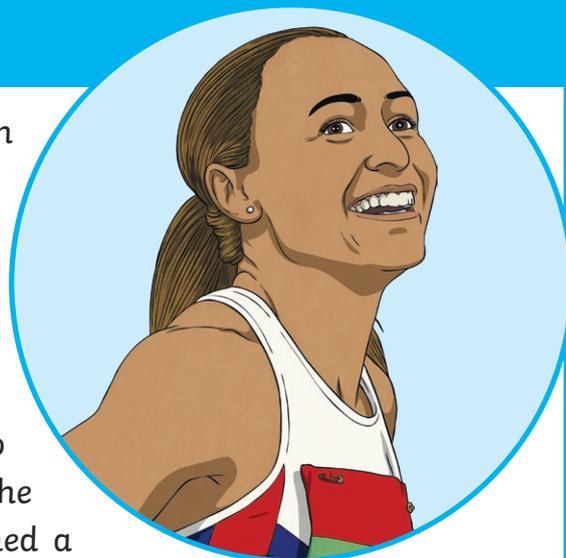


Jessica Ennis-Hill

Jessica Ennis-Hill was born 28 January 1986 in Sheffield, England.

Childhood

Jessica grew up in Sheffield with her father, her mother and her younger sister, Carmel. She came from a sporty background, with her parents both involved in athletics whilst at school. They introduced her to athletics by taking her to a local sports camp during the 1996 school summer holidays. Shortly after, she joined a local athletics club, which she still competes for today.



At the age of 13, she had her first coaching session with Toni Minichiello. They decided that she should take part in the heptathlon - seven events made up of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres. Toni and Jessica continued to work together right through her time at school and university. By 2004, Jessica was known as one of Britain's top junior athletes. Her trainer was extremely confident that she would go on to win a major event in the future.

Achievements

In 2008, Jessica was chosen to represent Team GB at the Olympic Games in Beijing. However, just three months before the Olympics were due to begin, Jessica broke her right foot. As a result, she had to miss the Olympic Games. Determined to make up for her disappointment, Jessica prepared for many years for the London 2012 Olympics. At the end of the first day of competition, Jessica had scored her highest ever first-day total.

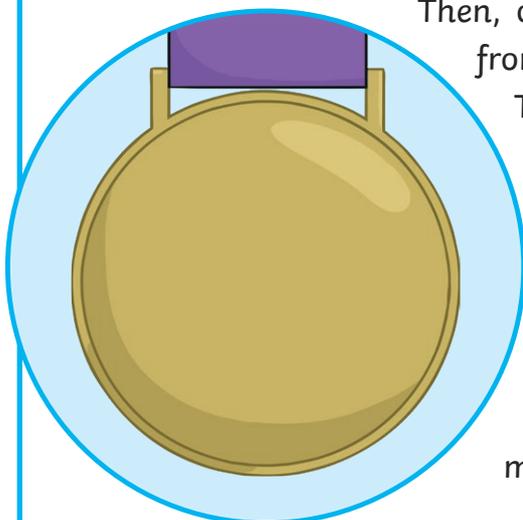
Then, on day two, she went on to win the 800 metres race, in front of thousands of cheering fans, to claim her gold medal.

The night she won later became known as 'Super Saturday'.

After her big win, she was quoted as saying, "I told myself at the start that I'm only going to have one moment to do this in front of a crowd in London and I just wanted to give them a good show." She did!

Life after London 2012

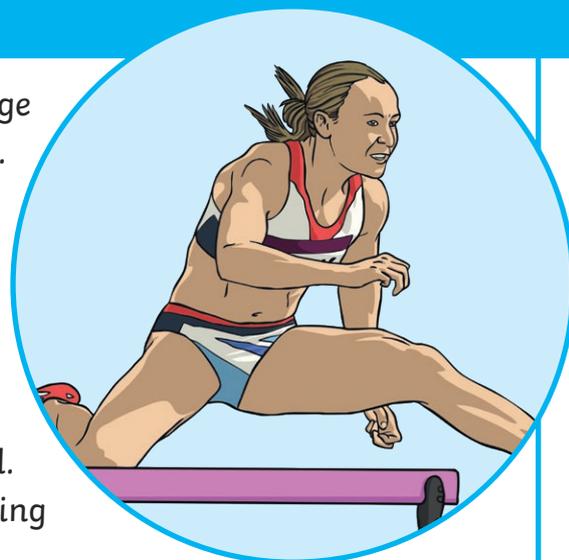
After London 2012, Jessica's gold medal was honoured in many ways including the placing of a gold post box in her



Jessica Ennis-Hill

hometown of Sheffield, being featured on a special postage stamp and receiving an MBE from Her Majesty, The Queen. Jessica competed in the Rio 2016 Olympic games, hoping to retain her title. Sadly however, she won the silver medal and returned home disappointed. Shortly after, she made the decision to retire from athletics.

