



THE radio and TV presenter told us all about his new fitness show for kids.

● **What is your new show all about?**

Workout the Wright Way is all about keeping active during these confusing and difficult times. It's very important for people to stay active because not being at school or not being at work takes away a lot of natural exercise that you forget about: walking around the office, walking around school, PE at school especially, so we're keeping everyone fit during this lockdown.

● **What made you want to do fitness for kids?**

They're at an age where using that energy that they've normally got loads of, is very important for their mental state and physical state. For me to be a part of helping that and just helping kids improve their fitness is incredible. It was kind of an overwhelming feeling to be asked to be involved, because it's something that I think is very important, and the fact that I get to do it is incredible.

● **What would you say to kids who aren't sporty to encourage them to get involved?**

Just give it a go! Give it a go once and I promise you will enjoy that buzz and that involvement. With *Workout the Wright Way* you're training at home so you're alone, no-one can see you. You can sweat, you can groan and moan, it doesn't matter. I encourage everyone to get involved because it's so much fun and so good for you.

● **Were you sporty at school, and were there any sports you didn't like?**

I was sporty at school, but then when I finished school, I found it very hard to know what to do when it came to exercise. I had to ask different people and I got loads of



Mark also plays football for Crawley Town

different information. That's why I'm so pleased to be giving this to kids, because I know how hard it was when I started. My favourite sport at school was probably football. I wasn't a lover of rugby, but I didn't hate it.

● **Have you ever tried any unusual sports?**

The most unusual sport I've probably tried is an extreme sport, white water rafting, and I have to say I loved it!

Workout the Wright Way will be on BBC Two, BBC Bitesize and iPlayer at 8:45am every weekday

PICS OF THE WEEK

SNOOPY is back and he's got a brand-new series launching this week on Apple TV+.

The *Snoopy Show* is based on the iconic comic book series that has been around for 70 years!

If you haven't heard of him before, Snoopy is a beagle who goes on lots of adventures with his pals. Each episode of *The Snoopy Show* will feature three short cartoons, all based on the classic comic strips.

The *Snoopy Show* launches on Apple TV+ on 5 February.



Apple TV+



Apple TV+



Apple TV+

THIS WEEK



Channel 4

1 Reece, 14, has been crowned the winner of *Junior Bake Off*. "This honestly feels like a dream come true," he said. "I have applied twice and I can't believe that I got in to begin with – and then to win, it's just amazing." Look out for some top baking tips from Reece in *First News* later this month!

2 ITV bosses have confirmed that *Britain's Got Talent* will not be made in 2021. They decided that making the show with social distancing rules in place wouldn't work. The show will be back in 2022!

3 Disney's newest animated film, *Raya and the Last Dragon*, will be released in cinemas (if open) and on Disney+ on 5 March. The film will only be available to stream with Premier Access, which means even if you have a Disney+ subscription you will have to pay extra to watch the film.



Disney

COOKIE! IS BACK

FOR fans of *Wimpy Kid* comes the second book in the laugh-out-loud series by Blue Peter legend Konnie Huq. It's filled with scribbles, stories and saving the planet.

Cookie wants to throw a Save the Planet party for her birthday but Suzie Ashby, aka the most annoying girl in the world, has stolen her idea! Will Cookie ever have the eco-friendly birthday of her dreams?

If you're new to *Cookie*, don't forget to check out the first book in the series!

Head to konnie-huq.com to follow more of her work!



"Fresh and very funny... sure to be a big hit!"
Jacqueline Wilson

OUT NOW

Piccadilly PRESS

Available from Waterstones

PLAN YOUR OWN CAMPING TRIP FOR THE SUMMER!

I will go camping with...

We will play outdoor games like...

Our tent will look like this!

MAKE SOME TASTY SMORES!

S'mores are a great American treat that are normally made by toasting marshmallows over a fire and squishing them with some chocolate between biscuits called Graham crackers. Here's our version, perfect to warm you up in the chilly winter months. Don't forget to ask an adult for help with any cooking!



1. We don't have Graham crackers in the UK but you can use a biscuit like a rich tea or a digestive.
2. Place your biscuits on a baking tray. Put some chocolate chunks on the biscuits and some marshmallows on the chocolate.
3. Place the baking tray under the grill until the marshmallow is toasty.
4. Place another biscuit on top of the melty marshmallow, squish down and eat. Yum!



THE BIG PICTURE



FRENCH sculptor Rachid Khimoune poses at a new exhibition of his *Tortues de la Paix* installation, in the *Galerie Italienne* in Paris.

The name of the exhibition is French for Peace Turtles, and if you look closely you can see that the 'shells' are actually soldiers' helmets, from the armies of many different countries.

Rachid says that the turtle is a symbol of wisdom and humanity, which hibernates during winter before emerging in the spring. He says this annual cycle is like the suffering that is regularly caused by war, which is what inspired his 1,000 Peace Turtles.

IT'S QUIZ TIME!

TEST out your English language knowledge with this brain-busting quiz!

