

Fantastic People Videos Activity Booklet



**Professor
Sung Jao Yiu
Joseph**



Dr Allan Zeman



**Yu Chui Yee
Alison**



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**English Language Education Section
Curriculum Development Institute
Education Bureau
The Hong Kong Special Administrative Region**

12/F, Wu Chung House, 213 Queen's Road East, Wan Chai, Hong Kong

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Preface

Fantastic People Videos Activity Booklet is developed by the English Language Education Section, Curriculum Development Institute, Education Bureau, in support of the learning and teaching of English Language at primary level. To provide localised materials for teachers on introducing the themes “We love Hong Kong” and “Special people”, a series of videos on “Fantastic People” has been produced to introduce three celebrities – Professor Sung Jao Yiu Joseph, Dr Allan Zeman and Ms Yu Chui Yee Alison to primary school students in Hong Kong through the interviews with them in the videos. Students will be able to learn from their sharing and gain insights into their life experiences, achievements and beliefs. In this connection, *Fantastic People Videos Activity Booklet* is developed to facilitate and complement the use of the videos in promoting positive values and attitudes in the English Language classroom through understanding the achievements and contributions of the celebrities.

Aims of the Activity Booklet

This booklet aims to:

- complement the Fantastic People videos by providing suggestions on how to effectively use the videos to guide students to learn from the sharing of the famous people and inspire students to pursue their dreams and goals;
- develop students’ language skills, including viewing skills through appreciation of the videos; and
- reinforce the development of positive values and attitudes, e.g. optimism, perseverance, commitment and caring for others, through appreciating and reflecting on the success stories in the videos.

Suggested Levels

Key Stage 2 (Primary 4 to 6)

Content of the Activity Booklet

This booklet consists of three sets of learning and teaching materials developed for the Fantastic People videos. Each set of materials comprises pre-viewing, viewing and post-viewing activities to guide students to better understand the success stories of the celebrities (e.g. background, challenges, achievements) and appreciate images in the videos and the messages delivered by the celebrities. These help cultivate positive values and attitudes through inspiring students to reflect on the sharing in the videos and write about their own dreams and goals. An overview of quotes is also provided to facilitate teachers’ introduction of the positive messages in the English lessons.

Using *Fantastic People Videos Activity Booklet* in the English Lessons

Schools are encouraged to make effective use of this activity booklet, integrating into the relevant modules and themes in the school-based English Language curriculum as appropriate, to enrich students' English learning experiences, nurture their positive values and attitudes and inspire them to pursue their dreams and goals. Teachers are encouraged to select and adapt the materials to suit their students' needs, interests and abilities.

This activity booklet and videos are available on the website of the Education Bureau (http://www.edb.gov.hk/Fantastic_People) and the website of Educational Multimedia (EMM) (https://emm.edcity.hk/playlist/1_he30nj2/1_gjbkgroh).

The website of the Education Bureau



The website of Educational Multimedia (EMM)



Acknowledgements

Our deepest gratitude is extended to Professor Sung Jao Yiu Joseph, Dr Allan Zeman and Ms Yu Chui Yee Alison for spending their invaluable time on the interviews for the production of the videos on “Fantastic People”.

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Part 1

An Interview with Professor Sung Jao Yiu Joseph



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(Pre-viewing)

Part A: Making predictions about the character

1. You are going to watch an interview and know more about Professor Sung Jao Yiu, Joseph.
Have you heard of him before? Look at the picture below.



What is Prof Sung wearing?

What is his job?

What does he do in his job?

2. List three qualities a person needs in order to be a doctor:

(Viewing)

Part B: Understanding the background and achievements of Prof Joseph Sung

3. Watch the video and complete the chart below.

Prof Joseph Sung

Education

- Studied at Q_____C_____
- Liked Physics because the _____ were fantastic
- Liked _____ because it was interesting to do little dissections, such as dissecting _____, rats and also cockroaches.

Achievements



_____	Graduated from a medical school.
2002	Achieved groundbreaking discovery of using an _____ to cure Helicobacter pylori infection in the stomach
2003	Hailed as an “_____” by Time Magazine for his contribution during the epidemic
2004	Awarded _____ Bauhinia Star

- In Year 2003, a disease called _____ hit Hong Kong. In the period of six months, doctors and patients faced life-and-death situations. Prof Sung provided the medical staff with all the necessary protection before sending them into the war zone. He also faced the challenges with his teammates.

Quotes

- *“Becoming a doctor, looking after the poor and the sick, is the part of my career that I’m most _____ of.”*
- *“Challenge means that you go into uncharted waters, but this is the time that you will learn new _____.”*
- *“There is no shortcut to success. _____ will bring you success.”*

(Post-viewing)

Part C: Self-reflection



4. Why did Prof Sung like to be a doctor the most?

5. According to Prof Sung, what does challenge mean?

Challenge means going into uncharted waters. _____

However, it is the time that we will learn new lessons. _____



6. What have you learnt from Prof Sung?

I have learnt from Prof Sung that if I want to achieve my goal,

I have also learnt that when there is a challenge, _____

7. You have seen Prof Sung visiting his alma mater. In your opinion, how does Prof Sung feel towards his alma mater? Refer to the images below and share your ideas.



Actually, my best result was in the final year.

(Image taken from the video: 1:05)
Prof Sung is showing his school report.



We caught earthworms from the lawn outside there.

(Image taken from the video: 1:29)
Prof Sung is walking and chatting with some students on the school lawn.



Challenge means that you go into uncharted waters.

(Image taken from the video: 4:00)
Prof Sung is demonstrating Chinese calligraphy.



that hard work will bring you success.

