

Mo Farah – Britain’s Most Decorated Athlete

Mo Farah is a household name. He is a British distance runner and has won many medals for lots of different distances, making him Britain’s most decorated athlete, and is probably Britain’s greatest athlete!



Early Life

Mohammed Muktar Jama Farah (also known as Mo Farah) was born in 1983 in Somalia, Africa. He was born with his twin brother to a British father and a Somali mother who met on holiday. At the age of 8, and not being able to speak any English, Mo moved to Britain to live with his father, leaving his brother back in Somalia.

Family Life

Mo is married to his wife Tania and they have had three children together. They have twin daughters, Amani and Aisha who were born just after the 2012 Olympic Games, and a son Hussein who was born in 2015. They currently live in Portland, Oregon, USA.

Achievements

Mo's running began back at secondary school where he was a big fan of sports. In 1996, aged only thirteen, Mo won the English Schools' **Cross-Country Championship**, and then won it again the following year.

In 2006, Mo ran the 5000 metres in a time of 13 minutes and 9.40 seconds. This was **incredible** because it was the second fastest time by a British athlete, ever! In August 2010, Mo became the British record holder by running the distance in 12 minutes 57.94 seconds. He was the first **Briton** to break the 13 minute mark, making him the fastest Briton!

When the time came for the World Championships in 2011, Mo was ready. He ran two races and came away with two medals; gold for 5000 metres and silver for the 10,000 metres. Mo was **proving** he could **perform** on a big stage!

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Mo Farah – Y2m/Y3s/Y4e (Lime) – Text

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Still, Mo **improved** further. Not long after, in 2012 (only a year after winning a gold and a silver medal), Mo managed to win two gold medals in the London Olympics for 5000 and 10,000 metres. He celebrated by doing the 'Mobot' – a **pose** where he makes an M shape above his head. It is his **trademark** celebration. After the 2012 Olympics, Mo was awarded with a CBE in the New Year **honours** list by the Queen. A CBE, which stands for **Commander** of the Order of the British **Empire**, is a **privilege** awarded to people for excellent work. Some people believe that Mo should have received a higher award, such as a knighthood for his success in running.

Mo Farah repeated his success in 2013 at the World Championships again, winning gold in both events. This man was unstoppable. He was **competing** in so many events and winning them all!



More recently, Mo competed in the 2016 Olympic Games in Rio, Brazil. He came away with two gold medals for the 5000 and 10,000 metres, **despite** falling in one of his races and being able to catch up and then win the event. He told reporters that he thought his Olympic dream was over when he fell.

After the 2016 Olympic Games in Rio, Brazil, Mo has claimed that the 2017 World Championships will be the last time he runs in track races. He did say, however, that he would like to run **marathon** races instead and is looking ahead to entering the marathon race in the Tokyo Olympics in 2020.

Interesting Facts

Mo Farah's right leg is more than an inch shorter than his left leg.

When Mo was younger he wanted to play for Arsenal Football Club as a **winger**.

When asked about his sporting heroes Mo said that Ryan Giggs and Muhammed Ali were his heroes.

The 'Mobot' is the name of his **victory** pose. The pose was created during a sporting gameshow and has made lots of money for charity.

Mo has written his own **autobiography** called *Mo Farah, Twin Ambitions: My autobiography* which was released in October 2013.

He has over 1 million followers on Twitter and 400,000 on Facebook.

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Mo Farah – Y2m/Y3s/Y4e (Lime) – Text

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Where was Mo Farah born?

In what year did he first win two gold medals in the Olympics?

Find and summarise Mo's greatest achievements.

What do you learn about in the opening paragraph of the text?

Why have subheadings been used in the text?

How do subheadings help the reader?

What two distances does Mo run in races?

Summarise what we learn about Mo in the paragraph called 'interesting facts'?

Does the text use mainly fact or fiction? How do you know?

Would you like to meet Mo Farah? Why?

What question would you now like to ask Mo?

Do you think that Mo should be given a knighthood for his achievements? Why?

Why do you think Mo is described as the 'most decorated British athlete'?

Do you think Mo will go on to win any more medals in the future? Why?