Jessica has always tried to help a specific charity that is close to her heart, Sheffield Children's Hospital Fund. Recently, she was voted Great Britain's favourite sporting hero in a poll conducted by Sport Relief.



Amazing Fact!

At just 5'4" tall, Jessica is one of the smallest competitors ever on the heptathlon circuit. Her GB team-mate and long-time friend, Kelly Sotherton, nicknamed her 'tadpole' as she never grew!

Olympic Games	Medals
2012 London Games:	Gold medal (Women's heptathlon)
2016 Rio Games:	Silver medal (Women's heptathlon)

Jessica Ennis-Hill Questions

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

1. Where and when was Jessica born?

2. How did her parents first introduce her to athletics?

3. Name the seven events that make up the heptathlon.

4. Why do you think Jessica's trainer advised her to take up the heptathlon?

5. What stopped Jessica competing in the 2008 Beijing Olympic Games?

6. How do you think Jessica felt at that time? Why?

7. List one way that Jessica's London 2012 Olympic achievement was recognised in Great Britain.

8. The night Jessica won her gold medal was later nicknamed 'Super Saturday'. Conduct some research on the Internet to find out what else happened on that special night.

Jessica Ennis-Hill Answers

1. Where and when was Jessica born?

She was born on 28 January 1986 in Sheffield, England.

2. How did her parents first introduce her to athletics?

They introduced her to athletics by taking her to a local sports camp during the 1996 school summer holidays.

3. Name the seven events that make up the heptathlon.

The heptathlon is made up of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres.

4. Why do you think Jessica's trainer advised her to take up the heptathlon?

Pupil's own response. May include reference to Jessica being talented in several areas.

5. What stopped Jessica competing in the 2008 Beijing Olympic Games?

Just three months before the Olympics were due to begin, Jessica broke her right foot. As a result, she had to miss the Olympic Games.

6. How do you think Jessica felt at that time? Why?

Pupil's own response. May include: devastated that she had injured herself so close to the Olympics, determined to get over her injury so she could compete at the Olympics in the future or disappointed that all her hard work in training had been for nothing.

7. List one way that Jessica's London 2012 Olympic achievement was recognised in Great Britain.

List one of the following: the placing of a gold post box in her hometown of Sheffield, being featured on a special postage stamp and receiving an MBE from Her Majesty, The Queen.

8. The night Jessica won her gold medal was later nicknamed 'Super Saturday'. Conduct some research on the Internet to find out what else happened on that special night.

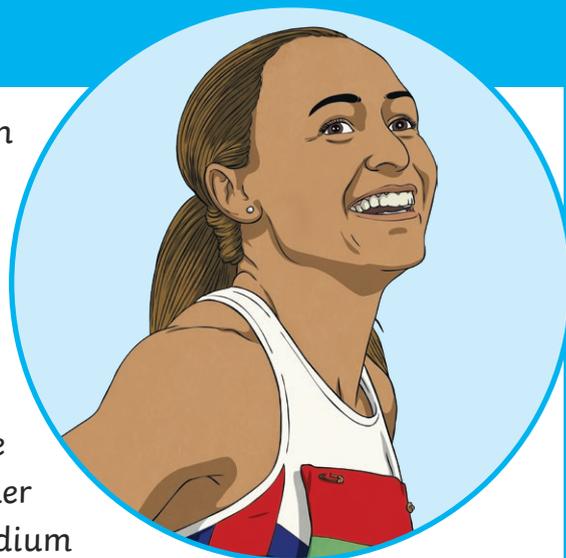
The night became known as Super Saturday because three of team GB's athletes won gold medals on the same night in front of their home crowd: Jessica Ennis-Hill, Mo Farah and Greg Rutherford.

