



TEACHERS' RESOURCES

RECOMMENDED FOR

Lower to middle primary
(ages 6+)

CONTENTS

Plot summary	1
About the author	2
Author's inspiration	2
Key study topics	2
Further reading	4

KEY CURRICULUM AREAS

- English: Literacy; critical and creative thinking; personal and social capability; Storytelling
- History: Continuity and change; Personal and family histories; Histories and contributions of significant people; Australian celebrations, symbols and emblems
- Art: Visual storytelling; Artworks and design

REASONS FOR STUDYING THIS BOOK

- To discuss new vocabulary and respond to texts
- To share feelings and thoughts about the events and characters in the text and in Australian history, especially the recent history of Indigenous Australians.
- To learn more about personal history and storytelling
- To discuss the concept of personal achievement in sport
- To use the text as a springboard for cross curricular teaching

THEMES

- Sport – running, Olympics, achievement and motivation
- Relationships – family, support, love and loss
- Society – Change and development, racism and its impact, disability and its impact

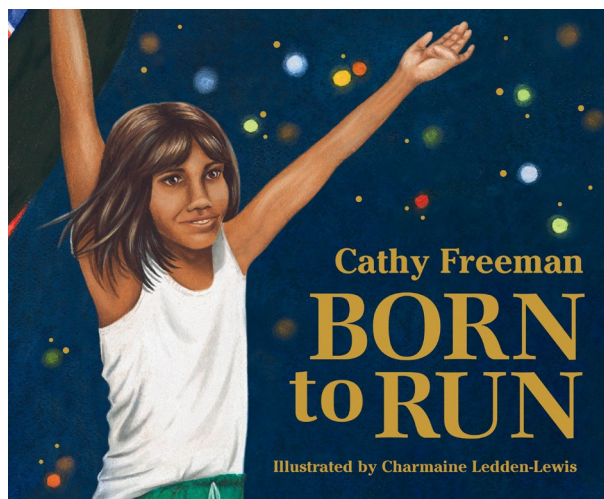
PUBLICATION DETAILS

ISBN: 9781761043802 (hardback)

These notes may be reproduced free of charge for use and study within schools but they may not be reproduced (either in whole or in part) and offered for commercial sale.

Visit www.penguin.com.au/teachers for information on other Penguin Random House Australia teachers' resources and great books for the classroom, and to sign up for our Teachers' eNewsletter.

Copyright © Penguin Random House Australia 2021



Born to Run

Cathy Freeman
Illustrated by Charmaine
Ledden-Lewis

PLOT SUMMARY

A gorgeous picture book that will inspire young people everywhere to chase their dreams.

As a little girl, Cathy Freeman had only had one dream - to win a gold medal at the Olympics. At twenty-seven years old, that dream came true. At the Sydney 2000 Games, she crossed the finish line, won a gold medal for Australia and became a national hero.

How did she go from being a little girl who loved to run to an inspiration to people around the world?

Accompanied by beautiful illustrations by Charmaine Ledden-Lewis, Cathy tells her story about where self-belief, hard work and the power of a loving family can take you.

Will suit the classic early primary audience but can be read to younger children or provide the basis for study for older kids.



ABOUT THE CREATORS

Cathy Freeman is a Kuku Yalanji and Birri Gubba woman and lives in Melbourne, Victoria, with her family.

Cathy won her first race in primary school – the 80m dash at St Joseph's Primary, Mackay, Queensland. She went on to become one of Australia's leading athletes of the modern era. Her unforgettable win at the 2000 Sydney Olympics was the highlight of a brilliant career that has included a host of Commonwealth Games medals, two world titles and an Olympic silver medal.

Cathy announced her retirement from athletics in July 2003. She founded the Cathy Freeman Foundation in 2007. The Foundation supports Indigenous students to fulfil their potential and reach their goals

Charmaine Ledden-Lewis is a Blue Mountains artist, and descendant of the Bundjalung people on the Clarence River in Northern NSW.

She was the recipient of the Kestin Indigenous Illustrator award in 2019. The beautiful and moving illustrations for her first picture book *Found* (with author Bruce Pascoe) reflect her own family's experience of the Stolen Generation.

She lives in the Blue Mountains in NSW with her family.