Mo Farah – Vocab 1

Write down the meaning of each of the highlighted words from the text. Use a dictionary or thesaurus to help you.

cross-country _____

championship _____

incredible _____

proving _____

perform _____

improved _____

pose _____

trademark _____

honours _____

privilege _____

competing _____

marathon _____

winger _____

victory _____

autobiography _____

ambitions _____

Mo Farah – Vocab 2

Find the words from the box in the word search below.

s	c	h	u	m	a	r	a	t	h	o	n
t	h	g	j	n	k	l	d	s	r	h	i
r	a	e	v	i	c	t	o	r	y	j	n
a	m	u	w	q	a	s	s	v	f	y	c
d	p	e	r	f	o	r	m	i	p	l	r
e	i	r	f	t	y	h	b	b	n	u	e
m	o	w	d	i	m	p	r	o	v	e	d
a	n	h	p	r	o	v	i	n	g	k	i
r	s	b	z	n	j	k	p	r	u	s	b
k	h	y	i	e	f	f	o	p	o	h	l
h	i	f	t	c	a	q	s	y	u	k	e
c	p	x	c	o	m	p	e	t	i	n	g

championship

victory

perform

proving

improved

incredible

competing

pose

marathon

trademark

Mo Farah – Oral Teacher Questions

Where was Mo Farah born? **Somalia, Africa**

In what year did he first win two gold medals in the Olympics? **2012 (London)**

Find and summarise Mo's greatest achievements. **Personal response. Children to summarise which parts of the text show this.**

What do you learn about in the opening paragraph of the text? **He is an athlete, and has won many medals.**

Why have subheadings been used in the text? **To divide up the information into chunks.**

How do subheadings help the reader? **So the reader can find information quicker.**

What two distances does Mo run in races? **5000m and 10,000m**

Summarise what we learn about Mo in the paragraph called 'interesting facts'? **He has different length legs, he used to want to be a footballer, he has sporting heroes, he has written his own autobiography, and invented his own pose. He also uses social media a lot.**

Does the text use mainly fact or fiction? How do you know? **Fact. It is a biography about his life.**

Would you like to meet Mo Farah? Why? **Personal response.**

What question would you now like to ask Mo? **Personal response.**

Do you think that Mo should be given a knighthood for his achievements? Why? **Personal response. Children to reference the information in the text to support their answer.**

Why do you think Mo is described as the 'most decorated British athlete'? **He has lots of medals.**

Do you think Mo will go on to win any more medals in the future? Why? **Personal response. Mo is leaving track running in 2017 so will be running less races and therefore less possible medals.**

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Mo Farah – Y2m/Y3s/Y4e (Lime) – Teacher Questions

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Mo Farah – Vocab 1

Write down the meaning of each of the highlighted words from the text. Use a dictionary or thesaurus to help you.

cross-country – the sport of running across different surfaces

championship – the contest to be the champion of a sport

incredible – amazing, unbelievable

proving – show or demonstrate something

perform – to present or carry out something to an audience

improved – got better

pose – a way of standing or sitting for a photograph

trademark – a habit that is linked with someone

honours – to regard someone with great respect, award them

privilege – a special right or advantage

competing – taking part in a contest

marathon – a long distance run that is measured as 26 miles

winger – an attacking player that plays down the wing or side of the pitch

victory – success, winning an event

autobiography – a biography about oneself, written by the person it is about

ambitions – a strong desire to achieve something

Mo Farah – Vocab 2

Find the words from the box in the word search below.

s	c	h	u	m	a	r	a	t	h	o	n
t	h	g	j	n	k	l	d	s	r	h	i
r	a	e	v	i	c	t	o	r	y	j	n
a	m	u	w	q	a	s	s	v	f	y	c
d	p	e	r	f	o	r	m	i	p	l	r
e	i	r	f	t	y	h	b	b	n	u	e
m	o	w	d	i	m	p	r	o	v	e	d
a	n	h	p	r	o	v	i	n	g	k	i
r	s	b	z	n	j	k	p	r	u	s	b
k	h	y	i	e	f	f	o	p	o	h	l
h	i	f	t	c	a	q	s	y	u	k	e
c	p	x	c	o	m	p	e	t	i	n	g

championship

victory

perform

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improved

incredible

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pose

marathon

trademark

classroomsecrets.com

Mo Farah – Y2m/Y3s/Y4e (Lime) – Vocab **ANSWERS**

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Spelling

This paragraph has been taken from the text. Some of the words have been misspelt!

Underline the incorrect spellings and then re-write the paragraph below with the correct spelling. There are 10 errors to find.

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