**Usain Bolt: #BeTheFastest**

<https://www.youtube.com/watch?time_continue=1&v=AdGQ43smLoc&feature=emb_title>

Pause the clip at the given moments and either think about or discuss the questions at home. Once the clip is finished, choose either a mild, spicy or hot writing activity to complete!

If you are unable to access the video please see the information below. Our spicy writing challenge can be completed using this alone and some imagination.

*‘At the Berlin 2009 World Championships,****Bolt****made a world****record****of 9.58 seconds for the****100m****race, with a top speed clocking in at 27.8 miles per hour (44.72 kilometers per hour) between meters 60 and 80, with an average speed of 23.5 mph’* (retrieved from www. biography.com 23.4.20)

**Learning Intention:**

We are learning how to watch and listen to a variety of texts.

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| **Discussion:** | 9 seconds | What was Usain Bolt’s world record time? What type of athlete is he?  What question does the narrator ask and why? |
| 20 seconds | What does the narrator say that 9.58 seconds feel like? What does this mean? |
| 29 seconds | What else does he say it feels like? What does this mean? Who are the people in the  clip and why are they so excited? |
| 37 seconds | What else does he say it feels like? What does this mean? How does Usain Bolt train?  What physical and mental qualities does he have? Why does he put himself through so  much pain? |
| 48 seconds | What else does he say it feels like? What does this mean? Look at the image on the  screen, what is this all about? What is it comparing Usain Bolt to? |
| 58 seconds | When growing up, what did Usain Bolt never lose? What does this mean? What do the  little images on the screen remind you of? Why are they here? |
| 1 min 8 seconds | How does Usain Bolt like to relax? What type of person is he? What does it mean by  ‘*pure joy*’? |
| 1 min 14 seconds | What do you think the narrator is about to say? “*It feels like being a real life…?*” What  is written on the sign? What does this mean? |
| **Thinking:** |  | - What does Usain Bolt say into the camera towards the end of the clip? Why does  he say this and what does this tell you about his personality?  - What is this an advert for? How and why is it effective? What is it comparing Bolt  to?  - The narrator says, “*Like everything in your whole life suddenly making sense*.”  What does he mean by this?  - What words are written on the screen at the end? Why is this effective?  - How does the narrator use his voice to engage the viewer? |
| **Writing:** | Mild | There are lots of similes throughout this clip to explain what 9.58 seconds ‘feels like’.  Can you create 3 different similes to explain what you think 9.58 seconds ‘feels like’?  e.g. ‘Like your whole life flashing before your eyes.’ |
| Spicy | Imagine that you are Usain Bolt. You have just won the 100m Olympic Final and broken  a new world record! You have been caught by the media who want to interview you.  Their first question is, ‘Usain, how do you feel?’ Answer this question in 5 sentences. |
| Hot | Watch this TV clip:  <https://www.youtube.com/watch?v=vqQ9Pfs1i-w>  Now watch the clip again in silence. Imagine that you are the TV commentator for the day.  Re-write a new voice over for your TV viewers. |