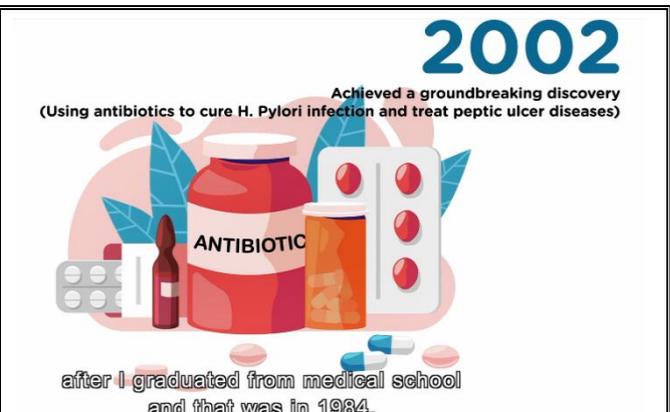
(Image taken from the video: 5:49)
The students are interviewing Prof Sung.

8. Prof Sung brought us to Prince of Wales Hospital and we could see him at work. Moreover, he has many great achievements. **What do you think of Prof Sung?** Refer to the images below and share your ideas.



Actually he was the vice chancellor of the Chinese University of Hong Kong.

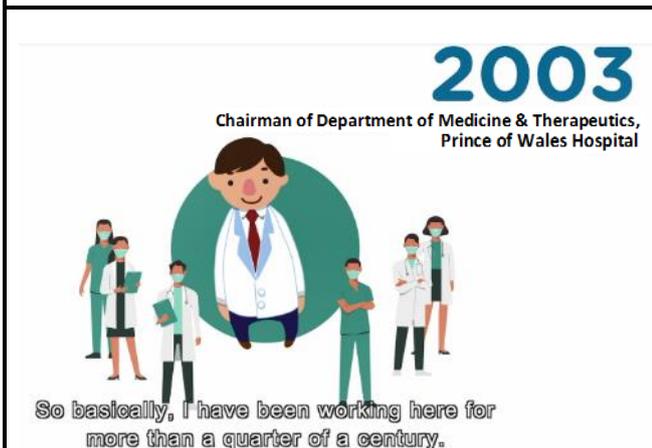
(Image taken from the video: 1:48)
Prof Sung was the Vice-chancellor and President of the Chinese University of Hong Kong.



2002
Achieved a groundbreaking discovery
(Using antibiotics to cure H. Pylori infection and treat peptic ulcer diseases)

after I graduated from medical school and that was in 1984.

(Image taken from the video: 2:22)
His groundbreaking discovery of treating Helicobacter pylori infection and peptic ulcer diseases.



2003
Chairman of Department of Medicine & Therapeutics,
Prince of Wales Hospital

So basically, I have been working here for more than a quarter of a century.

(Image taken from the video: 2:26)
He led a team of medical staff to fight the SARS epidemic in 2003.



2004
Awarded Silver Bauhinia Star

(Image taken from the video: 2:31)
He was awarded the Silver Bauhinia Star in 2004.

9. Prof Sung is now working at Nanyang Technological University in Singapore. Write a card to send your greeting and express your gratitude to him in 80 – 100 words.

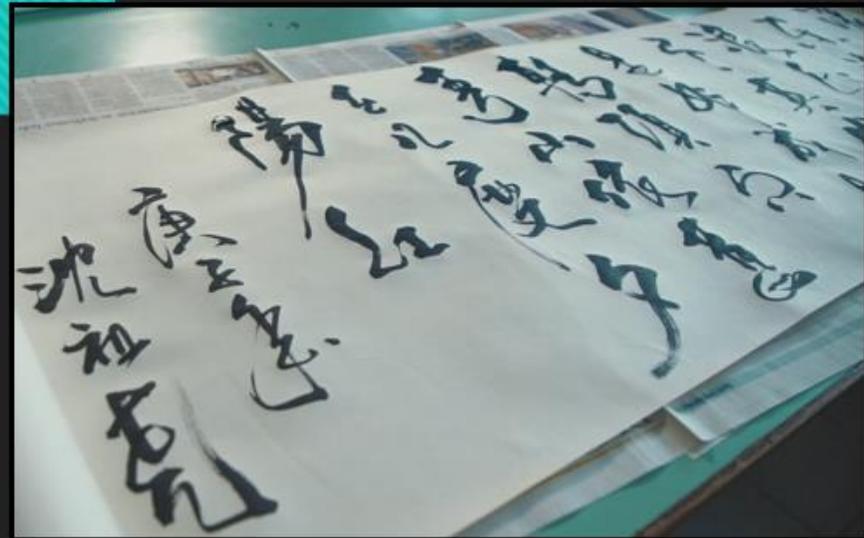
<p>The greeting: (e.g. <i>I'm a primary five student studying at ABC School. I'm writing to send my best wishes to you.</i>)</p>	<p>The part(s) of the video that touched you most: (e.g. <i>I've watched a video about you recently and your sharing about how you faced challenges touched me most.</i>)</p>
<p>Your gratitude to Prof Sung (e.g. <i>I'd like to thank you for your sharing and encouragement to youngsters.</i>)</p>	<p>The positive messages you have learnt from Prof Sung: (e.g. <i>I've learnt that I should face difficulties with courage and diligence.</i>)</p>

Quotes from Professor Sung Jao Yiu Joseph

Becoming a doctor, looking after the poor and the sick, is the part of my career that I'm most proud of.



Challenge means that you go into uncharted waters, but this is the time that you will learn new lessons.