Jessica Ennis-Hill

Jessica Ennis-Hill was born 28 January 1986 in Sheffield, England.

Childhood

Jessica grew up in Sheffield with her father, her mother and her younger sister, Carmel. She came from a sporty background with her father doing some sprinting at school and her mother participating in the high jump. They introduced her to athletics by taking her to a local sports camp at Sheffield's Don Valley Stadium during the 1996 school summer holidays. Shortly after, she joined the City of Sheffield Athletics Club, which she still represents today.

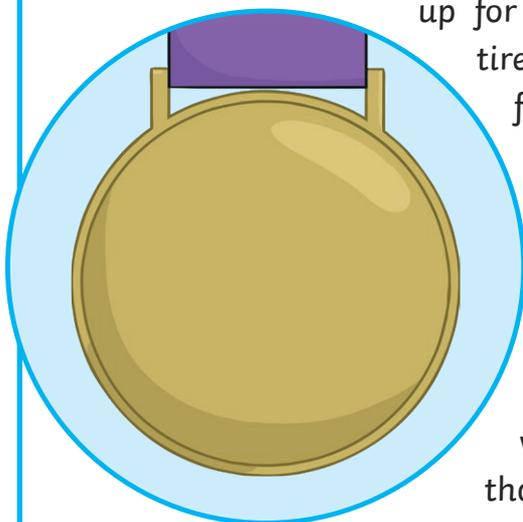


At the age of 13, she had her first coaching session with Toni Minichiello, who advised her to take part in the heptathlon - seven events made up of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres. Having formed a great relationship, Toni and Jessica continued to work together right through her schooling and time at university. By 2004, Jessica was known as one of Britain's top junior athletes with great potential for future success.

Achievements

In 2008, Jessica was chosen to represent Team GB at the Olympic Games in Beijing. However, in May 2008 (just three months before the Olympics were due to begin) Jessica had to withdraw from a heptathlon competition after fracturing her right foot. As a result, she missed the Olympic Games and the rest of the 2008 season. Determined to make up for her previous Olympic disappointment, Jessica prepared tirelessly for the London 2012 Olympics. At the end of the

first day of competition, Jessica had scored her highest ever first-day total. Then, on day two, she achieved a lifetime best time for the 100 metre hurdles. Going into the final event of the 800 metres, she knew that she was virtually guaranteed the gold medal and went on to win the race in front of thousands of cheering fans. The night she won later became known as 'Super Saturday'. After her big win, she was quoted as saying, "I told myself at the start that I'm only going to have one moment to do this in front of



Jessica Ennis-Hill

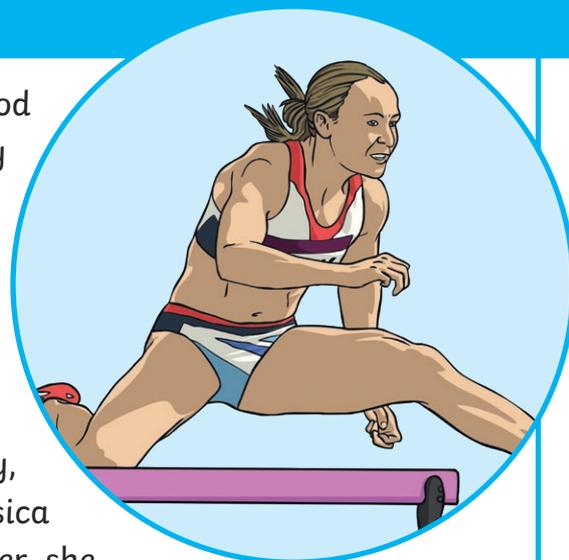
a crowd in London and I just wanted to give them a good show.” She certainly did - all the time being supported by the same trainer, Toni Minichiello!

Life after London 2012

Jessica’s Olympic achievement was honoured in many ways including the placing of a gold post box in her hometown of Sheffield, being featured on a special postage stamp and receiving an MBE from Her Majesty, The Queen. Hoping to retain her heptathlon title, Jessica competed in the Rio 2016 Olympic games. Sadly however, she was unable to win and returned home with the silver medal instead.

Disappointed, Jessica decided to retire and on the 16th October 2016, her athletic career came to an end.

