

Mo Farah

Name: Mohamed Muktar Jama Farah
Born: 23 March 1983 in Mogadishu, Somalia

Childhood

At the age of 8, Mo arrived in the UK from Mogadishu, with his parents and twin brother, speaking very little English. He grew up in West London and began running at school when his talent was spotted by his PE teacher. He didn't always dream of a big career in athletics. Instead, Mo's main ambitions were actually to become either a car mechanic or to play for Arsenal football club. In his teens, he joined the Borough of Hounslow Athletics Club and became a very successful junior athlete. He won the European Junior 5000m title in 2001 before breaking into the senior GB athletics squad in 2006.

Achievements

In May 2008, Mo claimed the fastest UK men's time for eight years in the 10,000 metres and easily qualified for the 2008 Beijing Games. However, in Beijing, much to Team GB's and Mo's disappointment, he was knocked out of both of his events in the qualifying rounds and did not make it to an Olympic final. This spurred Mo on to train even harder for the next four years so he would be able to have another attempt at fulfilling his Olympic ambitions. On the 4th August 2012, Mo finally accomplished his dream at the London Olympic Games. This time, with the unwavering support of his home fans in the Olympic Stadium, he easily made the finals for both his events. In his first final, Mo won the 10,000 metre gold. This was Great Britain's first ever Olympic gold medal in the 10,000m and came just after two other gold medals for Great Britain in the same athletics session. The night was later dubbed 'Super Saturday'. A week later on the 11th August 2012, Mo completed an athletics double by also winning the 5000 metres. This meant Mo joined just five other athletes in the entire history of the Olympic Games to win the 5k/10k double and the only athlete ever to do it on home soil. Mo famously celebrated his wins with his unique, celebratory dance pose that he went on to call the 'Mobot'. Four years later, at the 2016 Rio Olympic Games, Mo successfully defended his Olympic title and won gold in the 10,000 metres and in the 5,000 metres again. In doing so, Mo became only the second man to ever win those races in two consecutive games.



Olympic Games and Medals

• 2012 London Games:

2 gold medals
(10,000 metres and 5,000 metres)

• 2016 Rio Games:

2 gold medals
(10,000 metres and 5,000 metres)

Life after the Olympics

Following his 2012 successes, Mo was given a CBE in The Queen's 2013 New Year Honours List. He also has a lasting reminder of his achievement in his hometown of Teddington, West London, where a post box was painted gold to commemorate his Olympic victories. After competing at the 2017 World Championships, where he won a gold and silver medal, Mo decided to retire and has since switched his attention to marathon running.

Despite his advancing age, Mo is still a major competitor in international athletics and, as recently as 2015, he repeated his long-distance gold medal double at the Athletics World Championships. He also does a lot of charity work for The Mo Farah Foundation, which helps provide life-saving aid to some of the millions of people facing starvation and disease in Mo's birthplace of Somalia. Very generously, every time anyone posts a YouTube video copying his 'Mobot' pose, Mo donates £2 to his charity!

On 14th November 2017, Mo was honoured by The Queen with a Knighthood in recognition of his services to athletics.

Amazing Fact!

Mo's secret training weapon is his underwater treadmill which he runs on while wearing scuba-diving equipment. He uses this machine three or four times a week when he's in competition training!

Questions

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

1. Did Mo dream of athletics success from a young age?

2. What was the name of the athletics club that Mo joined as a junior?

3. Why did Mo have a major disappointment in 2008?

4. Why did British people go on to call 4th August 2012 'Super Saturday'?

5. Give TWO reasons why Mo's Olympic double win at the 2012 London Games was so special.

6. Choose TWO adjectives to describe Mo Farah's character. Explain your choices.

I think Mo is _____ because... _____

I think Mo is _____ because... _____

7. Where does the charity money raised by 'The Mo Farah Foundation' go to?

Why do you think this is?

8. Mo's secret weapon is his underwater treadmill training. Do some research on the Internet to find out why running in water is beneficial to athletes.

Answers

1. Did Mo dream of athletics success from a young age?

No, he actually wanted to become a mechanic or an Arsenal football player.

2. What was the name of the athletics club that Mo joined as a junior?

In his teens, he joined the Borough of Hounslow Athletics Club and became a very successful junior athlete.

3. Why did Mo have a major disappointment in 2008?

He failed to qualify for either the 5000 or 10,000 metre Olympic Finals at the 2008 Olympic Games in Beijing.

4. Why did British people go on to call 4th August 2012 'Super Saturday'?

It became known as 'Super Saturday' because Mo and two other GB athletes won gold medals during the same athletics session.

5. Give TWO reasons why Mo's Olympic double win at the 2012 London Games was so special.

Mo's double Olympic win was so special because he was one of only five athletes to have ever done it. He is the only person to ever have done it in his own country (home soil).

6. Choose TWO adjectives to describe Mo Farah's character. Explain your choices.

I think Mo is _____ because...

