

Ellie Simmonds

Name: Eleanor 'Ellie' May Simmonds

Born: 11th November 1994 in Aldridge, England

Childhood

Ellie was born with a condition called dwarfism, which means that her bones did not grow properly, giving her shorter arms and legs. She started swimming at the age of five and at the age of 10, Ellie's talent was spotted and she was entered into a British programme for talented swimmers. When Ellie was 11, she and her mother moved to Swansea so she could be close to the city's world-class swimming pool. This meant that Ellie now lived a three-hour drive away from her Dad and three brothers and sisters. She trained hard and worked her way up to be chosen as the youngest member of the senior British swimming squad for the 2006 World Championships at the age of just 12 years and three weeks.



Achievements

At the age of just 13, Ellie became the youngest British athlete at the 2008 Summer Paralympics in Beijing. There, she won two gold medals in the 100m and 400m freestyle.

From that point on, Ellie became very popular with the British public who began to call her 'the golden girl of the pool'.

On 1st September 2012, Ellie won another gold medal in the 400m freestyle at the 2012 Summer Paralympics in London. During this final, she took five seconds off the World Record time. Then, just two days later, she took another gold in the 200m Individual Medley where she again broke the World Record. During the same week, she also won a Paralympic silver and bronze

Paralympic Games and Medals

2008 Beijing Games	2 gold medals (100m S6 freestyle and 400m S6 freestyle)
2012 London Games	2 gold medals (400m S6 freestyle and 200m S6 individual medley) 1 silver medal (100m S6 freestyle) 1 bronze medal (50m S6 freestyle)
2016 Rio Games	1 gold medal (200m SM6 individual medley) 1 bronze medal (400m S6 freestyle)

medal. Ellie travelled to Rio de Janeiro in 2016 to attend the Paralympics where she once again won gold medal for the 200 m individual medley and at the same time set another world record with a time of 2 minutes, 59 seconds. She also won a bronze medal in the 400 m freestyle.

Life after the Paralympics

Ellie has received many special awards for her achievements in Paralympic swimming, including an OBE in 2009 in The Queen's New Year's Honours List and the BBC Young Sports Personality of the Year in 2008. Ellie also won another OBE in 2013 for her services to Paralympic Sport and in 2011 an award for Best British Sporting Performance for an Athlete with Disability. In celebration of her two gold medals, two Royal Mail postboxes

Amazing Fact!

Ellie follows a strict training regime and goes to the training pool every Monday, Wednesday, Friday and Saturday morning at 6am and every evening from Monday to Saturday. Sunday is her only day off!

were painted gold, one in her hometown of Aldridge and one in Swansea, where she'd lived since the age of 11. Ellie also helps to support many charities, particularly Sports Relief with whom she has taken part in many events, raising millions of pounds to help change the lives of some of the UK's and the world's poorest people.

Ellie Simmonds Comprehension

Answer the following questions using full sentences that give as much detail as possible.

1. What condition was Ellie born with?

2. When did Ellie become interested in swimming?

3. How many Paralympic medals has Ellie won?

4. Why did Ellie become popular with the British public in 2008?

5. I would describe Ellie Simmonds as a 'determined' person. Explain why.

Ellie is determined because...

6. Why was 2016 another amazing year for Ellie?

7. Where were the two postboxes painted gold to honour Ellie's gold medals?

8. How many times does Ellie usually visit the training pool each week?

Ellie Simmonds Comprehension

Answers

1. What condition was Ellie born with?

Ellie was born with a condition called dwarfism, which means that her bones did not grow properly, giving her shorter arms and legs.

2. When did Ellie become interested in swimming?

She started swimming at the age of five and at the age of 10 she was spotted and entered into a British programme for talented swimmers.

3. How many Paralympic medals has Ellie won?

8 medals overall: 5 golds, 1 silver and 2 bronze.

4. Why did Ellie become popular with the British public in 2008?

Pupils' responses may include: because she won two Paralympic gold medals for Team GB and/or because she was so successful at just 13 years of age.

5. I would describe Ellie Simmonds as a 'determined' person. Explain why.
Ellie is determined because...

Pupils' responses may include: she started swimming at young age, she has won six gold medals over two separate Paralympic Games, she has overcome her disability and/or she has a strict training regime.

6. Why might 2016 be another exciting year for Ellie?

Ellie won a gold medal in the 200 m individual medley and a bronze in the 400 m freestyle.

7. Where were the two postboxes painted gold to honour Ellie's gold medals?

In celebration of her two gold medals, two Royal Mail postboxes were painted gold - one in her home town of Aldridge and one in Swansea, where she'd lived since the age of 11.