Jessica has always tried to help a specific charity that is close to her heart, Sheffield Children’s Hospital Fund. With her huge talent and bubbly personality, Jessica was recently voted Great Britain’s favourite sporting hero in a poll conducted by Sport Relief.



Amazing Fact!

At just 5’4” tall, Jessica is one of the smallest competitors ever on the heptathlon circuit. Her GB team-mate and long-time friend, Kelly Sotherton, nicknamed her ‘tadpole’ as she never grew!

Olympic Games	Medals
2012 London Games:	Gold medal (Women’s heptathlon)
2016 Rio Games:	Silver medal (Women’s heptathlon)

Jessica Ennis-Hill Questions

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

1. What first inspired Jessica to take part in athletics?

2. What is the name of Jessica's trainer and why is their relationship so special?

3. Name the seven events that make up the heptathlon.

4. Why do you think Jessica's trainer advised her to take up the heptathlon?

5. Describe how Jessica may have been feeling by the end of May 2008.

6. Many people said that Jessica had the 'competition of her life' during the 2012 London Olympic Games. Can you give two reasons to explain why people might have said that?

7. List two ways that Jessica's London 2012 Olympic achievement was recognised in Great Britain.

Jessica Ennis-Hill Questions

8. Which charity is close to Jessica's heart? Why do you think that is?

9. Why does Jessica have the nick-name 'Tadpole'?

10. The night Jessica won her gold medal was later nicknamed 'Super Saturday'. Conduct some research on the Internet to find out what else happened on that special night.

Jessica Ennis-Hill Answers

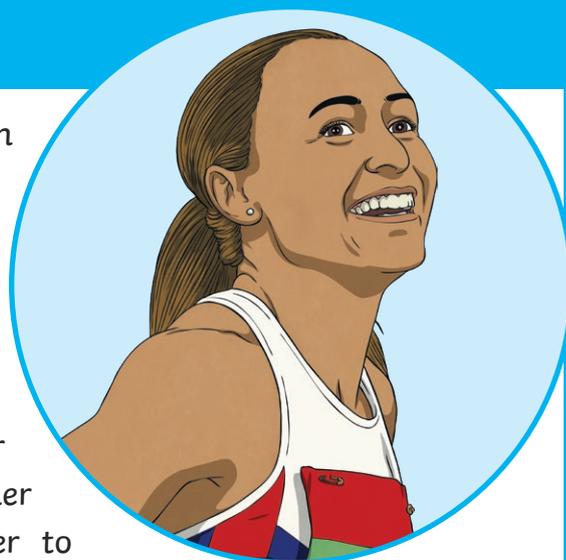
1. What first inspired Jessica to take part in athletics?
Jessica's parents introduced her to athletics by taking her to a local sports camp at Sheffield's Don Valley Stadium during the 1996 school summer holidays.
2. What is the name of Jessica's trainer and why is their relationship so special?
Jessica's trainer is called Toni Minichiello and their relationship is special because they have worked together since she was just 13.
3. Name the seven events that make up the heptathlon.
The heptathlon is made up of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres.
4. Why do you think Jessica's trainer advised her to take up the heptathlon?
Pupil's own response. May include reference to Jessica being talented in several areas.
5. Describe how Jessica may have been feeling by the end of May 2008.
Pupils' own responses. Answers may include: devastated that she had injured herself so close to the Olympics, determined to get over her injury so she could compete at the Olympics in the future or disappointed that all her hard work in training had been for nothing.
6. Many people said that Jessica had the 'competition of her life' during the 2012 London Olympic Games. Can you give two reasons to explain why people might have said that?
Any two from the following: she won the gold medal, she scored her highest ever first-day total, she achieved a lifetime best time in the 100 metres or she won the final event of the heptathlon, the 800 metres, in front of thousands of cheering fans.
7. List two ways that Jessica's Olympic achievement was recognised in Great Britain.
Any two from the following: the placing of a gold post box in her hometown of Sheffield, being featured on a special postage stamp and receiving an MBE from Her Majesty, The Queen.
8. Which charity is close to Jessica's heart? Why do you think that is?
Jessica has always supported Sheffield Children's Hospital- probably because it is in her hometown.
9. Why does Jessica have the nick-name 'Tadpole'?
Jessica's friend nicknamed her 'tadpole' because she never grew and at just 5'4" tall, she is one of the smallest competitors ever in the heptathlon.
10. The night Jessica won her gold medal was later nicknamed 'Super Saturday'. Conduct some research on the Internet to find out what else happened on that special night.
The night became known as Super Saturday because three of team GB's athletes won gold medals on the same night in front of their home crowd: Jessica Ennis-Hill, Mo Farah and Greg Rutherford.