I think Mo is _____ because...

Pupil's own responses.

7. Where does the charity money raised by 'The Mo Farah Foundation' go to? Why do you think this is?

The money raised helps provide life-saving aid to some of the millions of people facing starvation and disease in Somalia. He feels compelled to use his fame to help the people in the country he was born.

8. Mo's secret weapon is his underwater treadmill training. Do some research on the Internet to find out why running in water is beneficial to athletes.

Water is a great medium to exercise as it decreases stress on the joints and is much less damaging to the body than running outdoors. Running through water forces muscles to work harder than running in air, so athletes don't have to run as fast or as far to get the same level of workout.

Mo Farah

Name: Mohamed Muktar Jama Farah

Born: 23 March 1983 in Mogadishu, Somalia

Childhood

Although Mo was born in Somalia, he grew up in West London from the age of 8. He began running at school but he didn't always want a big career in athletics. He actually dreamt of being a car mechanic or an Arsenal football player! In his teens, he joined an athletics club when he realised himself that he had a special talent for long-distance running. He became a very successful junior athlete and won the European Junior 5000m title in 2001.

Achievements

In 2008, Mo went to the Beijing Olympic Games but unfortunately he did not make it to an Olympic final. For the next four years, Mo trained even harder so he could have another go at achieving his dream of becoming an Olympic champion. On the 4th August 2012, Mo's dream came true at the London Olympic Games. In front of his home fans in the Olympic Stadium, Mo won the 10,000 metre gold. On the same night, which people went on to call 'Super Saturday', two other gold medals were won for Great Britain by Jessica Ennis and Greg Rutherford. Just a week later, on the 11th August 2012, Mo also won the 5000 metres event. Mo is the only athlete in Olympic history to ever win the 5000/10,000m double on home soil. Mo famously celebrated his wins with his own dance pose called the 'Mobot'. Four years later, Mo defended his Olympic title in the 2016 Rio Games in which he won gold in both the 10,000 and 5,000 metres again.

Life after the Olympics

In 2012, Mo was given a CBE, which is a special award from the Queen. In Teddington, West London (Mo's hometown), a post box was painted gold to commemorate his Olympic victories. After competing at the 2017 World Championships (and winning a gold and silver medal), Mo decided to retire and has since switched his attention to marathon running.

Mo still competes in international athletics and recently repeated his gold medal double at the 2015 Athletics World Championships. He also does a lot of charity work for The Mo Farah Foundation, which raises money for starving and diseased people in Mo's birthplace of Somalia. Every time anyone posts a YouTube video copying his 'Mobot' pose, Mo donates £2 to his charity...how very generous! On the 14th November 2017, Mo was given a Knighthood by The Queen in recognition of his services to athletics.

Amazing Fact!

Mo's secret training weapon is his underwater treadmill which he runs on while wearing scuba-diving equipment. He uses this machine three or four times a week when he's in competition training!



Olympic Games and Medals

- **2012 London Games:**
2 gold medals (10,000 metres and 5000 metres)
- **2016 Rio Games:**
2 gold medals (10,000 metres and 5,000 metres)

Questions

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

1. What were Mo's dream jobs when he was a child?

2. Where and when was Mo born?

3. What happened to Mo at the 2008 Olympic Games in Beijing?

4. Name the three GB athletes that won gold medals on 'Super Saturday'.

5. How did Mo celebrate his double Olympic gold medals at the 2012 London Games?

6. I would use the adjective '**determined**' to describe Mo Farah's character. Can you finish this sentence with a reason why?

I think Mo is a determined person because...

7. Why do you think Mo's charity raises money for Somalia?

8. What strange piece of equipment does Mo have to help him train?

Answers

1. What were Mo's dream jobs when he was a child?

He wanted to become a mechanic or an Arsenal football player.

2. Where and when was Mo born?

He was born on 23 March 1983 in Mogadishu, Somalia.

3. What happened to Mo at the 2008 Olympic Games in Beijing?

In 2008, Mo went to the Beijing Olympic Games but unfortunately he did not make it to an Olympic final.

4. Name the three GB athletes that won gold medals on 'Super Saturday'.

On Super Saturday, 4th August 2012, Mo Farah, Jessica Ennis and Greg Rutherford all won gold medals for Team GB.

5. How did Mo celebrate his double Olympic gold medals at the 2012 London Games?

Mo famously celebrated his wins with his own dance pose called the 'Mobot'.

6. I would use the adjective '**determined**' to describe Mo Farah's character. Can you finish this sentence with a reason why?

I think Mo is a determined person because...

Pupil's own response - possible references to the fact that he didn't give up after losing at the Beijing Games, he runs long distances, he's still competing in international athletics now or that he works hard to raise money for charity.

7. Why do you think Mo's charity raises money for Somalia?

Mo raises money for Somalia because many people there are dying of disease and starvation. He feels compelled to help the people in the country he was born.