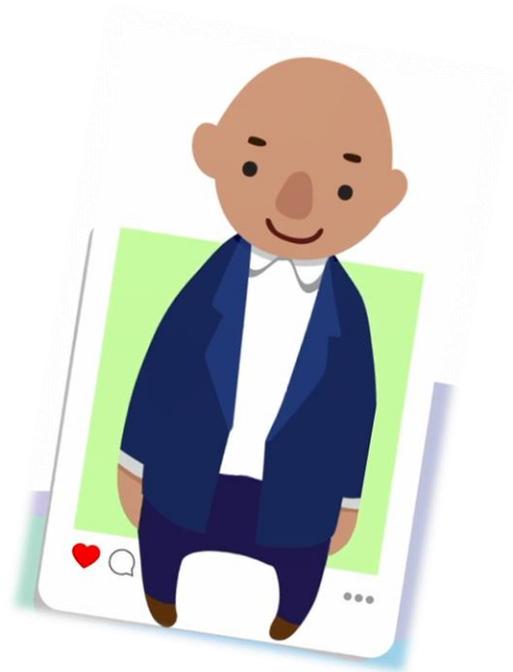


There is no
shortcut to
success.
Hard work
will bring you
success.

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Part 2

An interview with Dr Allan Zeman



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(Pre-viewing)

Part A: Making predictions about the character

1. You are going to watch an interview and know more about Dr Allan Zeman. Have you heard of him before? Look at the picture below.



What is Dr Zeman wearing?

What is his job/career?

What does he do in his job/career?

2. List three qualities a person needs in order to be a businessman/an entrepreneur:

(Viewing)

Part B: Understanding the background and achievements of Dr Allan Zeman

3. Watch the video and complete the chart below.

Dr Allan Zeman

Achievements

- Awarded the _____ Bauhinia Star in 2004
- Awarded the _____ Bauhinia Medal in 2011

Challenges

- Became the _____ of Ocean Park
 - Ran around the world, looked at different _____ and looked at _____
 - Figured out how to make Ocean Park _____ with the designers
 - Kept the park open while _____ the park
 - Changed all the _____ for all the staff

Early Life

7 years old: Dr Zeman's _____ died

10 years old: delivered _____ before school

12 years old: worked in a _____ cleaning tables

16 years old: bought his own _____

19 years old: went to Hong Kong and made a _____ US dollars profit

Quotes

- "Don't just look at what you see. Think _____. Think how this can be a success."
- "A successful entrepreneur is someone who is _____, has _____ dreams and makes the dreams a _____."
- "Always look _____ and then bring everybody along with you. Be approachable. I'm everybody's _____."

(Post-viewing)

Part C: Self-reflection



4. What does 'success' mean to Dr Zeman?

- Success is having an _____, having a _____, looking at something and then making it a _____.
- Doing something that you really have a _____ for.
- There are opportunities for everyone as long as you use your _____ and as long as you follow your _____.

5. According to Dr Zeman, what are the qualities of a successful entrepreneur?

- You need to have _____ in yourself.
- Don't look at things for what they are. Look at things for _____.
- Think _____. Think how you can make this into something _____.



6. What does 'success' mean to you? Do you have any dreams?

7. Dr Zeman is a successful entrepreneur and has been awarded the Gold Bauhinia Star and the Grand Bauhinia Medal for his contributions to Hong Kong. **What are the factors that make him so successful?** Refer to the images below and share your ideas.



(Image taken from the video: 0:41)
Dr Zeman shares how to become a successful person.



(Image taken from the video: 1:29)
Dr Zeman is talking about his early life in Canada.



(Image taken from the video: 3:39)
He is talking about his business in Lan Kwai Fong.



(Image taken from the video: 5:45)
Dr Zeman is in a jellyfish costume to promote Ocean Park.

8. What do you want to do in the future? What is your dream job? Write about your dream job in 80 –100 words. Share it with your classmates.

<p>What is your dream job? Why do you like this job? (e.g. <i>I want to be a vet in the future because I love animals.</i>)</p>	<p>What do you need to do? (e.g. <i>I have to diagnose the illnesses of different types of animals, and I may have to do surgery for them.</i>)</p>
<p>What will you do to achieve your goal? (e.g. <i>To achieve my goal, I will have to work hard and read more books and information about animals, e.g. on animal care, illnesses and treatment.</i>)</p>	<p>What qualities does a person need to have in order to be successful in that area? (e.g. <i>To be a successful vet, I need to be kind-hearted and knowledgeable.</i>)</p>

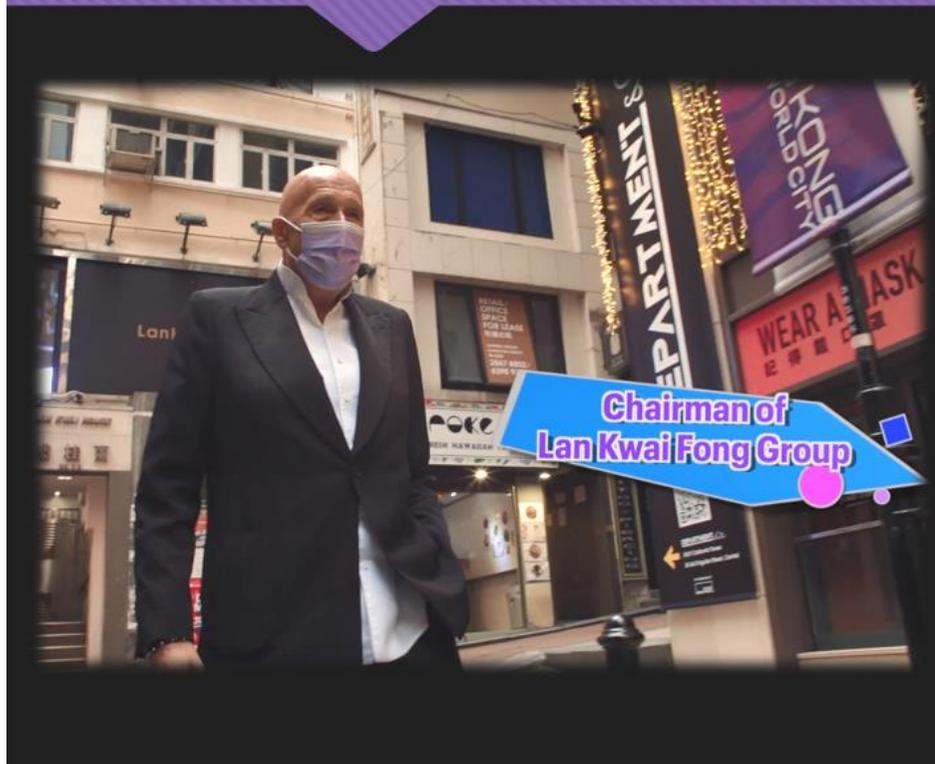
Large writing area with horizontal lines for text.