Jessica Ennis-Hill

Jessica Ennis-Hill was born 28 January 1986 in Sheffield, England.

Childhood

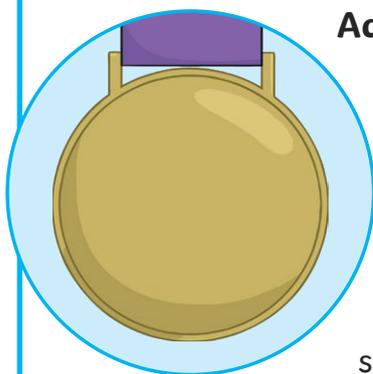
Jessica grew up in Sheffield with her father, who was a self-employed painter and decorator, her mother, who was a social worker, and her younger sister, Carmel. She came from a sporty background with her father doing some sprinting at school, whilst her mother participated in the high jump. They introduced her to athletics by taking her to a local sports camp at Sheffield's Don Valley Stadium during the 1996 school summer holidays. Shortly after, she joined the City of Sheffield Athletics Club, which she still represents today.



At the age of 13, her massive talent was evident and she had her first coaching session with Toni Minichiello, who advised her to specialise in the heptathlon - a seven discipline event comprising of the 100 metre hurdles, high jump, shot-put, 200 metres, long jump, javelin, and 800 metres. In November 2000, aged 14, she won the Sheffield Federation for School Sports Whitham Award for the best performance by a Sheffield athlete at the National Schools Championships, where she won the high jump competition. Having formed a great relationship, Toni and Jessica continued to work together right through her schooling and time at university. By 2004, Jessica had established herself as one of Britain's top junior athletes with great potential for future success.

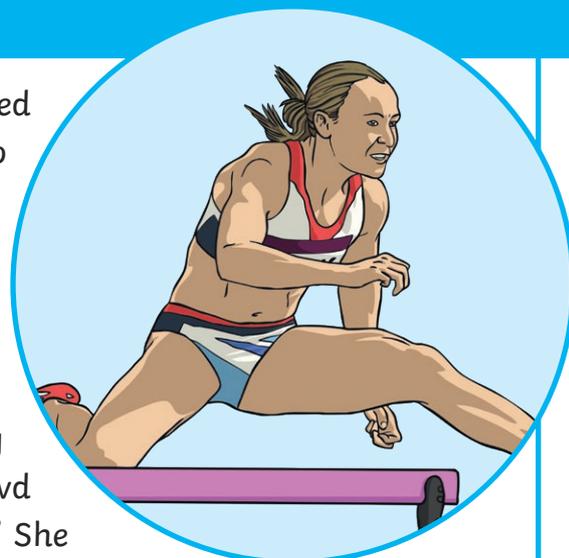
Achievements

After many years of preparation, training and success, Jessica was chosen to represent Team GB at the 2008 Olympic Games in Beijing. However, in May 2008 (just three months before the Olympics were due to begin) Jessica had to withdraw from a heptathlon competition in Austria after the first day's events after complaining of a pain in her right foot. A scan later revealed that she had stress fractures within her right foot. As a consequence, she missed the Olympic Games and the rest of the 2008 season. Determined to make up for her previous Olympic disappointment, Jessica went on to cement herself into the history books during the London 2012 Olympics. At the end of the first day of competition, Jessica had scored her highest ever first-day total, and was 184 points



Jessica Ennis-Hill

ahead of her nearest competitor. On day two, she achieved a lifetime best time in the 100 metres and going into the final event of the 800 metres, she knew that she was virtually guaranteed the gold medal. In front of her home crowd, a resolute Jessica went on to win the 800 metres event on a night that later became known as 'Super Saturday'. After her momentous win, she was quoted as saying, "I told myself at the start that I'm only going to have one moment to do this in front of a crowd in London and I just wanted to give them a good show." She certainly did - all the time being supported by the same trainer, Toni Minichiello!