8. How many times does Ellie usually visit the training pool each week?

Ten times! She goes to the training pool every Monday, Wednesday, Friday and Saturday morning at 6am and every evening from Monday to Saturday. Sunday is her only day off!

Ellie Simmonds

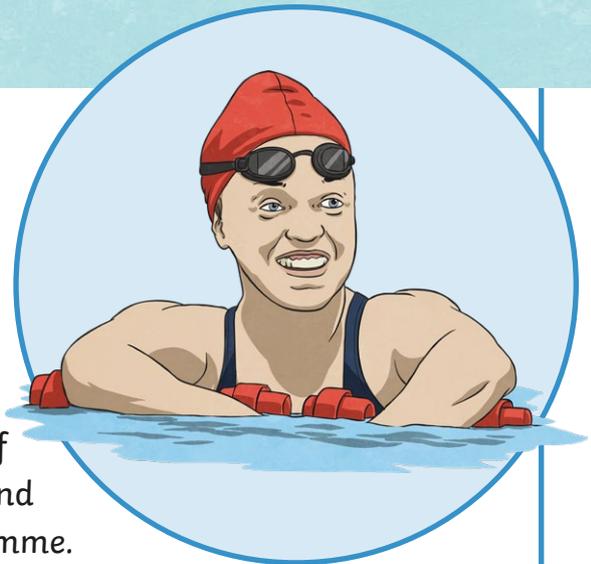
Name: Eleanor 'Ellie' May Simmonds

Born: 11th November 1994 in Aldridge, England

Childhood

Ellie was born with a disability called achondroplasia dwarfism, which means that her bones did not grow properly, giving her shorter than average arms and legs. She started swimming at the age of five. At the age of 10, Ellie was spotted at a disabled swimming event and was entered into a British swimming talent programme.

When Ellie was 11, she and her mother moved to Swansea so she could be close to the city's world-class swimming pool. This meant that her Dad and three brothers and sisters were left in Aldridge alone for most of the week unless they made a three-hour drive to visit Swansea. She trained hard and worked her way up to be selected as the youngest member of the senior British swimming squad for the 2006 World Championships at the age of just 12 years and three weeks.



Paralympic Games and Medals

2008 Beijing Games	2 gold medals (100m S6 freestyle and 400m S6 freestyle)
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2016 Rio Games	1 gold medal (200m SM6 individual medley) 1 bronze medal (400m S6 freestyle)

Achievements

At the age of just 13, Ellie went on to become the youngest British athlete at the 2008 Summer Paralympics in Beijing. There, she won gold medals in the 100m and 400m freestyle. From that point on, Ellie captured both the hearts and minds of the British public and became the 'golden girl of the pool'.

On 1st September 2012, Ellie repeated her gold medal performance to win the 400m freestyle at the 2012 Summer Paralympics in London. During

the 400 metres freestyle final, she took five seconds off the World Record time. Then, just two days later, she took another gold in the 200m Individual Medley where she again broke the World Record. At the 2016 Paralympics Games held in Rio de Janeiro, Brazil, Ellie defended her gold medal winnings by once again taking gold at the 200 m individual medley setting yet another world record, the first below 3 minutes, with a time of 2:59:81. She also won a bronze medal for the 400 m freestyle race.

Life after the Paralympics

Ellie has received many special awards for her achievements in Paralympic swimming, including an OBE in the Queen's New Year's Honours List in both 2009 and 2013 and the BBC Young Sports Personality of the Year in 2008. She also won the award for Best British Sporting Performance for an Athlete with Disability in 2011. In celebration of her two gold medals, two Royal Mail postboxes were painted gold in her honour, one in her hometown of Aldridge and one in Swansea, where she'd lived since the age of 11. Ellie is

Amazing Fact!

Ellie follows a strict training regime and goes to the training pool every Monday, Wednesday, Friday and Saturday morning at 6am and every evening from Monday to Saturday. Sunday is her only day off!

also a big supporter of many charities, particularly Sports Relief with whom she has taken part in many fundraising events, raising millions of pounds to help transform the lives of some of the UK's and the world's poorest communities.

Ellie Simmonds Comprehension

Answer the following questions using full sentences that give as much detail as possible.