CREATORS' INSPIRATION

Life doesn't stop after you win a gold medal. When I woke up the morning after my race I was still buzzing with happiness. But part of me was thinking, 'What now?' For seventeen years I'd had a dream. Now my dream had come true. Where did I go from here?

People would stop me to tell me how much my race meant to them. It's an amazing thing to have your dreams come true. But in another way it's scary – like stepping out of a warm, safe house into the wilderness. You have to find new dreams and new mountains to climb. In life, there's no finish line.

Now I look at the rest of my life as the next big adventure. I never wanted to become famous, but one of the great things about being 'Cathy Freeman' is that you get to help people. I tell kids that even sporting champions have bad days. We make mistakes just like everyone else.

I hope you've enjoyed my story and that it's inspired you to live your own dreams. Remember to follow your heart. Live honestly, love learning, laugh loudly and you can't go wrong. Dreams do come true!

KEY STUDY TOPICS

English

- Read the writing on the back of the book (the blurb). What do you expect the book will be about? Do you have any questions? Are those questions answered in the story?
- This book is an 'autobiography', which means it was written by the author about herself. She writes about the highlights and the challenges of her life so far. What would you include in your autobiography so far?
- A 'biography' is a book written about someone by someone else. Choose your favourite sportsperson or historical figure and write a picture book about them. Where would you start the story and end it? What parts of their story would you include?
- Who do you identify with most in Cathy's story? Why? Did any of the challenges Cathy has faced feel familiar to you?
- Cathy's family inspired her and helped her to set and achieve goals. Write a letter to your future grandkids about a time an important family member or friend has inspired or helped you.
- Find three words in the book that are new to you. Try to work out what they mean from the context (the way they are used and the words and pictures that surround them).



- Cathy almost gave up running. Write a persuasive text to convince her to keep going.
- Read Cathy's Top Ten Tips at the end of the book. What are yours? What do you think are the important things to remember in life? If you're struggling, ask your parents so some other adult who is important to you.

Storytelling

- Break into small groups and tell your classmates about a time you have done a brave thing. What did you do? Why was it brave and what did you feel about it?
- Write a diary entry as if you were Cathy Freeman the night before the big race, and one for the night after.
- In groups of two, roleplay a scene from *Born to Run*.

Art

- Has something important happened to you that you will remember your whole life? Could you illustrate a cover for a book about this event using your own art or collaged photos, printouts or cut outs from magazines?
- Create a poster ad for this book or a book trailer.

History

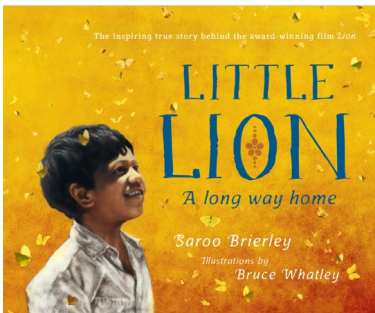
- Look at the timeline of Cathy's achievements at the end of the book. Interview a parent, grandparent or someone else you look up to and create a timeline of their life so far. What were the key events they mentioned when you talked to them? Do you think your own timeline would include the same sort of events?
- Cathy and her family had to deal with social challenges in the form of racism in society and in the behaviour of people she met, as well as personal challenges in the form of losing

motivation, missing her family when she was away, and dealing with loss. Has anyone in your family had to face some of the same challenges as Cathy? Write a diary from their point of view as they deal with that challenge.

- Cathy's family history as a Kuku Yalanji and Birri Gubba woman is very important to her. What is your personal and family history? Is your family Aboriginal or Torres Strait Islander or did your family migrate to Australia? Write a short biography for yourself celebrating your family heritage.
- Look at a map of Australia. Who are the traditional owners of the land you are on now?
<https://aiatsis.gov.au/explore/map-indigenous-australia>
Can you find where Cathy and Charmaine's families are from?
- Is there an Australian historical figure or public figure who you think is inspirational? Draw them and create an infographic poster telling us why they are important to you.
- Certain emblems of Australia are important to Cathy. Draw the two Australian flags featured in the book and research what the elements of each flag stand for.
- Since 1788, generations of Aboriginal and Torres Strait Islander people have been affected negatively by racism. For a long time, different rule and laws were applied to them. Cathy's grandfather was a talented sports person but he was deprived of his chance to play overseas. Charmaine's family experienced what is now called 'the Stolen Generations', where children were taken from their Aboriginal families. Do some research on why this happened and write a letter to the government of the day explaining why these policies were wrong.