8. What strange piece of equipment does Mo have to help him train?

Mo's secret training weapon is his underwater treadmill which he runs on while wearing scuba-diving equipment.

Mo Farah

Name: Mohamed Muktar Jama Farah

Born: 23 March 1983 in Mogadishu, Somalia

Childhood

Although Mo was born in Somalia, he grew up in West London from the age of 8. He began running at school when his talent was spotted by his PE teacher. He didn't always want a big career in athletics. Instead, Mo's main dreams were actually to become either a car mechanic or to play for Arsenal football club. In his teens, he joined the Borough of Hounslow Athletics Club. He became a very successful junior athlete and won the European Junior 5000m title in 2001.

Achievements

In 2008, Mo travelled to the Beijing Olympic Games but much to his disappointment, he did not make it to an Olympic final. For the next four years, this made Mo train even harder so he could have another go at achieving his ambition of becoming an Olympic champion. On the 4th August 2012, Mo's dream came true at the London Olympic Games. In front of his home fans in the Olympic Stadium, he easily made the finals for both his events - the 5000 and 10,000 metres. In his first final, Mo won the 10,000 metre gold. On the same night, which people went on to call 'Super Saturday', two other gold medals were won for Great Britain by Jessica Ennis and Greg Rutherford. Just a week later on the 11th August 2012, Mo also won the 5000 metres event. This meant Mo made Olympic history as the only athlete to ever win the 5000/10,000m double in their own country. Mo famously celebrated his wins with his own dance pose called the 'Mobot'. Four years later, at the 2016 Rio Olympic Games, Mo successfully defended his Olympic title and won gold in the 10,000 metres and in the 5,000 metres again.

Life after the Olympics

Following his 2012 successes, Mo was given a CBE in The Queen's 2013 New Year Honours List. In Teddington, West London (Mo's hometown), a post box was painted gold to commemorate his Olympic victories. After competing at the 2017 World Championships, where he won a gold and silver medal, Mo decided to retire and has since switched his attention to marathon running.

Despite his advancing age, Mo is still a major competitor in international athletics and, as recently as 2015, he repeated his long-distance gold medal double at the Athletics World Championships. He also does a lot of charity work for The Mo Farah Foundation, which helps provide life-saving aid to millions of starving and diseased people in Mo's birthplace of Somalia. Very generously, every time anyone posts a YouTube video copying his 'Mobot' pose, Mo donates £2 to his charity! On 14th November 2017, Mo was given a Knighthood by The Queen in recognition of his services to athletics.

Amazing Fact!

Mo's secret training weapon is his underwater treadmill which he runs on while wearing scuba-diving equipment. He uses this machine three or four times a week when he's in competition training!



Olympic Games and Medals

- **2012 London Games:**
2 gold medals (10,000 metres and 5000 metres)
- **2016 Rio Games:**
2 gold medals (10,000 metres and 5,000 metres)

Questions

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

1. Did Mo dream of athletics success from a young age?

2. What was the name of the athletics club that Mo joined as a junior?

3. Why did Mo have a major disappointment in 2008?

4. Name the three GB athletes that won gold medals on 'Super Saturday'.

5. Why was Mo's double Olympic win at the 2012 London Games so special? How did he celebrate?

6. Choose an adjective to describe Mo Farah's character. Explain your choice.

I think Mo is _____ because...

7. Give TWO reasons why you think Mo's charity raises money for Somalia.

8. Explain what Mo Farah has promised to do that proves he is very generous.

Answers

1. Did Mo dream of athletics success from a young age?

No, he actually wanted to become a mechanic or an Arsenal football player.

2. What was the name of the athletics club that Mo joined as a junior?

In his teens, he joined the Borough of Hounslow Athletics Club and became a very successful junior athlete.

3. Why did Mo have a major disappointment in 2008?

He failed to qualify for either the 5000 or 10,000 metre Olympic Finals at the 2008 Olympic Games in Beijing.

4. Name the three GB athletes that won gold medals on 'Super Saturday'.

On Super Saturday, 4th August 2012, Mo Farah, Jessica Ennis and Greg Rutherford all won gold medals for Team GB.

5. Why was Mo's double Olympic win at the 2012 London Games so special? How did he celebrate?

It was special because Mo made Olympic history as the only athlete to ever win the 5000/10,000m double in their own country. Mo famously celebrated his wins with his own dance pose called the 'Mobot'.

6. Choose an adjective to describe Mo Farah's character. Explain your choice.

I think Mo is _____ because...

Pupil's own response.

7. Give TWO reasons why you think Mo's charity raises money for Somalia.

Mo raises money for Somalia because many people there are dying of disease and starvation. He feels compelled to help the people in the country he was born.

8. Explain what Mo Farah has promised to do that proves he is very generous.

Every time anyone posts a You Tube video copying his 'Mobot' pose, Mo donates £2 to his charity.