1. What is achondroplasia dwarfism?

2. What happened when Ellie was 11 that proved her family took her swimming career very seriously from a young age?

3. When and where did Ellie win her first Paralympic gold medals?

4. Why do you think that Ellie became known as the 'golden girl of the pool'?

5. Which adjective would you use to describe Ellie Simmonds? Explain why.

I would describe Ellie as _____ because... _____

6. Why was 2016 another amazing year for Ellie?

7. Two Royal Mail postboxes were painted gold in Ellie's honour, one in Aldridge and one in Swansea. Explain why.

8. How many times does Ellie usually visit the training pool each week?

Ellie Simmonds Comprehension

Answers

1. What is achondroplasia dwarfism?

Achondroplasia dwarfism is a condition that affects bone growth - it left Ellie with shorter than average arms and legs.

2. What happened when Ellie was 11 that proved her family took her swimming career very seriously from a young age?

When Ellie was 11, she and her mother moved to Swansea so she could be close to the city's world-class swimming pool. This meant that her Dad and three brothers and sisters were left in Aldridge alone for most of the week, unless they made a three-hour drive to visit Swansea.

3. When and where did Ellie win her first Paralympic gold medals?

In 2008, in Beijing, she won two gold medals in the 100m and 400m freestyle.

4. Why do you think that Ellie became known as the 'golden girl of the pool'?

Pupils' responses may include: because she won two gold medals, because she became very popular with the British public and/or because she was so successful at just 13 years of age.

5. Which adjective would you use to describe Ellie Simmonds? Explain why.

I would describe Ellie as _____ because...

Pupils' responses may include: hard-working, determined, courageous or inspirational, with appropriate reasoning relating to the text.

6. Why might 2016 be another exciting year for Ellie?

Ellie won a gold medal in the 200 m individual medley and a bronze in the 400 m freestyle.

7. Two Royal Mail postboxes were painted gold in Ellie's honour, one in Aldridge and one in Swansea. Explain why.

The post boxes were painted gold to commemorate her gold medals - one in Aldridge as it was her hometown and one in Swansea as it was the place she had lived and trained from the age of 11.

8. How many times does Ellie usually visit the training pool each week?

Ten times! She goes to the training pool every Monday, Wednesday, Friday and Saturday morning at 6am and every evening from Monday to Saturday. Sunday is her only day off!

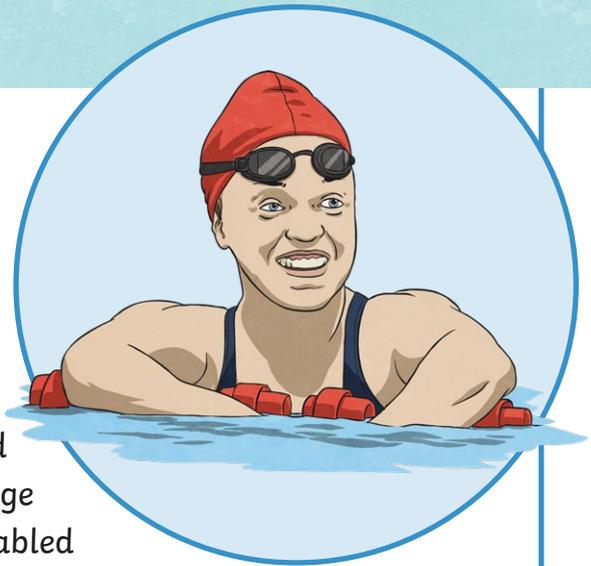
Ellie Simmonds

Name: Eleanor 'Ellie' May Simmonds

Born: 11th November 1994 in Aldridge, England

Childhood

Ellie was born with a classified disability called achondroplasia dwarfism, which meant that her bones did not grow properly whilst in the womb, resulting in short limbs. She started swimming at the age of five and started competing against able-bodied children at the age of eight. At the age of 10, Ellie was spotted at a disabled swimming event and was entered into a British swimming talent programme. When Ellie was 11, she and her mother relocated to Swansea so she could take advantage of the city's world-class swimming pool. This meant that her Dad and three siblings were left in Aldridge alone for most of the week, unless they made a three-hour drive to visit Swansea. She trained hard and worked her way up to be selected as the youngest member of the senior British swimming squad for the 2006 World Championships at the age of just 12 years and three weeks.



Paralympic Games and Medals

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2016 Rio Games	1 gold medal (200m SM6 individual medley) 1 bronze medal (400m S6 freestyle)

Achievements

At the age of just 13, Ellie went on to become the youngest British athlete at the 2008 Summer Paralympics in Beijing. There, she competed in the five separate events and won gold medals in the 100m and 400m freestyle. From that point on, Ellie captured both the hearts and minds of the British public as she managed to balance her stardom with her school work and training.

