

This week's theme is 'Healthy Me' and we would like to focus on PE and exercise. Today we will be looking at a famous runner called Mo Farah who can run a long way in a short time. He has won lots of medals.

## A Postcard from Mo Farah

2 Hello Dad,

11 I'm writing to you from my running camp in  
19 Africa. We have been training hard and working  
29 up a real sweat. It is important that we work  
42 hard to keep fit so that we can be the best in  
50 the race; that includes making sure that we are  
58 eating healthy foods to keep our bodies strong.  
67 For breakfast today, I had a bowl of porridge  
78 with a banana on top. For lunch, I ate a jacket  
87 potato with beans and a salad. For my evening  
96 meal tonight, I'm going to be having chicken  
103 with pasta and vegetables. I love eating healthy  
114 food because it keeps me fit and lets me run for  
115 longer.



Now have a go at answering these questions



1. Match the name of the meal to what Mo ate for it.

Breakfast	chicken, pasta and vegetables
Lunch	porridge with a banana on top
Evening Meal	jacket potato with beans



2. Why does Mo want to be the best in the race?

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3. '*...it keeps me fit*' In this sentence, what does 'fit' mean?

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4. What else might Mo do to keep his body healthy?

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5. Who is Mo writing to?

- A – His mum
- B – His dad
- C – His brother

6. Where is Mo writing from? \_\_\_\_\_

### Phonics

Check this website to find out more about the phonics sounds for your secret mission.

<https://home.oxfordowl.co.uk/reading/learn-to-read-phonics/>

<https://home.oxfordowl.co.uk/reading/reading-schemes-oxford-levels/read-write-inc-phonics-guide/>

1. What did coach do with the gate?

A – left it open

B – Opened it

C – Closed it

2. What did the coach have to do with the toys?

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3. What 2 things did the coach have to do to help children with their snacks?

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**Challenge question**

4. Look at the end of the poem. How did the children feel about their coach?

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Have a look at the Oxford Owl website. [www.oxfordowl.co.uk](http://www.oxfordowl.co.uk)

You will need to register and log in. There are lots of free e-books and you can choose a book at the same colour level as your child's home reading book to read with your child.

**Two chilli questions –**

1. Who do you think that the poem is about?

A – A football coach

B – A football player

C – An ice skater

2 What clothing was the coach wearing?

A - A jacket

B – A hi-vis

C – Wellies

3 What 3 jobs did the person do, if someone had an accident?

A – Stuck on plasters, hunted ice packs and wound bandages.

B – hunted ice packs, gave lollies and stuck on plasters.

C – Gave first aid, stuck on plasters and hunted for ice packs.

4 What did the coach have to do if the football was stuck or lost?

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5 What did the coach have to do to help children with their snacks?

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**Challenge question**

6 Look at the end of the poem. How did the children feel about their coach?  
Explain how you know.

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