Life after London 2012

Jessica's Olympic achievement was honoured in many ways including the placing of a gold post box in her hometown of Sheffield, being featured on a special Royal Mail commemorative postage stamp and receiving an MBE from Her Majesty, The Queen. Following on from her success in London 2012 and eager to retain her Olympic title, Jessica competed in the Rio 2016 games. Despite her admirable efforts, Jessica was unable to win gold and had to settle for the silver medal instead. Disappointed, and ready to start a family, Jessica returned home and later retired from athletics on the 16th October 2016.

Jessica has always tried to use her fame and influence to help a specific charity that is close to her heart, Sheffield Children's Hospital Fund, for whom she is now a patron. With her huge talent and bubbly, infectious personality, Jessica was recently voted Great Britain's favourite sporting hero in a poll conducted by Sport Relief.

Olympic Games	Medals
2012 London Games:	Gold medal (Women's heptathlon)
2016 Rio Games:	Silver medal (Women's heptathlon)

Amazing Fact!

At just 5'4" tall, Jessica is one of the smallest competitors ever on the heptathlon circuit. Her GB team-mate and long-time friend, Kelly Sotherton, nicknamed her 'tadpole' as she never grew!

Jessica Ennis-Hill Questions

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

1. What first inspired Jessica to take part in athletics?

2. What is the name of Jessica's trainer and why is their relationship so special?

3. Why do you think Jessica's trainer advised her to take up the heptathlon?

4. Describe how Jessica may have been feeling by the end of May 2008.

5. Many people said that Jessica had the 'competition of her life' during the 2012 London Olympic Games. Can you give three reasons to explain why people might have said that?

6. List three ways that Jessica's Olympic achievement was recognised in Great Britain.

7. Why does Jessica have the nick-name 'Tadpole'?

Jessica Ennis-Hill Questions

8. Can you give ambitious adjectives to describe how Jessica must have felt after not winning gold at the Rio Olympic Games. Explain your reasons.

a) I think Jessica would have felt _____
because _____

b) I think Jessica would have felt _____
because _____

9. The night Jessica won her gold medal was later nicknamed 'Super Saturday'. Conduct some research on the Internet to find out what else happened on that special night.

Jessica Ennis-Hill Answers

1. What first inspired Jessica to take part in athletics?
Jessica's parents introduced her to athletics by taking her to a local sports camp at Sheffield's Don Valley Stadium during the 1996 school summer holidays.
2. What is the name of Jessica's trainer and why is their relationship so special?
Jessica's trainer is called Toni Minichiello and their relationship is special because they have worked together since she was just 13.
3. Why do you think Jessica's trainer advised her to take up the heptathlon?
Pupil's own response. May include reference to Jessica being talented in several areas.
4. Describe how Jessica may have been feeling by the end of May 2008.
Pupils' own responses. Answers may include: devastated that she had injured herself so close to the Olympics, determined to get over her injury so she could compete at the Olympics in the future or disappointed that all her hard work in training had been for nothing.
5. Many people said that Jessica had the 'competition of her life' during the 2012 London Olympic Games. Can you give three reasons to explain why people might have said that?
Any three from: she won the gold medal, she scored her highest ever first-day total, she achieved a lifetime best time in the 100 metres or she won the final event of the heptathlon, the 800 metres, in front of thousands of cheering fans.
6. List three ways that Jessica's Olympic achievement was recognised in Great Britain.
List all three of the following: the placing of a gold post box in her hometown of Sheffield, being featured on a special postage stamp and receiving an MBE from Her Majesty, The Queen.
7. Why does Jessica have the nick-name 'Tadpole'?
Jessica's friend nicknamed her 'tadpole' because she never grew and at just 5'4" tall, she is one of the smallest competitors ever in the heptathlon.
8. Can you give ambitious adjectives to describe how Jessica must have felt after not winning gold at the Rio Olympic Games. Explain your reasons.
Pupil's own response. May include; disappointed because she wanted to retain her title, sad because she knew that her career was coming to an end.
9. The night Jessica won her gold medal was later nicknamed 'Super Saturday'. Conduct some research on the Internet to find out what else happened on that special night.
The night became known as Super Saturday because three of team GB's athletes won gold medals on the same night in front of their home crowd: Jessica Ennis-Hill, Mo Farah and Greg Rutherford.