FURTHER READING FROM PENGUIN RANDOM HOUSE AUSTRALIA



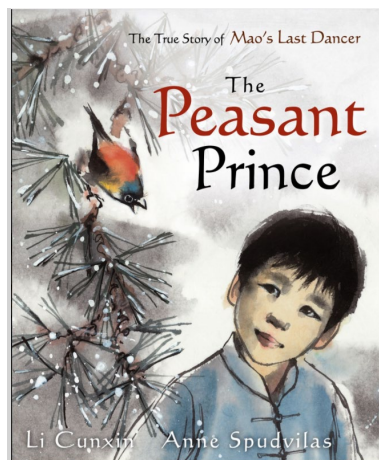
Little Lion

The extraordinary and inspiring true story that became an internationally bestselling book and award-winning film, *Lion*.

Saroo Brierley became lost on a train in India when he was only five. He survived for weeks on the streets, before being taken into an orphanage and adopted by his Australian family.

Despite being happy, Saroo always wondered about where he was from. And one day, after years of searching, he miraculously found what he was looking for.

This beautiful picture book celebrates the importance of hope and never giving up.

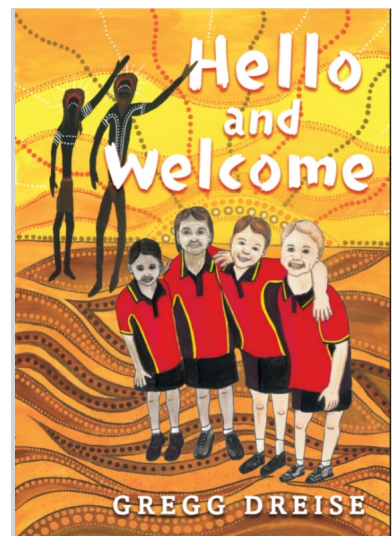


The Peasant Prince

A moving and inspirational picture book based on the author's extraordinary life and the bestselling book and award-winning film, *Mao's Last Dancer*.

Li was a poor peasant boy, growing up in hardship but with a family who loved him. At the age of ten he was plucked unsuspectingly from millions of others across China to be trained as a ballet dancer.

With love and affection, Li shares the lives of his large family, the special stories in his life, the inspiring teachers, the experiences and moments he will never forget.



Hello and Welcome

Feel the welcome as we celebrate Indigenous culture, Elders and future generations. Join the corroboree in the traditional Gamilaraay language of the Kamilaroi people as we listen and learn together.

A wonderful companion to Gregg Dreise's highly acclaimed *My Culture and Me*, this joyful picture book celebrates Australia's Indigenous heritage and the diversity we enjoy today.



ORDER FORM

TITLE	AUTHOR	ISBN	AGE	RRP	QUANTITY	TOTAL
Born to Run	Cathy Freeman and Charmaine Ledden-Lewis	9781761043802	4+	\$24.99		
Little Lion	Saroo Brierley and Bruce Whatley	9780143795094	6+	\$24.99		
The Peasant Prince	Li Cunzin and Anne Spudvilas	9780143503118	6+	\$16.99		
Hello and Welcome	Gregg Dreise	9781760898328	4+	\$24.99		
My Culture and Me	Gregg Dreise	9780143789376	4+	\$24.99		
TOTAL						

PLEASE NOTE THAT PRICES ARE RECOMMENDED RETAIL ONLY AND MAY HAVE CHANGED SINCE THE TIME OF PRINTING. PRICES ARE GST INCLUSIVE.

<p>NAME: _____</p> <p>SCHOOL: _____</p> <p>ADDRESS: _____</p> <p>STATE: _____</p> <p>POSTCODE: _____</p> <p>TEL: _____</p> <p>EMAIL: _____</p> <p>ACCOUNT NO.: _____</p> <p>PURCHASE ORDER NO.: _____</p> <p>_____</p>	<p>PLEASE SEND ORDER FORMS TO YOUR LOCAL EDUCATION SUPPLIER.</p>
--	--