1 Which of the following is the best definition for "dodo"?

- a) A type of bird found in New Zealand that cannot fly
- b) The largest bird in the world that can run fast but cannot fly
- c) An extinct, very large bird that was unable to fly
- d) A large Australian bird that can run fast but cannot fly

2 Which is the odd one out?

- a) ecstatic
- b) elated
- c) melancholy
- d) delirious

3 Which of the words below is NOT a synonym for "adequate"?

- a) enough
- b) unacceptable
- c) satisfactory
- d) sufficient

4 Unscramble the letters to find a word that means "a large African or Asian mammal with one or two horns on its nose".

RICH SOONER

5 Which word joins with the words below to create new compound nouns?

- a) fly
- b) peanut
- c) bean
- d) fingers

6 True or false? The word "crocodile" comes from a Greek word meaning "lizard".

7 Fill in the gaps using collective nouns:

- a) A of sheep
- b) A of bees
- c) A of cattle
- d) A of fish

8 Complete this riddle to work out the word!

My first is in **BIG** but not in **HUGE**
 My second is in **MOON** but not in **SUN**
 My third is in **OPEN** and also in **CLOSED**
 My last is in **KING** but not in **QUEEN**

9 What gets wet while it's drying?

10 Happy Valley is a special place where only certain words are allowed. Can you work out what kind of words can be found in Happy Valley?

- You can have **PUPPIES** but not **DOGS**
- You can have **CHEESE** but not **BREAD**
- **GRASS** is allowed but not **FLOWERS**
- **SLIPPERS** are fine but not **SHOES**

Look at the answers below and count up your score. **What did you get?**



7-10 Champion of the WORD!

4-6 You're a linguist in the making

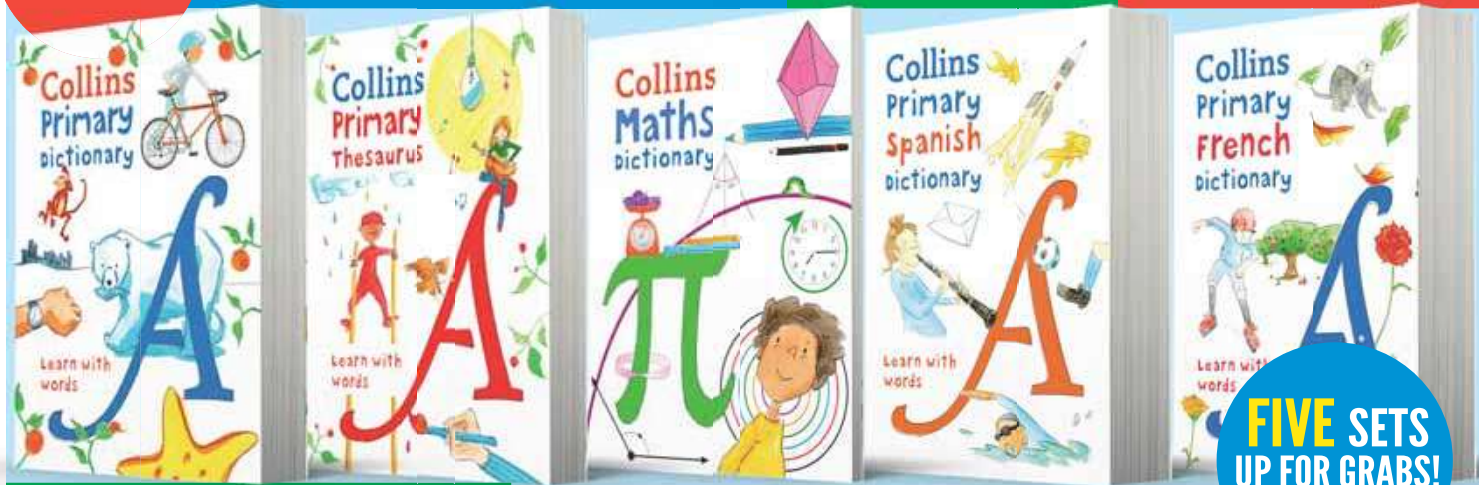
1-3 Help is at hand in the Collins Primary Dictionary.

WIN! A SET OF FIVE COLLINS PRIMARY DICTIONARIES!

Enter the competition at collins.co.uk/dictionarycompetition

The competition closes on **25 February 2021**

Entry is open to residents of the UK and Republic of Ireland only. Please make sure you have your parent or guardian's permission to enter. Ask a parent if entering via social media. Alternatively, click the envelope icon to enter via email. Full terms and conditions can be found at collins.co.uk/dictionarycompetition



FIVE SETS UP FOR GRABS!

ANSWERS: 1. C; 2. C; melancholy (the rest mean very happy); 3. B; 4. rhinoceros; 5. butter; butterfly; 6. true; 7. flock; B: swarm; C: herd; D: shoal; 8. book; 9. towel (it gets wet while you use it to dry yourself!); 10. Only words with double letters can be found in Happy Valley.

For more dictionary fun and games, visit collins.co.uk/primarydictionary