On 1st September 2012, Ellie repeated her gold medal performance to win the 400m

freestyle at the 2012 Summer Paralympics in London. During the 400 metres freestyle final, she took five seconds off the World Record time. Two days later, on the evening of 3rd September, she took another gold in the 200m Individual Medley, where she again broke the World Record that she had set in the qualifying round earlier that morning! During the same week, she also added a Paralympic silver and bronze medal to her ever-growing haul. Ellie was a firm favourite to win top medals at the 2016 Paralympic Games held in Rio de Janeiro, Brazil and she certainly didn't disappoint. Managing to break yet another world record (the first below 3 minutes) during the 200 m individual medley finishing first with a time of 2:59:81. Her success didn't finish there as she also won bronze for the 400 m freestyle.

Life after the Paralympics

Ellie has received many special awards for her achievements in Paralympic swimming, including an OBE in the Queen's New Year's Honours List in both 2009 and 2013 and the BBC Young Sports Personality of the Year in 2008. She also won the award for Best British Sporting Performance for an Athlete with Disability in 2011. In celebration of her two gold medals, two Royal Mail postboxes were painted gold in her honour, one in Aldridge and one in Swansea. Ellie is also a big supporter of many charities, particularly Sports Relief

Amazing Fact!

Ellie follows a brutal training regime and goes to the training pool every Monday, Wednesday, Friday and Saturday morning at 6am and every evening from Monday to Saturday. Sunday is her only day off!

with whom she has taken part in many fundraising events, raising millions of pounds to help transform the lives of some of the UK's and the world's poorest communities.

Ellie Simmonds Comprehension

Answer the following questions using full sentences that give as much detail as possible.

1. Why does Ellie qualify to take part in the Paralympics?

2. Explain how Ellie's family made a big sacrifice for the sake of her swimming career when she was younger.

3. How old was Ellie when she won her first Paralympic gold medals?

4. Why do you think that Ellie 'captured both the hearts and minds of the British public'?

5. Which two adjectives would you use to describe Ellie Simmonds? Explain why.

I would describe Ellie as _____ because _____

I would describe Ellie as _____ because _____

6. Why was 3rd September 2012 an amazing day in the life of Ellie Simmonds?

7. Two Royal Mail postboxes were painted gold in Ellie's honour, one in Aldridge and one in Swansea. Explain why.

8. The fact file says that Ellie has a 'brutal training regime'. What does that mean and why is the word 'brutal' used?

Ellie Simmonds Comprehension

Answers

1. Why does Ellie qualify to take part in the Paralympics?

Ellie was born with a classified disability called achondroplasia dwarfism, which meant that her bones did not grow properly whilst in the womb, resulting in short limbs.

2. Explain how Ellie's family made a big sacrifice for the sake of her swimming career when she was younger.

When Ellie was 11, she and her mother relocated to Swansea so she could take advantage of the city's world-class swimming pool. This meant that her Dad and three siblings were left in Aldridge alone for most of the week, unless they made a three-hour drive to visit Swansea

3. How old was Ellie when she won her first Paralympic gold medals?

At the age of just 13, Ellie became the youngest British athlete at the 2008 Summer Paralympics in Beijing. There, she competed in the five separate events and won gold medals in the 100m and 400m freestyle.

4. Why do you think that Ellie 'captured both the hearts and minds of the British public'?

Pupils' responses may include: because she managed to balance her stardom with her school work and training, because she was the youngest British athlete at the Paralympics and/or because she won two gold medals at the age of just 13.

5. Which two adjectives would you use to describe Ellie Simmonds? Explain why.

I would describe Ellie as _____ because...

I would describe Ellie as _____ because...

Pupils' responses may include: hard-working, determined, courageous or inspirational, with appropriate reasoning relating to the text.

6. Why was 3rd September 2012 an amazing day in the life of Ellie Simmonds?

On the evening of 3rd September, Ellie won her second gold in the 200m Individual Medley. During the same day, she also broke the World Record twice – once in her qualifying round in the morning and again in the evening during the final.

7. Two Royal Mail postboxes were painted gold in Ellie's honour, one in Aldridge and one in Swansea. Explain why.

The post boxes were painted gold to commemorate her gold medals – one in Aldridge as it was her hometown and one in Swansea as it was the place she had lived and trained from the age of 11.

8. The fact file says that Ellie has a 'brutal training regime'. What does that mean and why is the word 'brutal' used?

Brutal means unforgiving and strict. The word is used because Ellie trains every day (sometimes twice a day) for six days a week and only has one day a week off.