Quotes from Dr Allan Zeman

Don't just look at what you see. Think beyond. Think how this can be a success.



A successful entrepreneur is someone who is open-minded, has great dreams and makes the dreams a reality.





Always look forward and then bring everybody along with you. Be approachable. I'm everybody's friend.

Part 3

An Interview with Ms Yu Chui Yee Alison



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(Pre-viewing)

Part A: Making predictions about the character

1. Look at the picture below. Have you heard of Ms Yu Chui Yee, Alison? Can you guess what is very special about her?



What sports does Alison play?

What is her job?

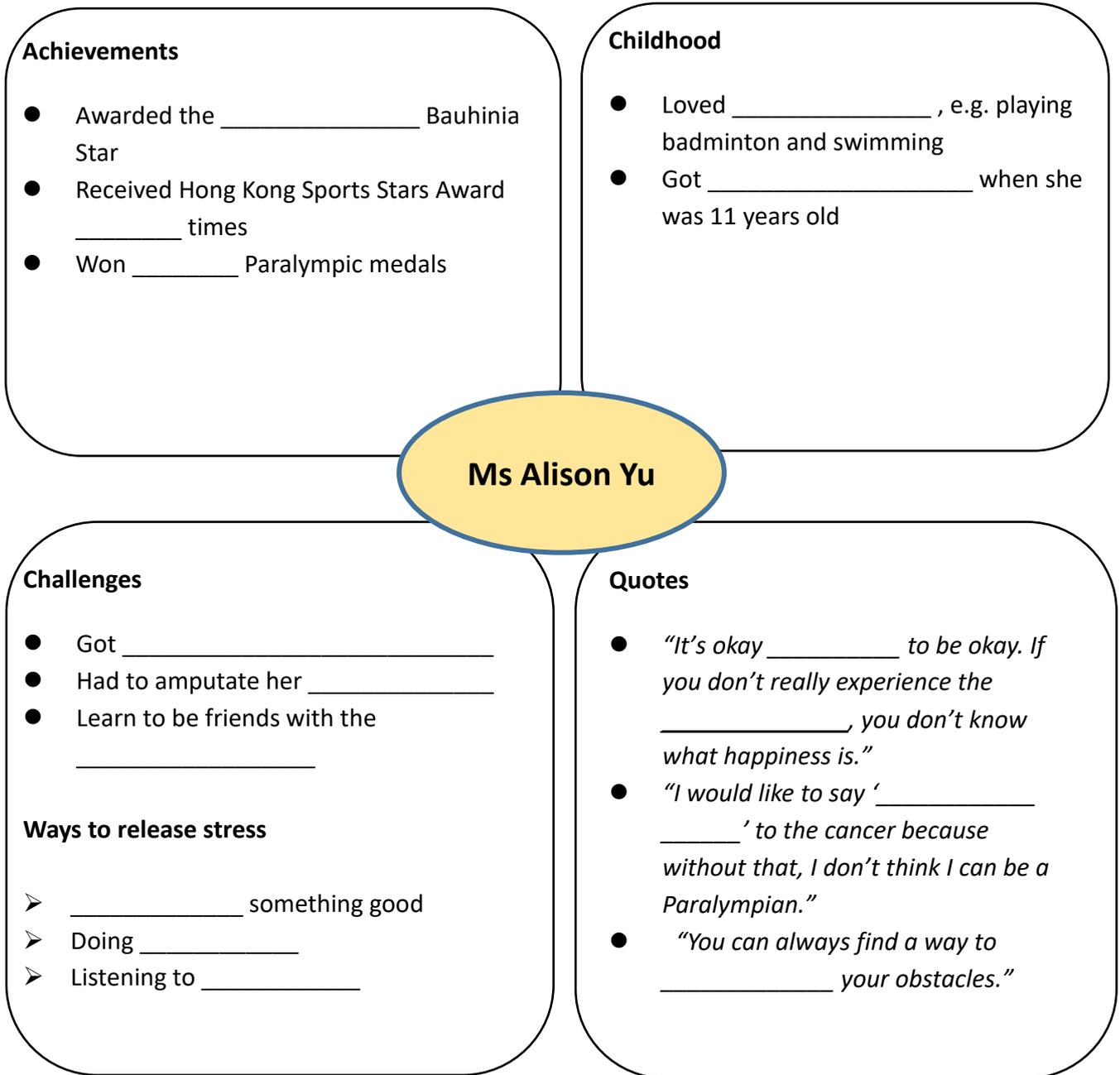
Why does she sit in a wheelchair?

2. List three qualities a person needs in order to be an athlete:

(Viewing)

Part B: Understanding the background and achievements of Ms Alison Yu

3. Watch the video and complete the chart below.



(Post-viewing)

Part C: Self-reflection



4. What adjectives would you use to describe Alison?
Why? (e.g. *optimistic, positive, out-going, cheerful, etc.*)

5. What have you learnt from Alison?



6. We face different challenges every day and may feel stressful sometimes. It is important to find ways to release our stress.

a) Tick the challenges that you are facing.

b) Write down the things you do to help you release stress in the balloons below and share them with your classmates.

- examinations
 - competitions
 - friendship
 - school work
 - parents' expectation
-
- illnesses

To help me release my stress from the examinations, I will do some exercise.

