Alistair and Jonathan (Jonny) Brownlee are brothers who were born in Yorkshire. They compete in triathlons—races that involve swimming, cycling, and running. This extract from the Brownlees' autobiography is about the morning of the 2012 London Olympics triathlon final.

ALISTAIR BROWNLEE

Six forty-five a.m., 7 August 2012. I opened my eyes and looked around.

I saw the ceiling of my hotel room. I saw piles of kit strewn around the floor. I sat up in bed and asked myself how I felt.

How do you sleep the night before a home Olympic final, the biggest two hours of your life? If you’re me, the answer—rather unusually—was extremely well.

Two nights earlier I just couldn’t get down. I had turned the light off, lain there for half an hour, turned it back on again to read, and then repeated the whole cycle. But with the hooter in London’s Hyde Park just hours away, I had no such problems, nodding off around ten p.m. and then waking up nine hours later, completely naturally. I had only one thought: where did the time go?

Instantly I felt the excitement. Never before have I felt like that on the morning of a race; usually there are nerves. You are shaky, you struggle to eat breakfast. This morning there was none of that. It was pure excitement.

JONNY BROWNLEE

With an hour and a half before the start we strolled across into Hyde Park and into the athletes’ entrance, completely at ease, completely unaware of the madness that was going on everywhere else.

[...]

As we set up our helmets and running shoes in the transition area*—which we would later come sprinting into after the swim and then the cycle—we became aware of the thousands cramped in along the banks of the Serpentine*. Then, coming round a corner and out from behind a screen as we headed out on our bikes for a brief warm-up, the noise hit us.

Bang! It was incredible, almost disconcerting*. What should we do—wave? Smile? Try to acknowledge it all?

At a stroke any final nerves went. I looked at the endless smiling faces, felt the cheers hammering my ears and thought: this is the coolest thing I’ve ever experienced.

An extract from Swim, Bike, Run: Our Triathlon Story by Alistair and Jonathan Brownlee.

Glossary

transition area—where triathletes change between sports
Serpentine—a lake in Hyde Park disconcerting—unsettling
**Week 3 Comprehension**  The Lion, the Witch and the Wardrobe (Classic fiction) by C.S Lewis

C.S Lewis is best known for his seven-part fantasy series, The Chronicles of Narnia. The Lion, the Witch and the Wardrobe is the first book in the series. It focuses on four siblings, Peter, Susan, Edmund and Lucy, who help to free the magical kingdom of Narnia from the power of the evil White Witch. In this extract, Edmund, who has been corrupted by the White Witch, has snuck away from his siblings to visit the Witch’s castle.

Questions to ask before reading the text with your reading group:

1) What do you already know about the story?
2) What would you like to find out about the story?
3) Look at the glossary - what are they key words and what do they mean?

As pupils read the text, encourage them to focus on the language used in the extract.

After reading the text, ask the pupils the first question from their group’s section and discuss. They will then record this into their books and work independently, while you go around to the other pupils.

<table>
<thead>
<tr>
<th>Section 1:</th>
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<tbody>
<tr>
<td>1a) Look at the summary at the top of the page. Where is the story set?</td>
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<tr>
<td>1b) Why did Edmund’s feet make no noise when he was walking?</td>
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<tr>
<td>1c) What is a turret? Use the glossary to help you.</td>
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<tr>
<td>1d) Find and correctly copy the information inside brackets.</td>
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<tr>
<td>1e) Why was Edmund scared when he first saw the lion? Use evidence from the text.</td>
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<tr>
<th>Section 2:</th>
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<tbody>
<tr>
<td>2a) Why do you think Edmund touched the lion at the end of the extract?</td>
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<tr>
<td>2b) What was through the arch in the extract?</td>
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<tr>
<td>2c) Find and copy the hyphenated adjective (line 7) used in the text.</td>
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<tr>
<td>2d) The word ‘knocking’ on line 13 is (choose one): - a verb - an adverb - an adjective - a noun</td>
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<td>2e) Why do you think the towers are described as looking like dunces’ caps?</td>
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<tr>
<th>Section 3:</th>
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<tr>
<td>3a) The author says the House’s towers were as ‘sharp as needles’ (line 2). Do you think this makes it seem like a nice place? Explain your answer.</td>
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<tr>
<td>3b) What do you notice about the words ‘on’, ‘corner’ and ‘turret’ on lines 7 and 8? Why do you think the author did this?</td>
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<tr>
<td>3c) What does the word ‘ventured’ (line 18) mean? You can use a dictionary.</td>
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<tr>
<td>3d) What season is it in this extract? How can you tell?</td>
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<tr>
<td>3e) The extract says that Edmund was ‘afraid to go on and afraid to go back’. What did the author mean by this? Note - read the summary to understand what Edmund was doing.</td>
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<tr>
<td>3f) Why was Edmund scared when he first saw the lion? Use evidence from the text.</td>
</tr>
<tr>
<td>3g) The author says that Edmund’s heart was ‘beating like it would burst’ (line 31). Why do you think he chose this phrase?</td>
</tr>
<tr>
<td>3h) Would you like to meet the White Witch? Explain your answer.</td>
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### Extension activities:

- The extract ends with Edmund putting out his hand to touch the lion. Get pupils to write a few bullet points summarising what they think will happen next.
- As a class, discuss how the author shows that Edmund is scared in the third paragraph. Do pupils think that the author's techniques are effective?

### Answers

#### Section 1:

1a) In the magical kingdom of Narnia  
1b) He was walking in deep snow.  
1c) A small tower often built on the corner of the building  
1d) "But supposed it turns its head?" thought Edmund.  
1e) E.g. He thought it was real, as it says he saw a lion that was crouched as if it was about to spring.

#### Section 2:

2a) E.g. He knew it wasn't real and wanted to be brave.  
2b) The courtyard  
2c) newly-fallen  
2d) a verb  
2e) E.g. As they were tall and pointy.

#### Section 3:

3a) E.g. No, because sharp things like needles might hurt you, so this description makes the house sound threatening and dangerous.  
3b) E.g. Each word is repeated. The author did this to show how big the house is and how far Edmund had to walk to find the entrance.  
3c) E.g. A risky/daring journey  
3d) E.g. It is winter- there is deep snow on the ground and the river has frozen.  
3e) E.g. He was afraid to go on he thought he would have to pass the lion (which he thought was real at this point). He was afraid to go back as he has gone off by himself.  
3f) E.g. He thought it was real, as it says he saw a lion that was crouched as if it was about to spring.  
3g) E.g. To show how scared and nervous he was. It helps you to put yourself in Edmund's place and imagine exactly how he feels.  
3h) Any appropriate answer. E.g. No. Edmund has heard that the White Witch can turn people into stone. This makes her sound frightening and dangerous, so I would be scared to meet her.
The Lion, the Witch and the Wardrobe is the first book in the Chronicles of Narnia series by C.S. Lewis. The story is set in a magical kingdom called Narnia. One day, some children enter Narnia through their wardrobe. In this extract, one of them (Edmund) goes off by himself.

The House was really a small castle. It seemed to be all towers; little towers with long pointed spires on them, sharp as needles. They looked like huge dunces' caps* or sorcerers' caps. And they shone in the moonlight and their long shadows looked strange on the snow. Edmund began to be afraid of the House.

But it was too late to think of turning back now. He crossed the river on the ice and walked up to the House. There was nothing stirring; not the slightest sound anywhere. Even his own feet made no noise on the deep newly-fallen snow. He walked on and on, past corner after corner of the House, and past turret* after turret to find the door. He had to go right round to the far side before he found it. It was a huge arch but the great iron gates stood wide open.

Edmund crept up to the arch and looked inside into the courtyard, and there he saw a sight that nearly made his heart stop beating. Just inside the gate, with the moonlight shining on it, stood an enormous lion crouched as if it were ready to spring. And Edmund stood in the shadow of the arch, afraid to go on and afraid to go back, with his knees knocking together. He stood there so long that his teeth would have been chattering with cold even if they had not been chattering with fear. How long this really lasted I don't know, but it seemed to Edmund to last for hours.

Then at last he began to wonder why the lion was standing so still — for it hadn't moved one inch since he first set eyes on it. Edmund now ventured a little nearer, still keeping in the shadow of the arch as much as he could. He now saw from the way the lion was standing that it couldn't have been looking at him at all. ("But supposing it turns its head?" thought Edmund.) In fact it was staring at something else — namely a little dwarf who stood with its back to it about four feet away. "Aha!" thought Edmund. "When it springs at the dwarf then will be my chance to escape." But still the lion never moved, nor did the dwarf. And now at last Edmund remembered what the others had said about the White Witch turning people into stone. Perhaps this was only a stone lion. And as soon as he had thought of that he noticed that the lion's back and the top of its head were covered with snow. Of course it must only be a statue! No living animal would have let itself get covered with snow. Then very slowly and with his heart beating as if it would burst, Edmund ventured to go up to the lion. Even now he hardly dared touch it, but at last he put out his hand, very quickly, and did.

An extract from The Lion, the Witch and the Wardrobe by C.S. Lewis.

Glossary

dunces' cap — a tall pointy hat
turret — a small tower often built on the corner of a building