closed. The classes were a huge hit – the first

session saw 900,000 families tune in and, by the second day, the number had rocketed to 955,000. This was a record-breaking number of online streams for a fitness video.

In total, Joe recorded over 70 sessions, helping to keep children (and adults) fit during lockdown while simultaneously raising over £500,000 for NHS charities.

Glossary

foodbank: Provides people in need with free food.

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

Questions

1. **Captain Sir Thomas Moore received over 100,000 birthday cards.**

What does this tell you him? Tick **two**.

- that he liked receiving presents
 that many people liked him
 that many people knew it was his birthday
 that he used to be in the army

2. Number the events from 1-4 to show the order that they happened in.

He has worked with over 100,000 people worldwide...

Captain Sir Tom quickly became a national treasure...

Along with this achievement,...

In March 2020, governments worldwide put many countries on lockdown...

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and helped transform their lives for the better.

and, by his 100th birthday on 30th April 2020, he had easily surpassed his target of 100 laps.

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

3. What is Marcus Rashford's job?

4. Look at the section about Joe Wicks. Find and copy a word which means the same as **emergency**.

5. Fill in the missing words from the section about Marcus Rashford.

His _____ actions during lockdown have caught the _____ of the wider public.

6. **The government agreed to continue giving children free school meal vouchers in the holidays.**

Why do you think that Marcus was able to convince the government to change their minds about the vouchers?

7. Both Captain Sir Thomas Moore and Joe Wicks raised money for NHS charities. Explain why you think this was using evidence from the text.

8. Explain why Captain Sir Thomas Moore was awarded a knighthood.

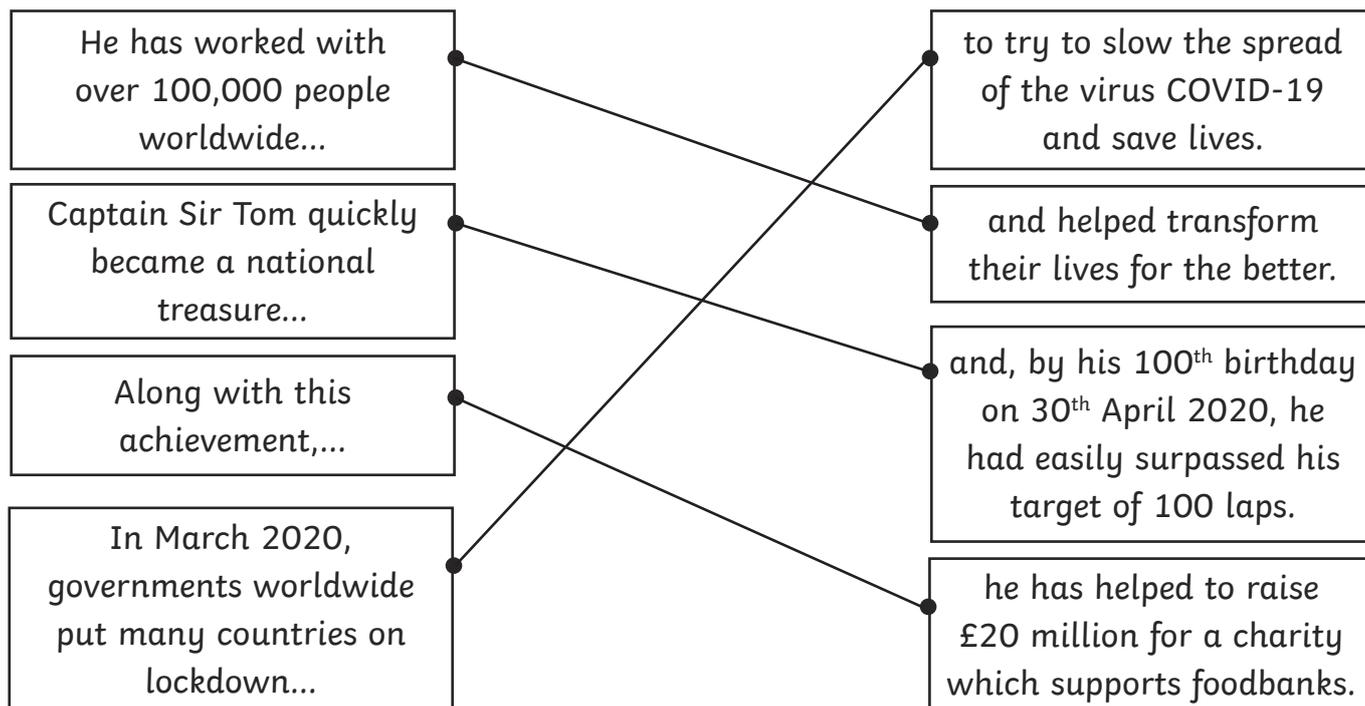
Answers

1. **Captain Sir Thomas Moore received over 100,000 birthday cards.**

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Marcus Rashford is a professional footballer.

4. Look at the section about Joe Wicks. Find and copy a word which means the same as

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crisis

5. Fill in the missing words from the section about Marcus Rashford.

His **inspirational** actions during lockdown have caught the **attention** of the wider public.

6. The government agreed to continue giving children free school meal vouchers in the holidays.

Why do you think that Marcus was able to convince the government to change their minds about the vouchers?

Pupils' own responses, such as: I think that Marcus was able to change the government's mind because, as a famous person, his letter got attention online and from the public and many other people began to support and agree with him.

7. Both Captain Sir Thomas Moore and Joe Wicks raised money for NHS charities.

Explain why you think this was using evidence from the text.

Pupils' own responses, such as: I think that both Captain Sir Thomas Moore and Joe Wicks raised money for the NHS because the virus was making lots of people ill. This meant that there were more people in hospital than usual. The NHS needed money to make sure it could keep looking after people well.

8. Explain why Captain Sir Thomas Moore was awarded a knighthood.

Pupils' own responses, such as: Captain Sir Thomas Moore was awarded a knighthood because he raised millions of pounds for a very important cause during a crisis in the UK.