

# Session Guide: Kenyan Outstanding Athletes

## Session Outline

### Description

This reading comprehension session presents learners with biographical articles of three top Kenyan athletes who had to overcome real challenges in their lives or careers. They will read a biography for each athlete, trying to identify key challenges, methods to overcome them, and successes and then discuss these within the group. Finally, learners will summarise the biography of the athlete they find most inspirational, once again focusing on overcoming challenges.

### Session Objectives

The objectives of this session are to:

- To read three biographies.
- To extract information from their reading.
- To develop reading and writing skills.
- To motivate learners to push themselves.

### Expected Outcomes

By the end of the session learners will have:

- Read three biographies.
- Discussed the challenges and achievements of the different athletes.
- Written a summary of a biography focusing on challenges, ways to overcome them and successes.

### Areas involved

- Language
  - Reading
  - Writing
- Life skills



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- Making decisions
- Goal setting
- Citizenship
  - Values formation

## Activity: Reading About the Athletes

### Objectives

- To read three biographies.
- To extract information from their reading.

### Expected Outcomes

- Learners will have read three biographies.

### Teaching Instructions

Provide learners the three biographic articles about top Kenyan athletes:

- [Eliud Kipchoge](#)
- [Brigid Kosgei](#)
- [Julius Yego](#)

While reading, learners should identify the main challenges each athlete faced, how they overcame them and their key successes.

### Student Instructions

Read the following biographic articles about top Kenyan athletes:

- [Eliud Kipchoge](#)
- [Brigid Kosgei](#)
- [Julius Yego](#)

While reading, identify the main challenges each athlete faced, how they overcame them and their key successes.

## Activity: Discussing Challenges

### Objectives

- To motivate learners to push themselves.



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- To be inspired by how these athletes overcome their challenges.

## Expected Outcomes

- Learners will have discussed the challenges and achievements of the different athletes.

## Teaching Instructions

Lead a discussion on the points identified by the learners on the main challenges each athlete faced, how they overcame them and their key successes, discussing one athlete at a time. Are there any agreements or disagreements? How have learners interpreted the articles? Did they manage to extract the same points or did different learners focused on different points?

## Activity: Summarising a Biography

### Objectives

- To develop reading and writing skills.
- To motivate learners to push themselves.

### Expected Outcomes

- Learners will have written a summary of a biography focusing on challenges, ways to overcome them and successes.

### Teaching Instructions

Learners should select the athlete they found most inspiring from the readings and from their discussions. They should go over the respective articles and write a 2 or 3 paragraph biographical text, highlighting what they think is most inspirational about their chosen athlete. It should also mention the key challenges they faced and what they did to overcome them.

If there is time available, learners could share their writing and the group should provide feedback, identifying at least one good thing about the work and one or two aspects that could have been better.

### Student Instructions

Select the athlete you found most inspiring from the readings. Go over the respective article and write a 2 or 3 paragraph biographical text, highlighting what you think is most inspirational about



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your chosen athlete. It should also mention the key challenges they faced and what they did to overcome them.



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