



24-Hour PE with Joe

Who is Joe Wicks?

- Joe Wicks is known by many as 'The Body Coach.'
- He has books and fitness programs designed to help adults get fit and healthy.

Photo: Joe Wicks.

BBC Children in Need Challenge

Joe Wicks, The Body Coach, will be holding a 24-hour workout to raise money for BBC Children in Need.

The money Joe raises will support children across the UK, changing the lives of those who need it most within communities.

The '24-hour PE with Joe challenge' starts on BBC Radio 2 at 9:25 a.m. on 12th November. During this time, Joe will be doing all sorts of different sporting activities. These will range from his well-known **HIIT** sessions to boxing, rowing and yoga!

But he won't be alone in his efforts. He will have a range of different guests joining him to help **motivate** and cheer him on. Because of COVID-19, his guests will take part virtually, via video call.

On 13th November, BBC Children in Need Appeal Day, at 9:05 a.m., Joe will complete the final part of his challenge. It will be streamed live on Youtube. Schools and children from all over the world are encouraged to watch, cheer and join in with

him as he completes the workout.

2020 has been a busy year for Joe. During lockdown, he had a lot of success with his daily HIIT sessions. He even received an **MBE** from The Queen. This was to recognise his efforts to support children and families during the COVID-19 **pandemic**.

He now hopes that the popularity of his workouts will be able to help raise lots of money for charity.

Glossary

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|-----------------|--|
| motivate | To encourage someone and give them a reason to do something. |
| HIIT | High-intensity interval training. |
| MBE | Member of the Order of the British Empire. |
| pandemic | The name for an outbreak of a disease. |

Questions

1. By what other name is Joe Wicks known as?

2. Tick to show whether the statement is true or false based on the information given in the article.

	True	False
Joe Wicks has written books.		
BBC's Children in Need is a charity.		
Joe will be doing the same form of exercise for 24 hours.		
The challenge starts on 13 th November.		

3. Which of the following **two** options do you think is more likely? (Choose one and then explain your answer using evidence from the text to support your view.)

- a) Joe Wicks will complete the 24-hour challenge.
 b) Joe Wicks will not complete the 24-hour challenge.

4. Which of the following words is closest in meaning to the word 'efforts' as it is used in this sentence? **But he won't be alone in his efforts.**

- success
 work
 struggles
 attempt

5. Find and copy a group of words from the article which shows that Joe Wicks wants to help children in the UK.

6. Write an alternate headline that could be used for this story using 10 words or fewer.

Answers

1. By what other name is Joe Wicks known as?

The Body Coach

2. Tick to show whether the statement is true or false based on the information given in the article.

	True	False
Joe Wicks has written books.	✓	
BBC's Children in Need is a charity.	✓	
Joe will be doing the same form of exercise for 24 hours.		✓
The challenge starts on 13 th November.		✓

3. Which of the following **two** options do you think is more likely? (Choose one and then explain your answer using evidence from the text to support your view.)

a) Joe Wicks will complete the 24-hour challenge.

b) Joe Wicks will not complete the 24-hour challenge.

Accept either response that is backed up using evidence from the article. e.g. I think he will be able to complete the challenge because he is 'The Body Coach' and he does lots of workouts.

4. Which of the following words is closest in meaning to the word 'efforts' as it is used in this sentence? **But he won't be alone in his efforts.**

success

work

struggles

attempt

5. Find and copy a group of words from the article which shows that Joe Wicks wants to help children in the UK.

Accept a response which selects a group of words from one of the following sentences: Joe Wicks, The Body Coach, will be holding a 24-hour workout to raise money for BBC Children in Need. Or, he now hopes that the popularity of his workouts will be able to help raise lots of money for charity.

6. Write an alternate headline that could be used for this story using 10 words or fewer.

Accept any headline which summarises the content of the article and is 10 words or fewer. e.g. Body Coach Raises Money For BBC Children in Need.