7. Being a professional athlete requires years of disciplined practice, as well as perseverance and determination. **In your opinion, what makes Alison such a fantastic person?** Refer to the images below and share your ideas.



(Image taken from the video: 0:53)
Alison received Hong Kong Sports Stars Awards seven times and won 11 Paralympic medals.



(Image taken from the video: 2:27)
She had bone cancer at 11 years old and had to amputate her left leg.



(Image taken from the video: 4:13)
She shared her life motto that “It’s okay not to be okay”.



(Image taken from the video: 5:30)
She shared that when she retired, she would try to contribute more to the Paralympic movement and to Hong Kong society.

8. What made you feel very stressful? How did you cope with stress? How did you feel at last? What have you learnt from the experience? Think of one incident and write a journal in 80-100 words.

<p>What made you feel stressful? (e.g. <i>The badminton competition made me very stressful.</i>)</p>	<p>How did you cope with stress and solve the problem? (e.g. <i>To cope with stress, I listened to music and talked to my friends. I also set a reasonable timetable and practise more.</i>)</p>
<p>What have you learnt from the experience? (e.g. <i>I have learnt that I have to find ways to release my stress. Also, I found that stress can be the driving force which motivates me to do better.</i>)</p>	<p>How did you feel at last? (e.g. <i>I felt relaxed at last.</i>)</p>

Journal Writing

Date:

Weather:

Topic:

Ways to cope with stress:

My drawing/notes:

Quotes from Ms Yu Chui Yee Alison

It's okay not to be okay. If you don't really experience the sadness, you don't know what happiness is.





I would like to say
“thank you” to
the cancer
because without
that, I don’t think I
can be a
Paralympian.

You can always find a way to overcome your obstacles.



Part 4

Suggested Answers

**Fantastic People – Professor Sung Jao Yiu Joseph
(Suggested Answers)**

(Pre-viewing)

Part A: Making predictions about the character

1. You are going to watch an interview and know more about Professor Sung Jao Yiu, Joseph. Have you heard of him before? Look at the picture below.

(Accept any reasonable answers.)



What is Prof Sung wearing?
He is wearing a white coat.

What is his job?
He is a doctor.

What does he do in his job?
He treats people who are ill or suffer from health problems.

2. List three qualities a person needs in order to be a doctor:

(Accept any reasonable answers.)

Be knowledgeable to cure people with illnesses/sickness;
Be kind and caring to patients;
Be diligent to study hard and equip oneself;
Be committed to serving the community and people in need;
Be perseverant to achieve goals and cope with challenges.

(Viewing)

Part B: Understanding the background and achievements of Prof Joseph Sung

3. Watch the video and complete the chart below.

Prof Joseph Sung

Education

- Studied at Queen's College
- Liked Physics because the teachers were fantastic
- Liked Biology because it was interesting to do little dissections, such as dissecting earthworms, rats and also cockroaches.

Achievements

- 1984 Graduated from a medical school.
- 2002 Achieved groundbreaking discovery of using an antibiotic to cure Helicobacter pylori infection in the stomach
- 2003 Hailed as an "Asian Hero" by Time Magazine for his contribution during the epidemic
- 2004 Awarded Silver Bauhinia Star

Challenges

- In Year 2003, a disease called SARS hit Hong Kong. In the period of six months, doctors and patients faced life-and-death situations. Prof Sung provided the medical staff with all the necessary protection before sending them into the war zone. He also faced the challenges with his teammates.

Quotes

- "Becoming a doctor, looking after the poor and the sick, is the part of my career that I'm most proud of."
- "Challenge means that you go into uncharted waters, but this is the time that you will learn new lessons."
- "There is no shortcut to success. Hard work will bring you success."

(Post-viewing)

Part C: Self-reflection



4. Why did Prof Sung like to be a doctor the most?

Prof Sung was proud to be a doctor because he could look after the poor and the sick, and this was the part of his career that he was most proud of. Being a good doctor, he thinks it is more than giving medicine to the patients, but also to care about them and to keep their dignity.

5. According to Prof Sung, what does challenge mean?

Challenge means going into uncharted waters. We may not know how to deal with the difficulties and we feel a bit uncomfortable to face the situations.

However, it is the time that we will learn new lessons. We may succeed or fail. After all, it always brings good lessons.



6. What have you learnt from Prof Sung?

I have learnt from Prof Sung that if I want to achieve my goal, hard work and perseverance are important.

I have also learnt that when there is a challenge, it is an opportunity for me to learn new lessons. I should stay strong and face the challenge together with my teammates or family.

(Accept any reasonable answers.)

7. You have seen Prof Sung visiting his alma mater. In your opinion, how does Prof Sung feel towards his alma mater? Refer to the images below and share your ideas.



Actually, my best result was in the final year.

(Image taken from the video: 1:05)
Prof Sung is showing his school report.



We caught earthworms from the lawn outside there.

(Image taken from the video: 1:29)
Prof Sung is walking and chatting with some students on the school lawn.



Challenge means that you go into uncharted waters.

(Image taken from the video: 4:00)
Prof Sung is demonstrating Chinese calligraphy.



that hard work will bring you success.

(Image taken from the video: 5:49)
The students are interviewing Prof Sung.

Prof Sung has a deep affection for his alma mater. He is grateful to his teachers and his school/Queen's College, where he spent his secondary school days. His academic results/school work improved greatly from Form 1 to Form 5, with his best results in the final year. He told us about his fantastic Physics teachers and Biology lessons and experiments. He cherishes them very much. He was generous to share his life experience with the youngsters. He talked about the attitude to face challenges and the key to success in order to encourage them to solve problems with positive attitudes and perseverance.

(Accept any reasonable answers.)

8. Prof Sung brought us to Prince of Wales Hospital and we could see him at work. Moreover, he has many great achievements. **What do you think of Prof Sung?** Refer to the images below and share your ideas.

