

# Speedo Mick

## Teacher's notes and answers



This lesson gives students the opportunity to discuss fundraising and practise reading skills (scanning and reading for detail). The reading text focuses on Mick Cullen, also known as 'Speedo Mick', and his long-distance walks for charity. The lesson encourages students to try to empathise with Mick and better understand his background, character and motivations. Themes of mental health are also prominent and so it is advised you check with your learners first/use your own professional judgement before doing the optional video task.

### Procedure:

1. Show the picture of Mick on the IWB and ask students to discuss the 'See, Think, Wonder' questions. Elicit ideas in feedback but don't reveal any information about the picture yet.
2. Next show slide 3 with the 'headline'. Elicit the meaning of 'fundraising'. Ask the learners what Mick is doing to raise money (a walk). Then ask students to work in pairs/small groups to think of other things that people do to fundraise (slide 4, and suggestions on slide 5). Collect ideas from students on the board in whole-class feedback.
3. Hand out the worksheet, and ask learners to read the first question. Ask learners to scan the text quickly to find the correct answer (Answers: Michael Cullen, a 1000 mile walk from John o'Groats to Land's End).
4. Direct students to questions 2 to 9. Ask them to read the questions and then scan the text to find the answers. Set a time limit and encourage students to write answers in their own words. Have students check answers in pairs before whole class feedback.

### Answers:

2. *more than £800,000.*

3. *to give grants to small charities that support mental health awareness, disadvantaged young people, and the homeless.*

4. *after fundraising £30,000 swimming the English Channel in 2014.*

5. *£30,000 swimming the English Channel in 2014 / more than £50,000 for a Liverpool hospice by walking from Everton's Goodison Park stadium to Wembley Stadium / In 2019 and 2020 he raised more than £300,000 after walking from John O'Groats to Land's End / in 2021 his 2,500 mile (4,023 km) Giving Back Tour raised almost £180,000.*

# Speedo Mick

## Teacher's notes and answers



6. *It's difficult but it gives him purpose and a chance to be positive and give back.*
7. *climb Britain's three national peaks.*
8. *He doesn't quite feel 'up to it'. Putting on his speedos "gets him into the groove".*
9. *climb*

5. ***Optional – only do this part of the lesson if you are sure your students will be okay with the content. It's very emotional and some students may have trauma related to mental health issues. Use your professional judgement.***

Show the video of Mick being interviewed about his difficulties during lockdown and how he recovered. Have students discuss the accompanying questions on the slide for the video.

6. Post-reading discussion questions: Have students discuss the discussion questions on the worksheet. These questions are aimed at encouraging students to empathise with Mick, to better understand his character and motivations. Tell students they don't have to discuss any questions they don't feel comfortable with.
7. Roleplay: divide students into 2 groups. One group will be TV/radio reporters, the other will play the role of Mick. Give students some time to prepare in groups. Those playing Mick can think about how he will feel at the end of the walk, his emotions and thoughts. Those playing the reporter can think of good questions to ask him. Prepare students so each pair has a 'Mick' and 'Reporter' role play. Students then perform the roleplay. Encourage them to record or video the role play on their phones and share on the class platform (if you have one). As students perform the role play, monitor and note down any good examples of language/common errors for focus in post-task feedback.
8. To round off the lesson you can show students Mick's social media links and profiles, and encourage them to follow him as he completes his walk, and maybe post some messages of encouragement.