 <p>Actually he was the vice chancellor of the Chinese University of Hong Kong.</p> <p>(Image taken from the video: 1:48)</p> <p>Prof Sung was the Vice-chancellor and President of the Chinese University of Hong Kong.</p>	<p>2002</p> <p>Achieved a groundbreaking discovery (Using antibiotics to cure H. Pylori infection and treat peptic ulcer diseases)</p>  <p>after I graduated from medical school and that was in 1984.</p> <p>(Image taken from the video: 2:22)</p> <p>His groundbreaking discovery of treating Helicobacter pylori infection and peptic ulcer diseases.</p>
<p>2003</p> <p>Prince of Wales Hospital</p>  <p>So basically, I have been working here for more than a quarter of a century.</p> <p>(Image taken from the video: 2:26)</p> <p>He led a team of medical staff to fight the SARS epidemic in 2003.</p>	<p>2004</p> <p>Awarded Silver Bauhinia Star</p>  <p>(Image taken from the video: 2:31)</p> <p>He was awarded the Silver Bauhinia Star in 2004.</p>

Prof Sung is a great scholar and leader. As a doctor and researcher, he led his team of medical staff in research. When he faced challenges, e.g. the unknown SARS virus, life-and-death situations, he learnt new lessons and did not give up. In 2003, SARS first broke out in the hospital ward under his charge. He was very brave and led his team to combat SARS. He gave full protective gear to his team before sending them into the war zone. From these, we can see that Prof Sung is very knowledgeable in medical research, and very caring to his medical team and patients. He is a great leader and has high achievements.

(Accept any reasonable answers.)

9. Prof Sung is now working at Nanyang Technological University in Singapore. Write a card to send your greeting and express your gratitude to him in 80 – 100 words. **(Accept any reasonable answers.)**

<p>The greeting: (e.g. <i>I'm a primary five student studying at ABC School. I'm writing to send my best wishes to you.</i>)</p>	<p>The part(s) of the video that touched you most: (e.g. <i>I've watched a video about you recently and your sharing about how you faced challenges touched me most.</i>)</p>
<p>Your gratitude to Prof Sung (e.g. <i>I'd like to thank you for your sharing and encouragement to youngsters.</i>)</p>	<p>The positive messages you have learnt from Prof Sung: (e.g. <i>I've learnt that I should face difficulties with courage and diligence.</i>)</p>

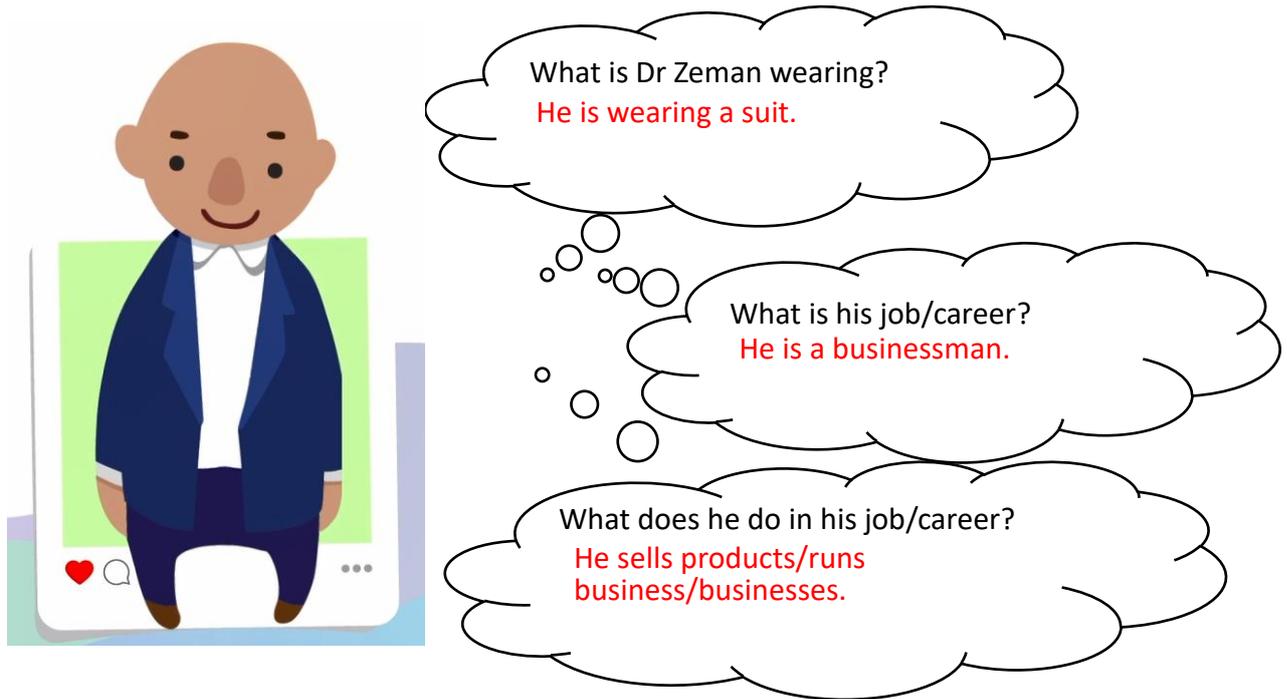
**Fantastic People – Dr Allan Zeman
(Suggested Answers)**

(Pre-viewing)

Part A: Making predictions about the character

1. You are going to watch an interview and know more about Dr Allan Zeman. Have you heard of him before? Look at the picture below.

(Accept any reasonable answers.)



2. List three qualities a person needs in order to be a businessman/an entrepreneur:

(Accept any reasonable answers.)

- Be smart;
- Be hardworking;
- Be familiar with the business that he/she runs;
- Be creative to solve problems;
- Be friendly/ have good social skills.

(Viewing)

Part B: Understanding the background and achievements of Dr Allan Zeman

3. Watch the video and complete the chart below.

Dr Allan Zeman

Achievements

- Awarded the Gold Bauhinia Star in 2004
- Awarded the Grand Bauhinia Medal in 2011

Challenges

- Became the chairman of Ocean Park
 - Ran around the world, looked at different parks and looked at ideas
 - Figured out how to make Ocean Park world-class with the designers
 - Kept the park open while upgrading the park
 - Changed all the uniform for all the staff

Early Life

- 7 years old: Dr Zeman's father/dad died
- 10 years old: delivered newspapers before school
- 12 years old: worked in a restaurant cleaning tables
- 16 years old: bought his own car
- 19 years old: went to Hong Kong and made a million US dollars profit

Quotes

- "Don't just look at what you see. Think beyond. Think how this can be a success."
- "A successful entrepreneur is someone who is open-minded, has great dreams and makes the dreams a reality."
- "Always look forward and then bring everybody along with you. Be approachable. I'm everybody's friend."

(Post-viewing)

Part C: Self-reflection

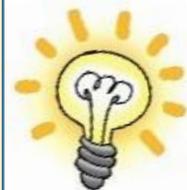


4. What does 'success' mean to Dr Zeman?

- Success is having an idea, having a dream, looking at something and then making it a reality.
- Doing something that you really have a passion for.
- There are opportunities for everyone as long as you use your mind and as long as you follow your dream.

5. According to Dr Zeman, what are the qualities of a successful entrepreneur?

- You need to have confidence in yourself.
- Don't look at things for what they are. Look at things for what they could be.
- Think beyond. Think how you can make this into something special.



6. What does 'success' mean to you? Do you have any dreams?

(Accept any reasonable answers.)

7. Dr Zeman is a successful entrepreneur and has been awarded the Gold Bauhinia Star and the Grand Bauhinia Medal for his contributions to Hong Kong. **What are the factors that make him so successful?** Refer to the images below and share your ideas.

(Accept any reasonable answers.)



(Image taken from the video: 0:41)
Dr Zeman shares how to become a successful person.



(Image taken from the video: 1:29)
Dr Zeman is talking about his early life in Canada.



(Image taken from the video: 3:39)
He is talking about his business in Lan Kwai Fong.



(Image taken from the video: 5:45)
Dr Zeman is in a jellyfish costume to promote Ocean Park.

Dr Zeman is a successful businessman and entrepreneur. In his youth, he bravely overcame adversities and was hardworking. To earn money for his family, when he was 10 years old, he delivered newspapers before school. When he was 12, he worked in a restaurant on the weekends cleaning tables. He is very talented as a businessman. At 19, he made a million US dollars profit.

Dr Zeman is famous for turning Lan Kwai Fong into a world-famous entertainment and bar and night life district. He is open-minded, has great dreams, and makes the dreams a reality. He is a good leader. He could bring his staff and co-workers along with him. He is forward-looking and creative.

He was the chairman of Ocean Park and tried to make Ocean Park world-class. He looks beyond things, explores what they could be, and turns them into something special. He uses his mind and takes/grasps the opportunities that come his way. He has a passion for what he is doing, and has confidence in himself. He is also very approachable and friendly. These make him successful.

8. What do you want to do in the future? What is your dream job? Write about your dream job in 80 –100 words. Share it with your classmates. **(Accept any reasonable answers.)**

<p>What is your dream job? Why do you like this job? (e.g. <i>I want to be a vet in the future because I love animals.</i>)</p>	<p>What do you need to do? (e.g. <i>I have to diagnose the illnesses of different types of animals and I may have to do surgery for them.</i>)</p>
<p>What will you do to achieve your goal? (e.g. <i>To achieve my goal, I will have to work hard and read more books and information about animals, e.g. on animal care, illnesses and treatment.</i>)</p>	<p>What qualities does a person need to have in order to be successful in that area? (e.g. <i>To be a successful vet, I need to be kind-hearted and knowledgeable.</i>)</p>

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**Fantastic People – Ms Yu Chui Yee, Alison
(Suggested Answers)**

(Pre-viewing)

Part A: Making predictions about the character

1. Look at the picture below. Have you heard of Ms Yu Chui Yee, Alison? Can you guess what is very special about her? (Accept any reasonable answers.)



What sports does Alison play?

She does fencing.

What is her job?

She is a wheelchair fencer /
an athlete.

Why does she sit in a wheelchair?

Because her leg was hurt.

2. List three qualities a person needs in order to be an athlete:

(Accept any reasonable answers.)

- Be talented in doing sports;

- Set clear goals;

- Be humble to accept advice and instructions from the coach;

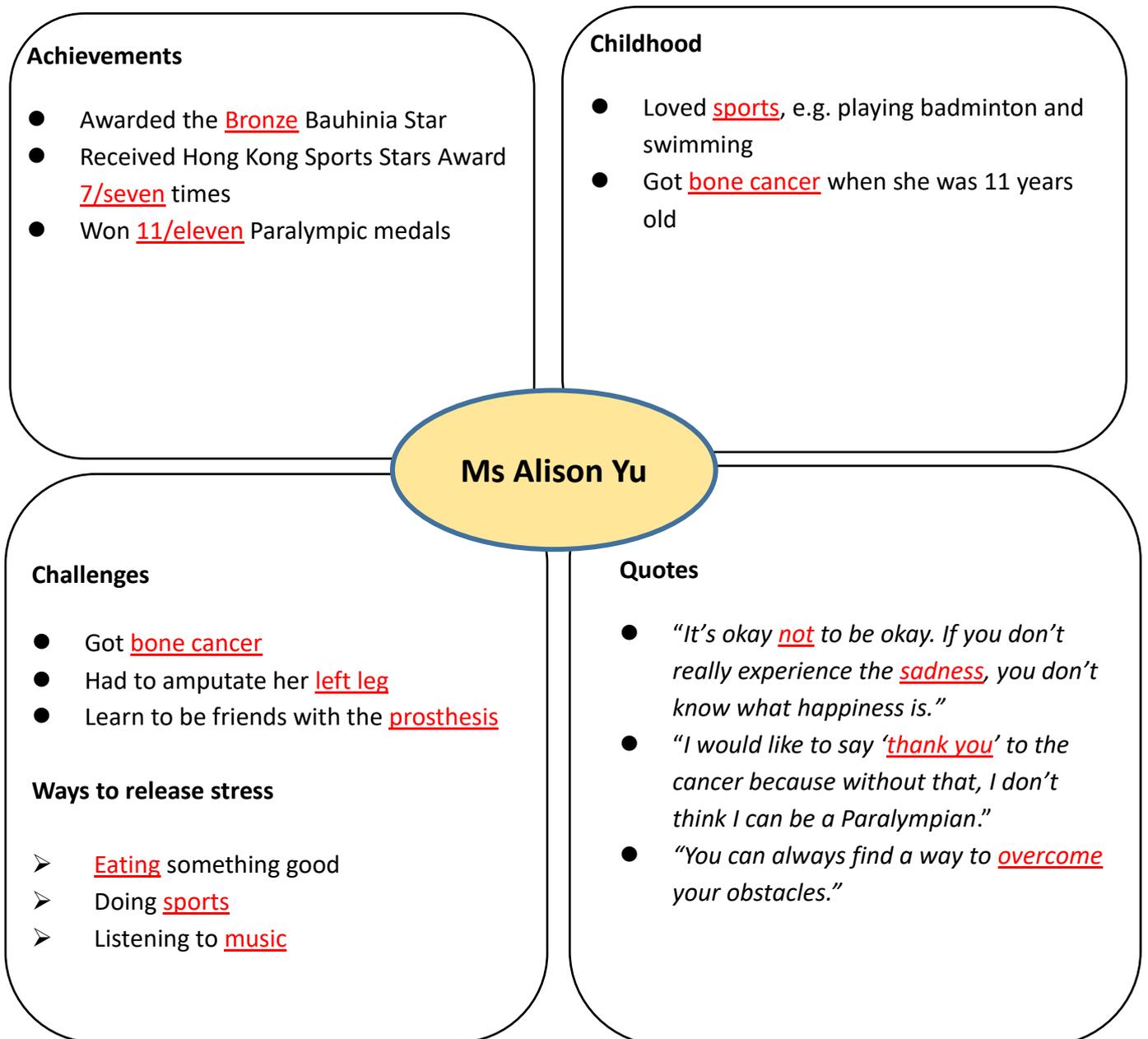
- Follow a tight training schedule to strengthen his/her physical fitness;

- Be brave, confident and determined to win in competitions.

(Viewing)

Part B: Understanding the background and achievements of Ms Alison Yu

3. Watch the video and complete the chart below.



(Post-viewing)

Part C: Self-reflection



4. What adjectives would you use to describe Alison?
Why? (e.g. *optimistic, positive, out-going, cheerful, etc.*)

(Accept any reasonable answers.)

5. What have you learnt from Alison?

(Accept any reasonable answers.)



6. We face different challenges every day and may feel stressful sometimes. It is important to find ways to release our stress.

a) Tick the challenges that you are facing.

b) Write down the things you do to help you release stress in the balloons below and share them with your classmates.

(Accept any reasonable answers.)

examinations

competitions

friendship

school work

illnesses

parents' expectation

To help me release my stress from the examinations, I will do some exercise.

I can talk to my parents if their expectations on me are too high.

To cope with tests, I can set a timetable and do revision bit by bit.

To help me feel relaxed before the competitions, I will listen to music.

7. Being a professional athlete requires years of disciplined practice, as well as perseverance and determination. **In your opinion, what makes Alison such a fantastic person?** Refer to the images below and share your ideas. (Accept any reasonable answers.)



(Image taken from the video: 0:53)
Alison received Hong Kong Sports Stars Awards seven times and won 11 Paralympic medals.



(Image taken from the video: 2:27)
She had bone cancer at 11 years old and had to amputate her left leg.



(Image taken from the video: 4:13)
She shared her life motto that “It’s okay not to be okay”.



(Image taken from the video: 5:30)
She shared that when she retired, she would try to contribute more to the Paralympic movement and to Hong Kong society.

When Alison had bone cancer at 11 and had to amputate her left leg, she stayed positive and optimistic and learnt to start a new life and be friends with the prosthesis. On looking back/ In retrospection, she considers her disability a ticket for her to compete in the Paralympic Games. Her life motto is “It’s okay not to be okay”. If one does not experience something bad, one doesn’t know what happiness is. She copes with her pressure and relaxes by doing things she likes. She also greatly cherishes the support from her parents, friends, coaches and teammates. Also, Alison has great achievements in sports and contribution to society, e.g. in the Paralympic movement, promoting equal opportunities. All these make her a fantastic person.

8. What made you feel very stressful? How did you cope with stress? How did you feel at last? What have you learnt from the experience? Think of one incident and write a journal in 80-100 words. **(Accept any reasonable answers.)**

<p>What made you feel stressful? (e.g. <i>The badminton competition made me very stressful.</i>)</p>	<p>How did you cope with stress and solve the problem? (e.g. <i>To cope with stress, I listened to music and talked to my friends. I also set a reasonable timetable and practise more.</i>)</p>
<p>What have you learnt from the experience? (e.g. <i>I have learnt that I have to find ways to release my stress. Also, I found that stress can be the driving force which motivates me to do better.</i>)</p>	<p>How did you feel at last? (e.g. <i>I felt relaxed at last.</i>)</p>

Journal Writing

Date: _____

Weather: _____

Topic: _____

Ways to cope with stress:

My drawing/notes: