

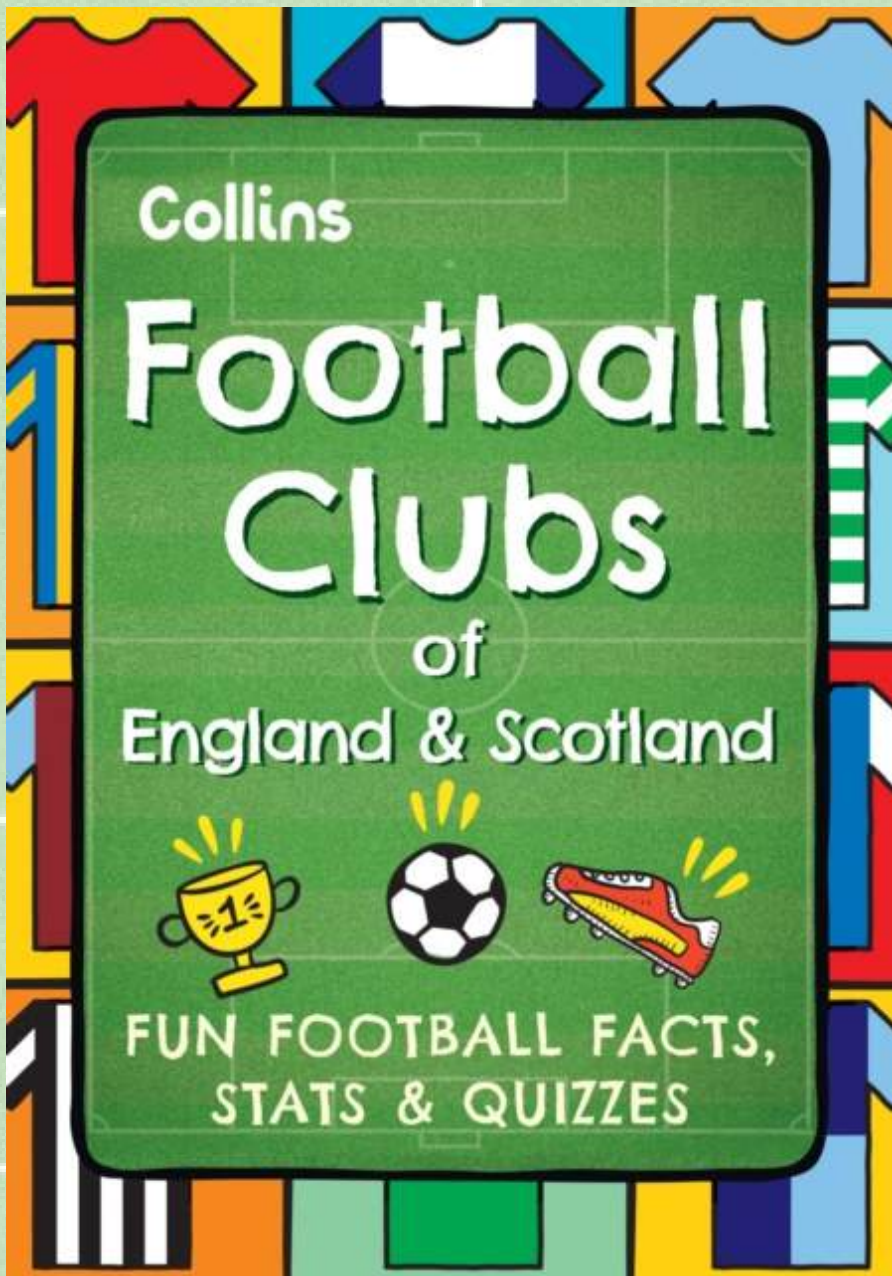
Meet the Squad: See inside



**GO
ALL
IN.**



Meet the Squad: See inside



Fab facts - Scotland

- Who originally made up the Hamilton Accies team?
a. Postal workers
b. School pupils
c. University students
- Which Scottish club has played in England?
a. Annan Athletic
b. Berwick Rangers
c. Queen of the South
- Which English club has played in Scotland?
a. Annan Athletic
b. Berwick Rangers
c. Queen of the South
- Motherwell fans are said to have created what?
a. The 'vuvuzela' noise
b. The 'Mexican wave'
c. The 'Viking Thunder Clap'
- When did Celtic win the European Cup?
a. 1887
b. 1947
c. 1974
- When did Gretna go bust?
a. 2002
b. 2004
c. 2008
- Which club has the tallest floodlights in Scotland?
a. Queen of the South
b. Queen's Park
c. Queens Park Rangers
- What does Partick Thistle's mascot look like?
a. A mad moon
b. An angry-looking sun
c. An annoyed asteroid
- Which Scottish club have played in the English FA Cup final?
a. Queen of the South
b. Queen's Park
c. Inverness Caledonian Thistle
- Which team had the biggest-ever victory in senior football?
a. Dundee Harp, 35-0 v Aberdeen Ravens
b. Arbroath, 34-0 v Bon Accord
c. Aberdeen, 37-0 v Third Lanark

Most FA Cup wins

Arsenal	14	Barnley	1
Manchester United	13	Blackburn Olympic	1
Chelsea	8	Blackpool	1
Liverpool	8	Bristol City	1
Sheffham Hallam	8	Bury	1
Aston Villa	7	Cardiff City	1
Manchester City	7	Charlton Athletic	1
Blackburn Rovers	4	Clapton Rovers	1
Newcastle United	4	Coventry City	1
Everton	3	Crystal Palace	1
Wanderers	3	Derby County	1
West Bromwich Albion	3	Huddersfield Town	1
Bolton Wanderers	4	Ipswich Town	1
Sheffield United	4	Leeds United	1
Wolverhampton Wanderers	4	Leicester City	1
Sheffield Wednesday	3	Notts County	1
West Ham United	3	Old Carthusians	1
Bury	2	Oxford University	1
Hullingham Forest	2	Royal Engineers	1
Old Elvans	2	Southampton	1
Furzeath	2	Wigan Athletic	1
Preston North End	2	Wimbledon	1
Sunderland	2		

Clubs with the same number are highlighted in the same colour

Aston Villa

(The Villans)

1874
Villa Park
42,785
Billy Walker
244

The Birmingham club scored 128 goals in season 1930/31, which is still a record for England's top league division.

Barnet

(The Bees)

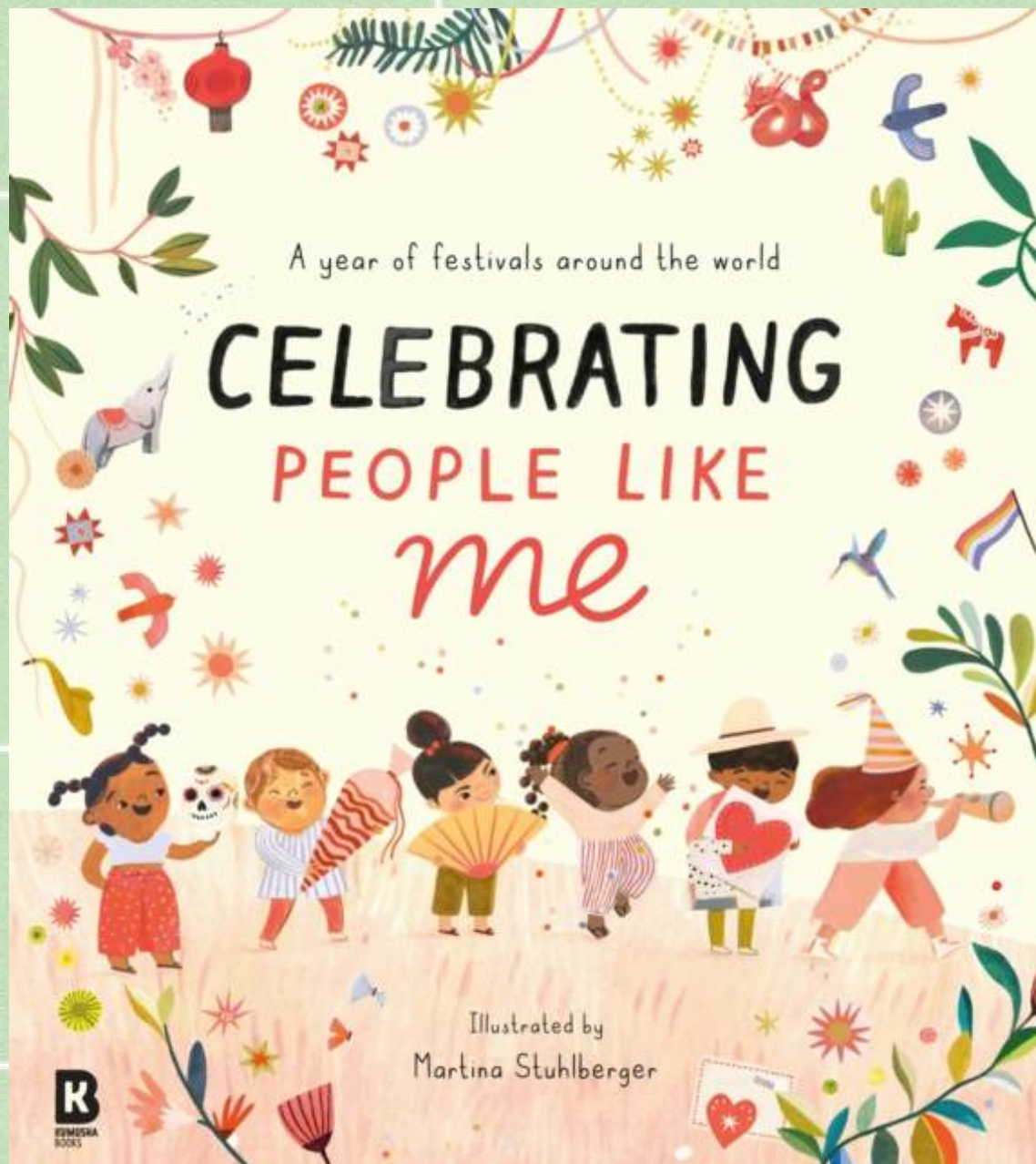
1888
The Hive Stadium
4,500
Arthur Morris
403

In 1947, Barnet won 5-3 in a friendly against Sing Tao Sports Club, the first Chinese team to ever play in Britain. Barnet have been in and out of the Football League since 1991.

Defenders



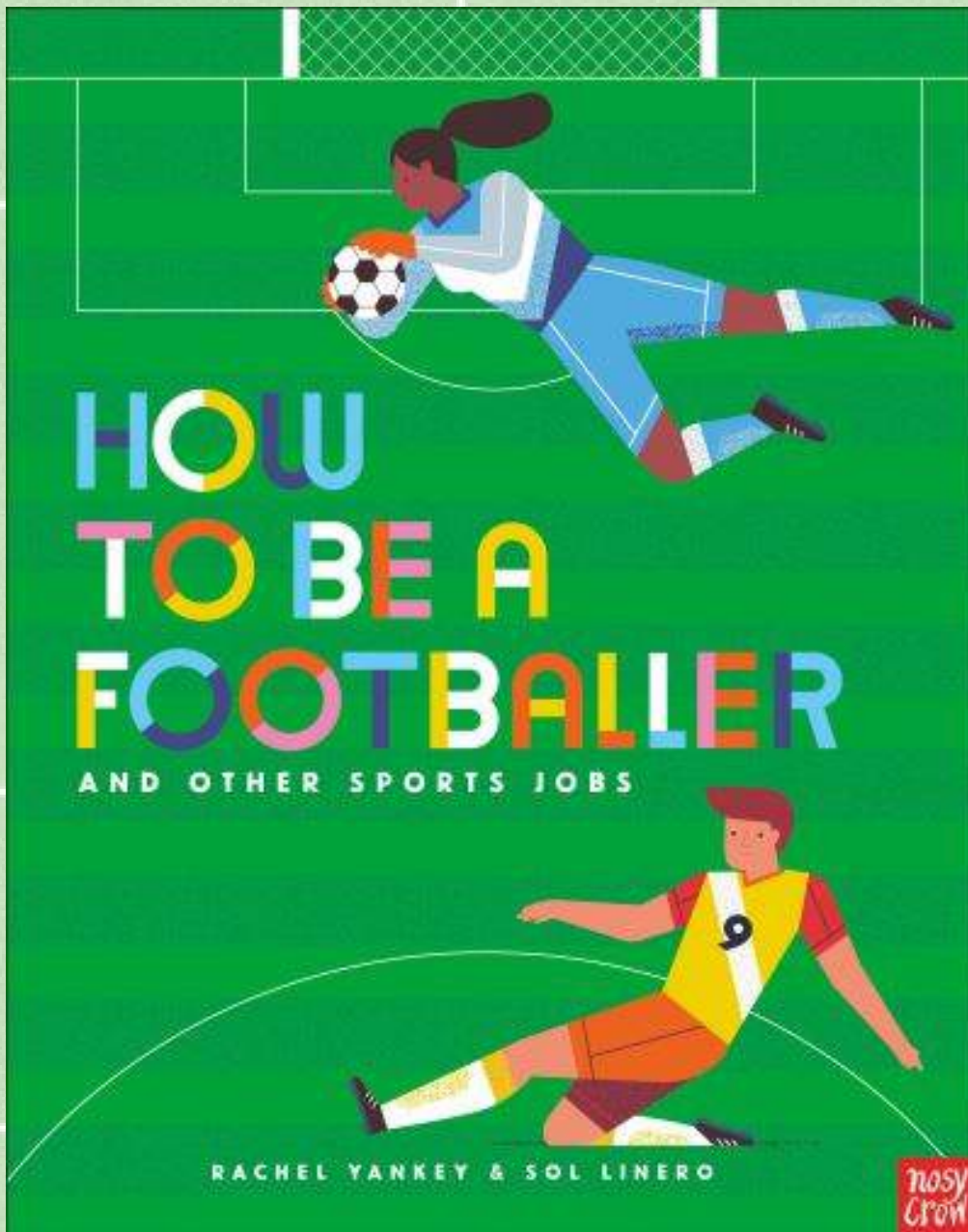
Meet the Squad: See inside



Defenders



Meet the Squad: See inside



WHAT DOES EACH PERSON DO IN A FOOTBALL TEAM?

Footballers need different skills to play in each position on a team.

Some players are **defenders** which means they get close to **more than one** pushback. To play well together, the 10 football players and professional all need to **communicate** and take instructions from the manager.

Goalkeepers are the only players that have the whole game being played in front of them, so they need to be good at **looking** at the team where they should be on the pitch. They should be **brave and quick** to react to shots. Goalkeepers are **often very tall** and it helps if they have **big hands** to use!

Defenders need to be able to **spot danger** and try to prevent the opposition from attacking and scoring. They need to be good at **heading** the ball and paying attention to the game.

Every team has a **captain**. The captain needs to be a **strong leader** with a **positive attitude**. They should be **loud and helpful** to the rest of their team and be excellent at giving instructions and **listening** to others.

DID YOU KNOW? The captain usually wears an armband to let everyone know who they are.

Attackers need good **coordination** and **fast movement** in front of the goal. They need to have responsibility for **scoring**, be calm, have **good thinking** and not be afraid to **lose**.

Midfielders need to be able to attack and defend for the team. They should be **good at rounders** with passing or training or energy to run up and down the pitch, and they should be **good at tackling** and passing the ball.

WHAT KIND OF TRAINING DO FOOTBALLERS HAVE TO DO?

Footballers play a match about once a week and the rest of their time is spent getting ready to play by training for around two to four hours a day.

On a normal training day, footballers arrive at the training ground early in the morning. They always need to play some games to what they did, so for breakfast, footballers will eat something healthy, with **energy carbohydrate** and **protein** to give them energy.

Then the players will start training to **improve their ball skills and teamwork**. This is usually made up of several types of training, including drills, passing, shooting, heading, tackling, and dribbling.

Once footballers have finished their training, they will have an **exercise** to improve the most complicated skills needed in a match.

All footballers start with the most basic skill of all - **how to kick the ball**. Footballers learn to use their feet so they can get the most out of the ball. This gives the kick **power, control and height**.

After breakfast, it's time for a **team meeting** to talk about what each player is going to be focusing on that day.

WHAT ARE THE RULES OF FOOTBALL?

Football is played on a football pitch. This is a rectangular area, split into two halves with the same line markings on each side.

A game lasts for **90 minutes** - 45 minutes in each half with a short break in between. Teams attack one goal during the first half, then switch ends and attack the other goal in the second half.

Like every sport, football has many **rules to learn**. If the referee shows you a **red card**, you have been sent off and must leave the pitch immediately. A **yellow card** is shown as a warning if you foul, dive or argue with the referee. If you are shown two yellow cards in the same game, this equals a red card.

Penalty spot - if a foul is committed by the defending team in the area around the goal, the attacking team gets a penalty. They place the ball on the penalty spot and try to get it past the goalkeeper with just one kick.

"Drop!" Move back towards your own goal.

"Push up!" Move up the pitch to get closer to the ball.

A foul is when a player does something in a match that the referee thinks is against the rules of the game.

"Switch it!" Pass the ball to the other side of the pitch.

Goal line - if the whole ball crosses this line between the goal posts, a goal is awarded to the attacking team.

Centre spot - the ball is placed here to start the game at the beginning, after half time and after a goal is scored.

"Player on!" Watch out for the player that's about to tackle you.

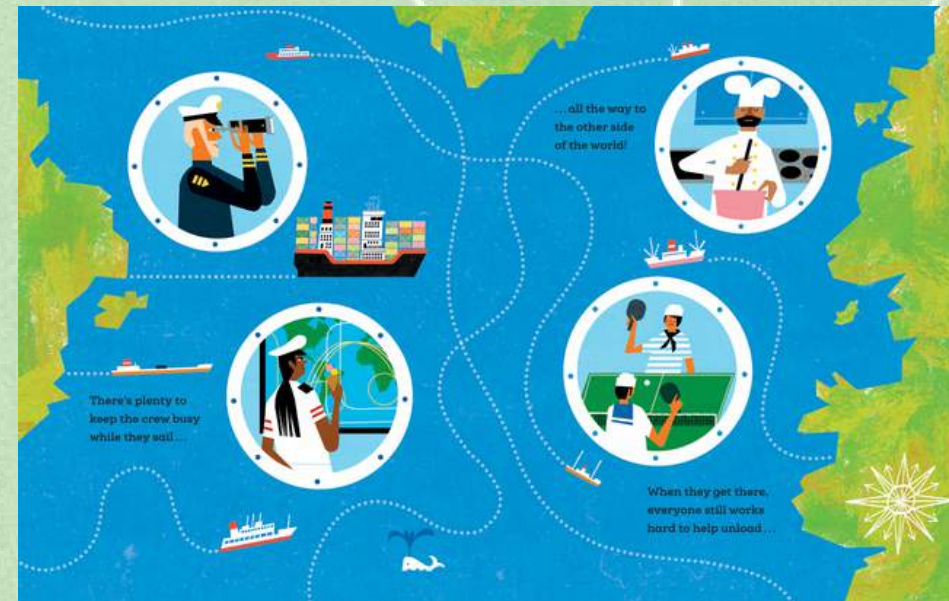
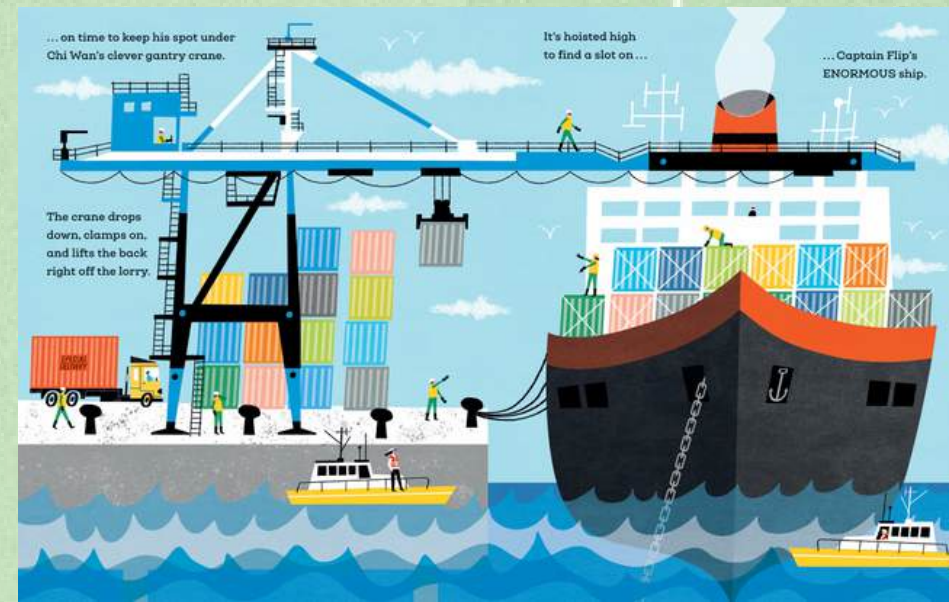
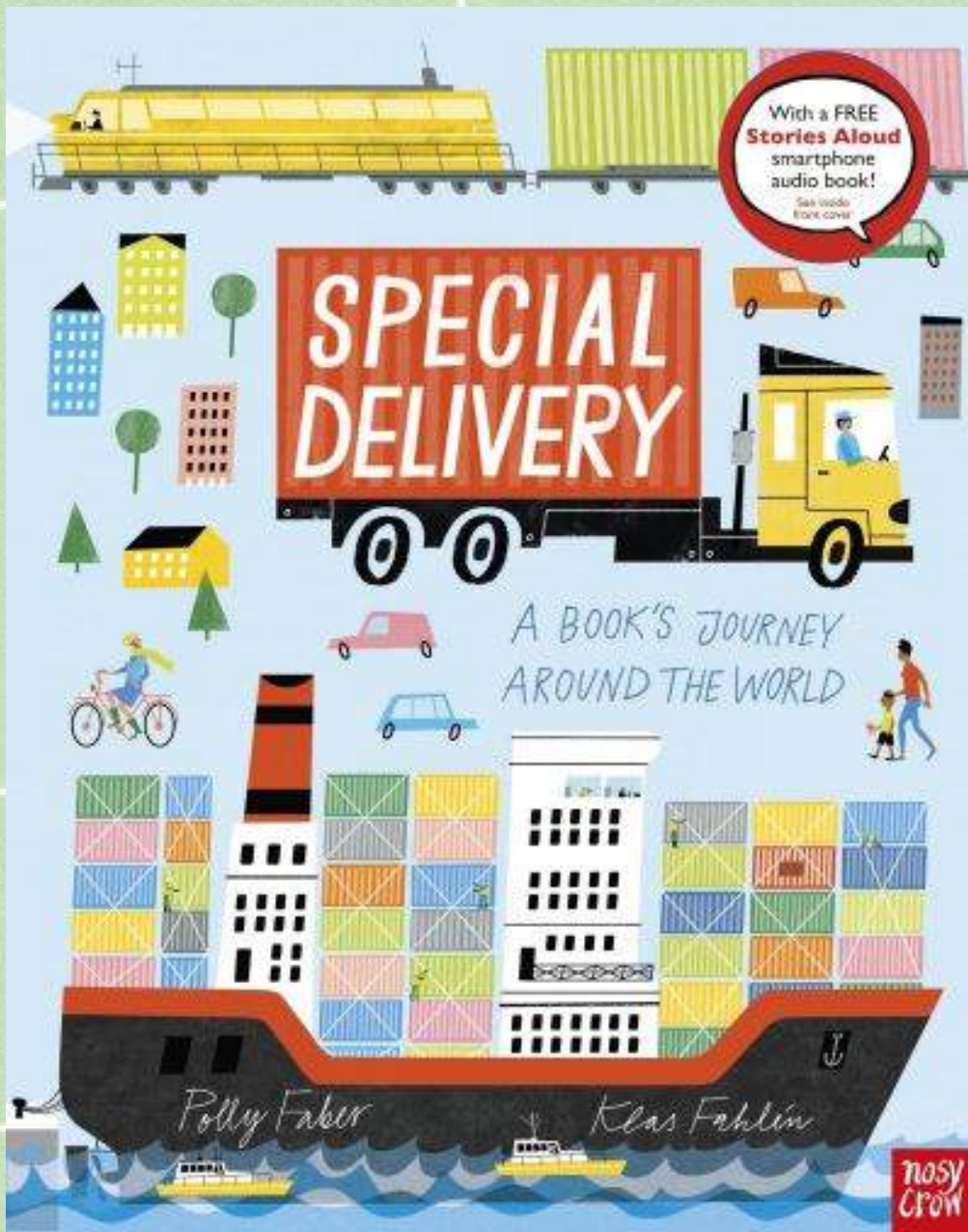
Diving is when a player pretends to be injured to make it look like a player on the other team has fouled.

DID YOU KNOW? When a player scores three goals in a match, it is known as a **hat-trick**.

Defenders



Meet the Squad: See inside



Special Delivery Facts

Machines in a book factory can print on **400 metres** of paper in a minute - that's as long as at least **10** unrolled rolls of toilet paper!

More than **5,000** container ships are at sea on any one day. Around **200,000,000** containers are moved every year. Almost everything inside your house will have travelled by shipping container.

The busiest container port in the world is in Shanghai in China. Part of the port was built **32.5 kilometres** out to sea, so the water is deep enough for the very biggest ships. To get there, workers travel over the water on a special bridge.

Containers are tied very tightly onto ships but every year some are lost at sea. In 1992 a container spilled **28,000** rubber duck and other bath toys. They were still being washed up more than 15 years later and have been found all over the world.

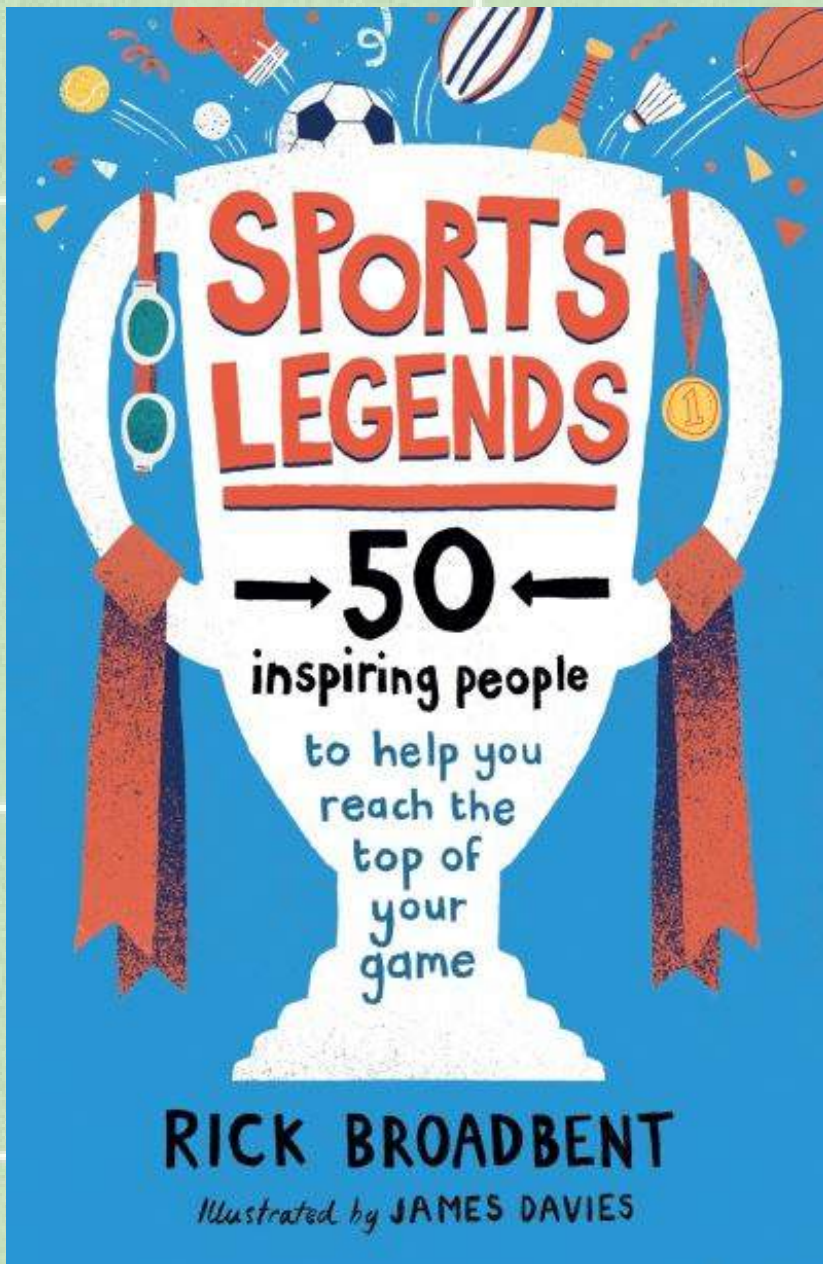
28,000 x

The longest trucks in the world are found in Australia. Some can pull three or four trailers at once, so they look like a train on the road. Their loads can be as heavy as **120 tonnes** - the same weight as about **30** Asian elephants!

30 x

Defenders

Meet the Squad: See inside



Adam Peaty

BORN:
Dec 28th, 1994

NATIONALITY:
Great Britain

SPORT:
Swimming

BEST BITS:
Won the Olympic gold medal in 2016 in the 100 metres breaststroke. Set world records in the 50 and 100 metres breaststrokes.



In a dusty blue arena, in Rio de Janeiro, Brazil, Adam Peaty stood on his blocks at the start of the 100 metres breaststroke final. This was the Olympic Games in 2016 and he had been waiting for this night for years. He wanted to win gold.

There was a moment of hush as everyone waited for the starting gun. When it sounded, the crowd leapt to its feet as one. This was it. The noise sounded like a thunderstorm. In the Press Box, where I had my laptop open and had started my report for my newspaper, all the journalists stopped to watch the race.



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Let's start with a simple question.

? ? **WHAT ARE YOU AFRAID OF?** ? ?

Fear can stop us from reaching our full potential in life. It might help to know we are all afraid of something - even those people that we think are the **strongest and bravest**.


It's not nice. Fear can make you feel sick. It can make you want to pull the covers back over your head and not bother with going to school or work. It can make you want to run away. It can make you refuse to try something new.


There are thousands of things that people are afraid of.


Fear is an emotion caused by the threat of danger, harm or pain. It can affect pretty much any part of your life. It's useful for keeping you out of trouble - you wouldn't put your hand in a fire - but it can be horrible too. It can hold you back from trying new things or pushing yourself to be the best you can be.

I know what it's like. I used to be really quiet at school and did not like speaking up in class. I would dread being asked a question by the teacher. My throat would become dry and I'd even start sweating. Now, all these years on, I have spoken on the radio and television and in front of hundreds of people. I learned to get over my fear and now I look back and think I was being daft. But at the time, it was awful feeling.

Now you might think what has all this fear stuff got to do with the people in this book. Well, the fact is that years of interviewing the top sports stars has made me realise that even those people we think are superheroes are often afraid of things - and not always things you would expect.

 Rebecca Adlington won an Olympic swimming title but she would never go in the sea.

 Denis Bergkamp, one of the greatest Arsenal and Holland footballers, was scared of flying? If his team was playing an away match in Europe he would spend days travelling there by train and car.

 Serena Williams, the brilliant tennis player who came from the roughest part of Los Angeles, is afraid of the dark?

12 13

Defenders



Meet the Squad: See inside

OXFORD

Oxford First Atlas

Village
This is a village. A village is a group of houses and other buildings in the country.

Above means higher up. This village is called Abergynolwyn.

This is a map of the village.

These are some things that you might find in a village.

playground school shop

What is an atlas?

An **atlas** is a book of maps. A **map** is a picture that shows you where things are. Atlases can help show you what the **world** looks like.

These are some different types of maps and photographs you will see in this book.



This is a map that shows lots of details about a place.



This is a map that shows different **countries**.



This is an **aerial photograph**. It is a photograph taken from up in the air.



This is a **satellite photograph**. It is a photograph taken from space.

Did you know that the **Earth** is shaped like a ball?

It is round like this ...

Maps that are round are called **globes**.



Lots of maps are flat. This map shows the Earth flattened so we can see all of it at the same time.

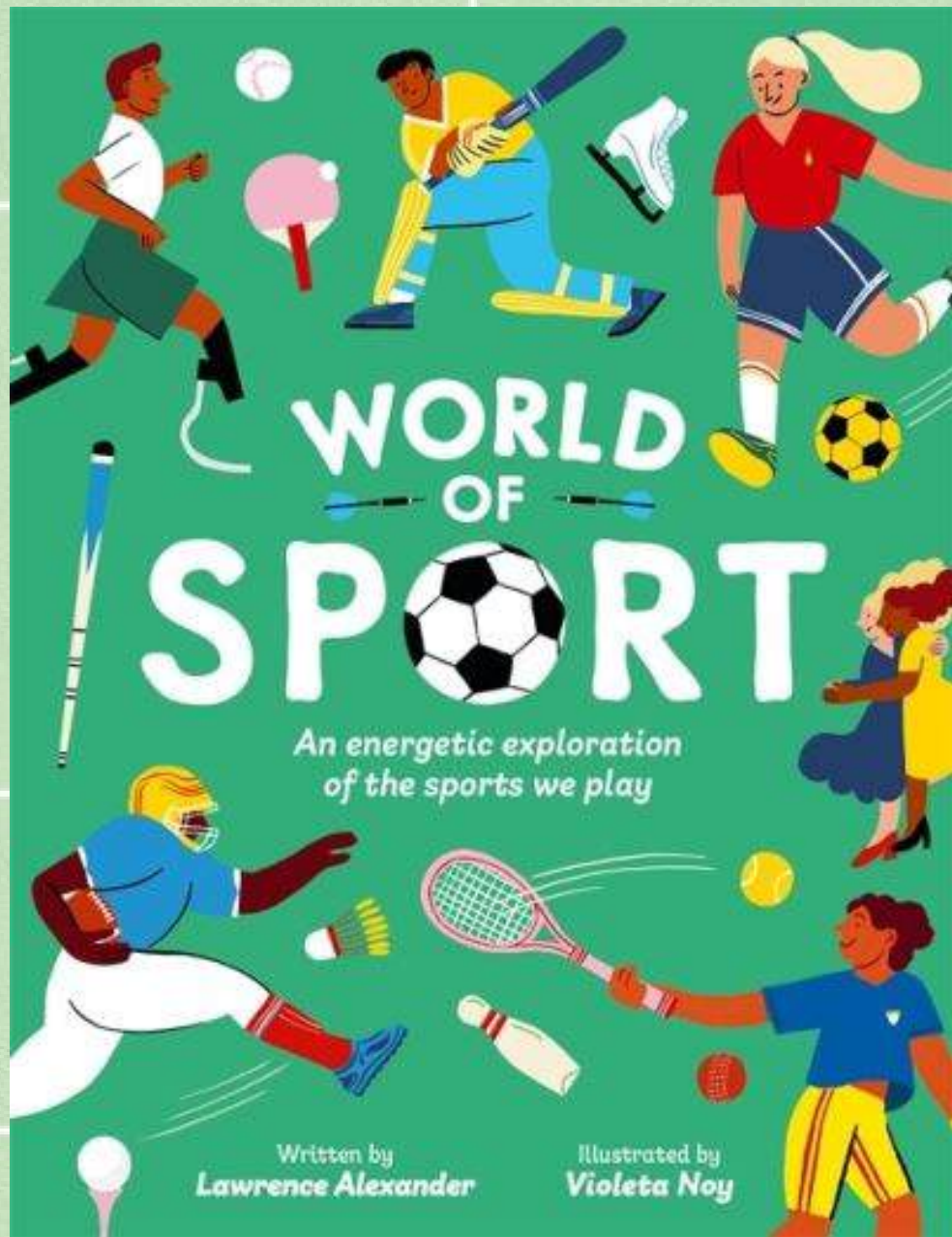


When we flatten out a world map, we curve the edges.

Defenders



Meet the Squad: See inside



Mid Fielders



Meet the Squad: See inside

With over **300 AWESOME animal facts**

PLANET EARTH III

WHO WINS?

Can you work out which creature will come out on top?

7 FORESTS

Who's the smarty-pants?

The jungle interior hides many amazing creatures. Some are large and fierce. Some are tiny and fascinating. Some have stunning colours or beautiful courtship displays. And some, like the chimpanzee and the orangutan, are very intelligent and count among the smartest creatures on the planet.

Eastern chimpanzee

Chimpanzees share about 99 per cent of their DNA with humans. As well as swinging through trees, the chimpanzee is capable of walking upright for up to one mile. Highly visible, this endangered ape lives in rainforests where grooming is an important part of bonding.

LOCATION: Central Africa

SIZE: Up to 1.5 metres tall, 40 kg in weight (on average)

SPECIAL FEATURES: Long arms for swinging; toes with a hand-like grip

STRENGTHS: Uses sticks as spines for extracting food

Bornean orangutan

While other great apes all have black hair, the orangutan has distinctive red hair. The word 'orangutan' means 'person of the forest'. These animals can acquire skills and use tools, and they have fine post-expressive and can grin about.

LOCATION: Tropical rainforests of Borneo

SIZE: Up to 1.5 metres tall, up to 100 kg in weight

SPECIAL FEATURES: Designs twig nests with 'mattresses', a 'roof' and 'back ends'

STRENGTHS: Can communicate through language

Which is smarter - the eastern chimpanzee or the Bornean orangutan?

31 EXTREMES

Best suited

A few places in the world are regions of extremes - extreme heat, extreme cold or extreme height, presenting real challenges for animals living there. Extreme heat can turn some African grasslands into waterless, dusty wastelands where animals like the plains zebra and the giraffe struggle to survive.

Plains zebra

A member of the horse family and distinguishable by its striking black-and-white stripes - which surprisingly are thought to help with camouflage - the plains zebra grazes on tough, dry grasses, so needs to drink plenty of water. Zebras are very sociable and they stay together in small family groups within the herd.

LOCATION: Treeless grasslands and savannah woodlands in eastern and southern Africa

SIZE: Up to 1.5 metres (to shoulder)

SPECIAL FEATURES: Sharp incisor teeth to crop grass; large molar teeth to grind grass

STRENGTHS: Able to travel hundreds of miles to find water

Giraffe

The tallest animal on Earth, the giraffe uses its long neck to reach leaves in the treetops and can graze up to 45 kilograms of leaves and twigs throughout the day. Giraffes choose leaves with a high moisture content and take advantage of feeding early in the morning when there's a lot of dew on them.

LOCATION: Treeless grasslands and savannah woodlands in eastern and southern Africa

SIZE: Up to 5.5 metres tall (over their ears) the height of an average man

SPECIAL FEATURES: Long tongue (up to 50 cm) helps pull high leaves down

STRENGTHS: Can go long periods without water

Which is the best suited to extremes of heat and drought - the plains zebra or the giraffe?

29 FRESHWATER

Cut to the chase!

In the Okavango Delta in northern Botswana, Africa, annual floodwaters transform the habitat from dry, open grasslands to vast freshwater wetlands. The animals that live here have to adapt to these extreme changes. African wild dogs, who are used to hunting on dry land, suddenly find themselves having to chase their prey - red lechwe - through water.

Red lechwe

Distinguished by its reddish fur and the males by their curved spindled horns, the red lechwe is a type of antelope that migrates long distances to make sure that it's never far from freshwater - not just to drink, but also to eat the lush aquatic grasses.

LOCATION: Okavango Delta, Botswana

SIZE: Up to 1.1 metres tall, up to 130 kg in weight

SPECIAL FEATURES: Splayed hooves suitable for standing on marshy ground

STRENGTHS: Water-repellent fur

African wild dog

Also known as the painted dog because of what look like splashes of different-coloured paints on its fur, this endangered species is a strong, determined pack hunter. It has evolved to have only four 'toes' on its front paws (rather than the usual five) - which may help to increase its speed.

LOCATION: Okavango Delta, Botswana

SIZE: Up to 1.1 metre long, 75 cm tall (on average)

SPECIAL FEATURES: Runs up to 43 miles per hour

STRENGTHS: Long legs for fast, sustained running

Which will win a chase through floodwater - the red lechwe or the African wild dog?



Meet the Squad: See inside



CHAPTER 1

GEOFF HURST, 1966 WORLD CUP

Learning from the bench

When Geoff Hurst joined his England teammates for their first practice before the 1966 World Cup, he could never have guessed what lay ahead in the few weeks that followed. His life was about to change in a major way.

He was still one of the newer faces in the squad, having made his debut earlier that year after good form for West Ham. England had Jimmy Greaves and Roger Hunt as their first-choice strikers, so Geoff would be the supersub. He was fine with that. It was just a thrill to be there, sharing the dressing room with legends like Bobby Charlton and Bobby Moore.

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CHAPTER 7

ZINEDINE ZIDANE, 1998 WORLD CUP

The hosts in the hotseat

This was the dream. Zinedine Zidane glanced around at the signs and banners promoting the 1998 World Cup. It was all anyone wanted to talk about these days, and he still had to pinch himself to believe that he would be playing *for* France at a World Cup hosted in France.

'The whole country will be cheering you on!' his friends told him.

'No pressure then!' Zinedine replied, laughing. But high expectations were just the reality that summer, and none of the players wanted to let down the millions of fans across the country.

66

MATT AND TOM OLDFIELD

He understood all the excitement. There had been some great teams for *Les Bleus* over the years, but none of them had managed to win the World Cup. Maybe this would be the year where all of that changed.

The French squad was full of talented players, with Fabien Barthez in goal, Marcel Desailly and Lilian Thuram in defence, and Zinedine, Didier Deschamps and Emmanuel Petit running the midfield. If they played as a team, found their best form and got a few lucky bounces, they were capable of going all the way.

But Zinedine let the emotions get to him in France's second group game against Saudi Arabia. Even with a 2-0 lead, he was hungry for more goals, and he knew he had wasted one easy chance in the first half.

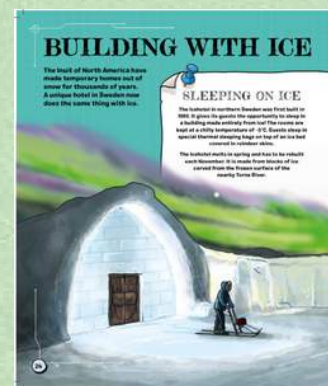
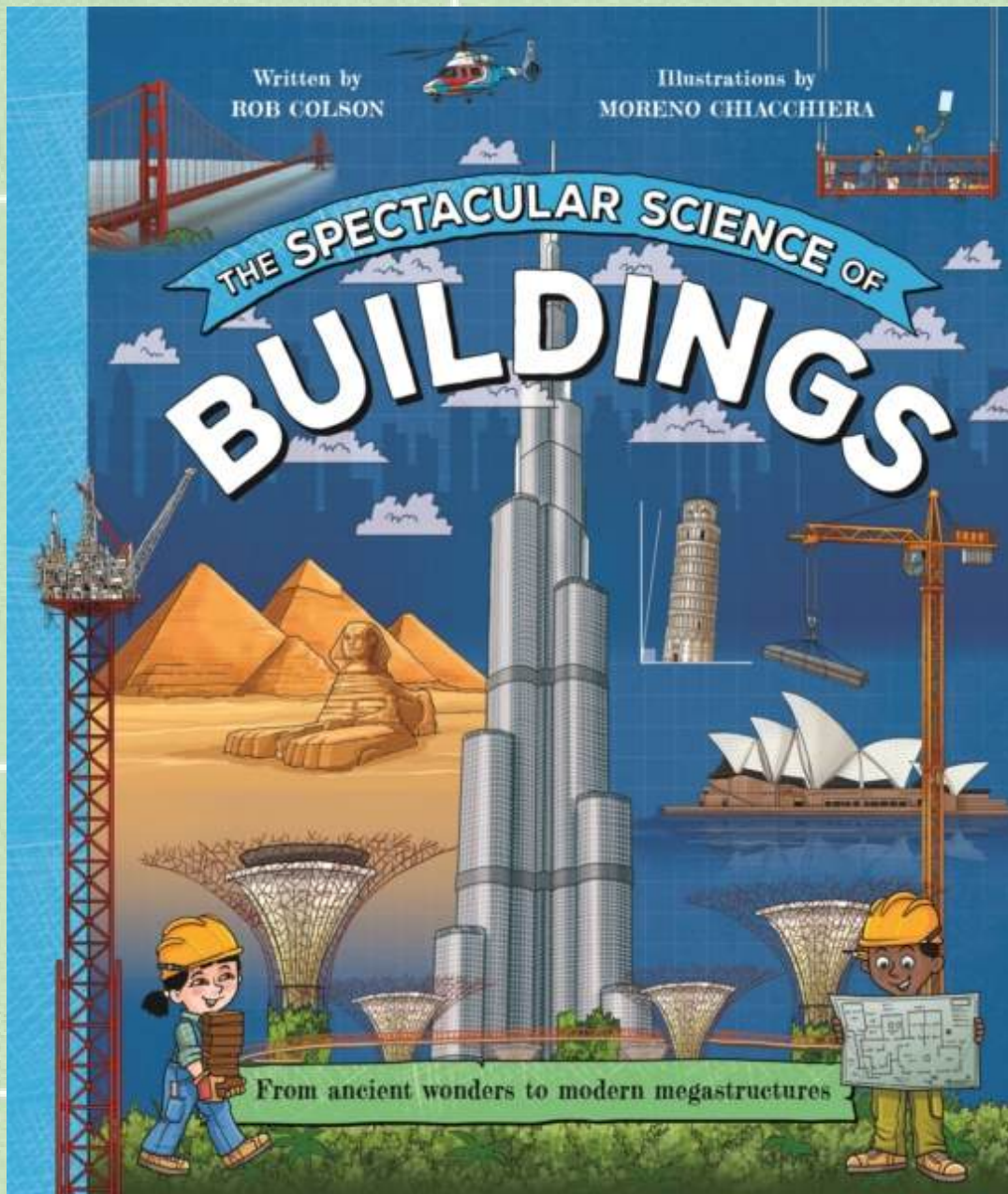
He had been dumped on the floor with a few late tackles too, and he lost his cool when another Saudi player slid in around his ankles. Without thinking, Zinedine stamped his studs down and turned to see the referee holding up a red card. Oh no!

All he could do was look at the ground and trudge

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Defenders

Meet the Squad: See inside



CHANNEL TUNNEL

Completed in 1994, the Channel Tunnel passes underneath the English Channel to link Britain with France. At 38 kilometres long, its underwater section is the longest of any tunnel in the world.

Service tunnel
There are two separate tunnels for trains, connected by a central service tunnel, which is kept at a higher air pressure to prevent smoke or fumes from entering.

38 km undersea section

North tunnel: UK to France
South tunnel: France to UK

FULFILLING A DREAM

The first plan for a Channel Tunnel (left) was drawn up in 1802 by French engineer Albert Mathieu-Favier, who imagined a tunnel for horse-drawn carriages with an artificial island half-way along to allow a change of horses. Over the next century, extensive railway networks were built and new plans imagined a tunnel for trains. France and the UK finally agreed to build a tunnel in 1964, but it took another 22 years to put the plans and finances in place to finally start.

CHOOSING THE ROUTE

The path of the tunnel follows a layer of rock called Marly Chalk, which was the safest rock for the tunnel to run through. In order to stay in this layer, the tunnel reached its deepest point 110 metres below sea level and under 75 metres of rock. Tunnellers worked from both the British side and the French side. They started on the same day in 1988 and met in the middle three years later.

TUNNEL BORING MACHINES

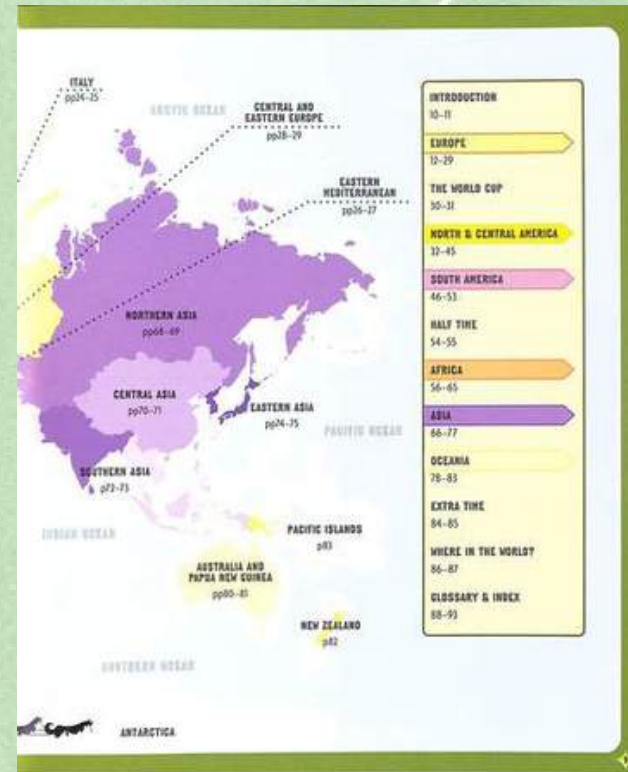
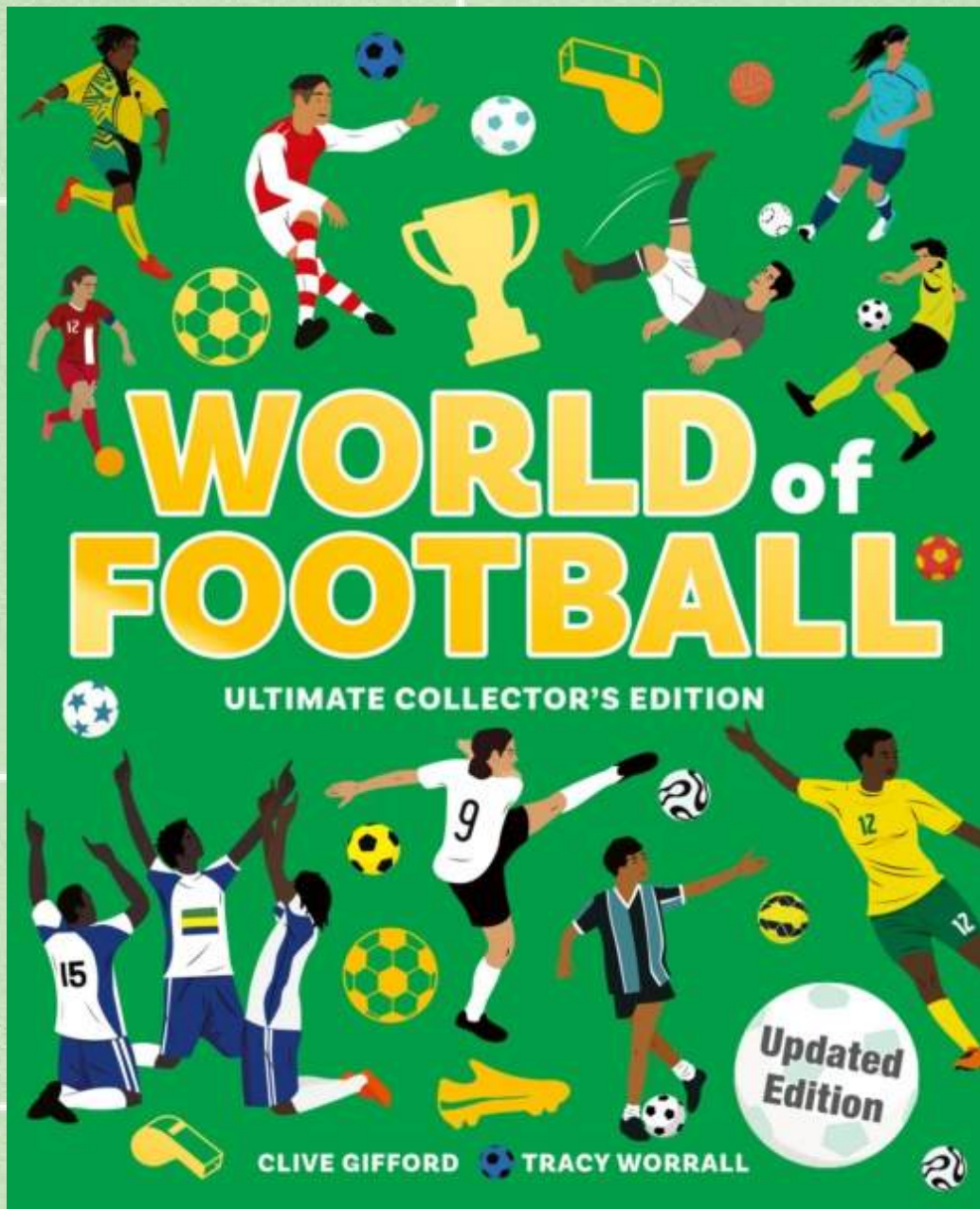
Eleven specially built tunnel boring machines (TBMs) were used to cut through the rock. Each TBM was 8.1 metres wide and more than 200 metres long. The spinning blades at the front of the TBMs advanced at a speed of about 5 metres per hour. The rock was transported to the surface by conveyor belts. On the English side, the rock was used to create an artificial landscaped area called Saffron Walden, which is now a nature reserve.

Train service

Both high-speed passenger trains and freight trains use the tunnel. More than 20 million passengers, 2.5 million cars and 1.5 million tonnes are carried through the tunnel each year. The trains travel at a maximum speed of 160 km/h, and it takes them 20 minutes to pass through the tunnel.

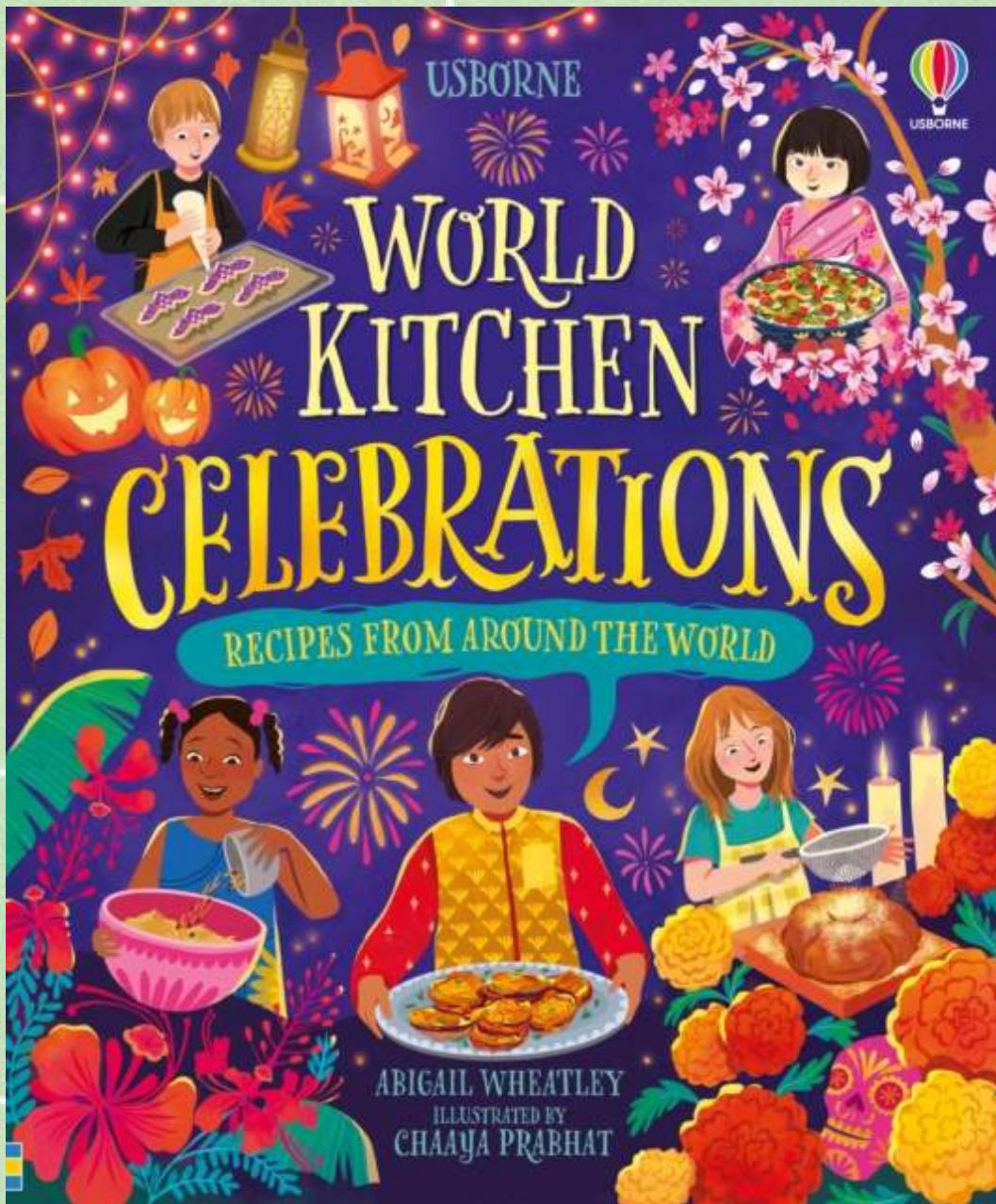


Meet the Squad: See inside



Mid Fielders

Meet the Squad: See inside



ELLIYA'S BARBADOS DAY CONKIES

Hi, I'm Elliya and I live on the Caribbean island of Barbados. My recipe is for conkies – a sweet treat of gungles, coconut and raisins. For carnival, conkies have been cooked here at Hovvater, and they're now part of celebrations for Barbados Independence Day, on 30th November. A dear friend, Gauda, has helped my family make conkies for years – first she helped my Great Grandmother, then my Gran-Gran, my Auntie, and now it's me!

We wrap our conkies in banana leaves – but you can wrap yours in baking paper.

INGREDIENTS

- 15g (1/2oz) desiccated coconut
- 3 tablespoons of oil
- a piece of pumpkin, butternut squash or sweet potato weighing 75g (2oz) – to give a mixture of purple and orange and sunset potato that adds up to the sunset
- 40g (1 1/2oz) coconut, either coarse or fine
- 75g (2oz) demerara sugar
- 1 tablespoon of plain flour
- 25g (1oz) raisins
- 30 teaspoon of ground mixed spice
- a pinch of ground nutmeg
- 50g (2oz) butter

MAKES 4

You will also need a steamer for a social snow or colander and a lidded pan for 40 min.

PAULA'S SHROVETIDE BUNS

Hi, my name is Paula and I come from Finland. As a child, I always looked forward to Shrovetide, a festival that falls in February or March when the Finnish weather is still very cold and snowy. They celebrate by going sledging and eating rich foods, including delicious cream buns delicately flavoured with cardamom.

We always like to add jam to the shrovetide cream buns.

Let me people prefer to use almond paste instead of jam – both are delicious!

INGREDIENTS

For the buns:

- 250g (9oz) strong white bread flour plus extra for dusting
- 1 teaspoon of fast-action yeast
- 2 tablespoons of caster sugar
- 1 teaspoon of ground cardamom
- 180ml (6 1/2oz) milk, plus a little extra for brushing
- 1 tablespoon of sunflower or other light cooking oil

For the filling:

- 150ml (5 1/2oz) double or whipping cream
- your favourite flavour of jam

TIP

You'll need a warm place for the bun dough to rise – such as a warm radiator or sunny windowsill (with the window closed).

Oh, have your oven for Shrovetide waiting for 5 minutes then turn it off enough the dough needs to rise.

MAKES 8

CARLY'S ST DAVID'S DAY CAKES

Hi, I'm Carly and I come from Wales. This recipe is for Welsh cakes – little flat, spiced cakes cooked using a pan or griddle. When I was little, my family always cooked them on March 1st, the day of Wales's saint, Dewi Sant (St David). To celebrate his day, people eat Welsh food, and children wear traditional Welsh clothes to school.

I'm vegan so I use plant-based 'milk' and plant-based 'butter' in my Welsh cakes...

...but if you prefer you can use cow's milk and butter.

MAKES AROUND 12

INGREDIENTS

- 125g (4 1/2oz) self-raising flour, plus a little extra for sprinkling
- 1/4 teaspoon of baking powder
- 1 teaspoon of ground mixed spice
- 65g (2 1/2oz) cold plant-based 'butter' from a block
- 25g (1oz) raisins or currants
- 40g (1 1/2oz) caster sugar, plus a little extra for sprinkling
- 2 tablespoons of plant-based 'milk' extra for sprinkling
- a little sunflower oil or other light cooking oil

You will also need a round or fluted round cutter around 7cm (3in) across, and a frying pan or griddle, preferably non-stick.

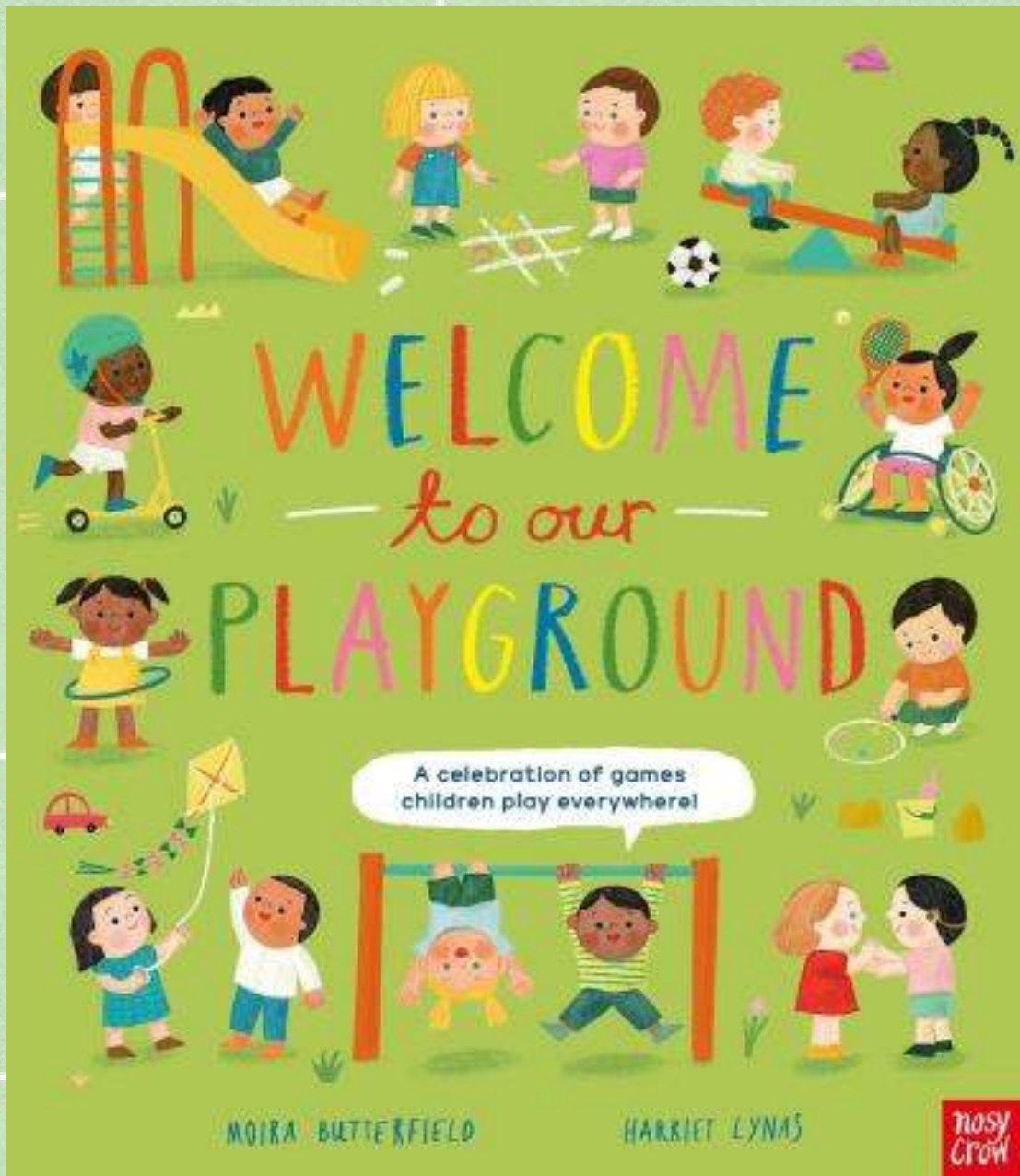
- Put the flour, baking powder and spice in big bowl. Mix well.
- Cut the 'butter' into small chunks. Put them in the bowl.
- Pick up some 'butter' and flour between your fingertips and thumbtips. Squash and rub the butter and flour so they start to mix, letting them drop back into the bowl as you rub.
- Keep on picking up and rubbing the mixture. The lumps will get smaller. Stop when they look like small breadcrumbs.
- Stir in the raisins or currants, and the sugar. Then mix in the 'milk' until it all sticks together.
- Sprinkle a rolling pin and surface with flour. Put on the dough. Roll until it's round as thick as a pencil.
- Use the cutter to cut out lots of circles. Squash the scraps together, roll them out and cut more circles, until the dough is used up.
- Put the frying pan or griddle over a medium heat and add 2 teaspoons of oil. Put in 3 or 4 cakes. Leave plenty of space between them as this makes them easier to flip.
- Cook for 2-3 minutes, then use a spatula to lift a corner. If they're brown underneath, flip them over and cook for another 2 minutes. Then, lift onto a plate.
- Repeat steps 8 and 9 again, until you have cooked all the cakes. Sprinkle a little sugar on top. Eat them while they're still warm.

VARIATIONS

To make this recipe gluten-free, use gluten-free self-raising flour and gluten-free baking powder.

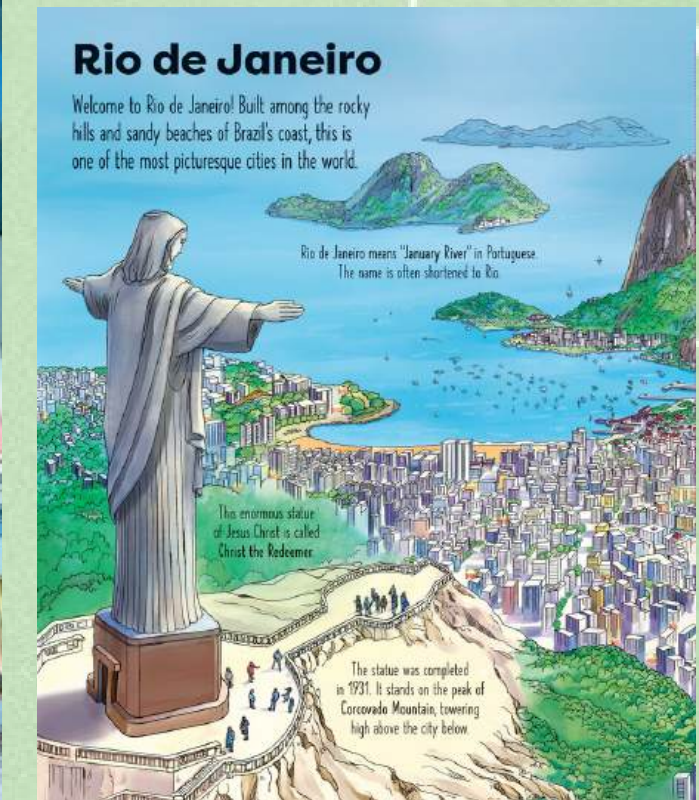
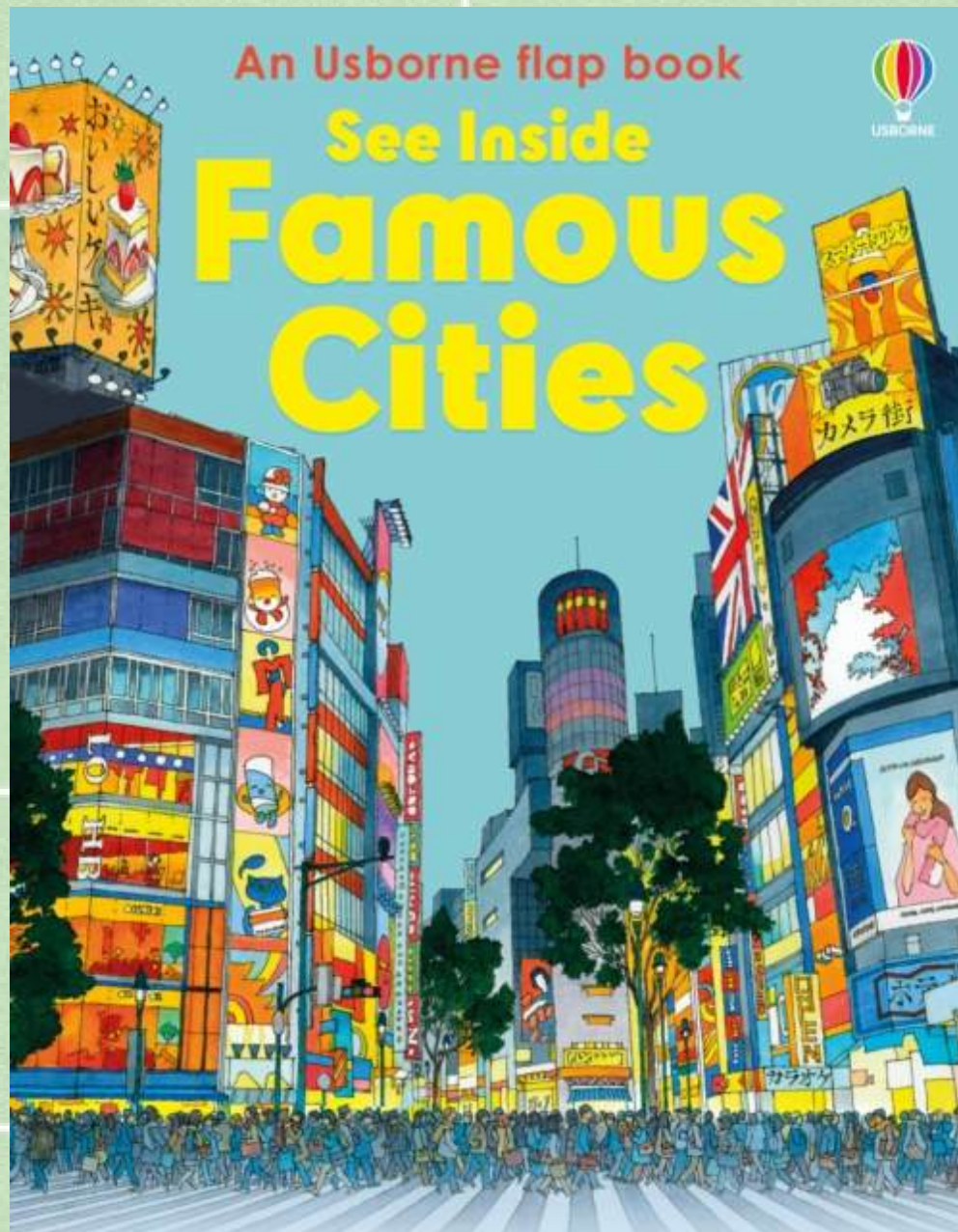


Meet the Squad: See inside





Meet the Squad: See inside





Meet the Squad: See inside

RAISING THE ROOF!

A Dazzling History of Classical Music and its Colourful Composers

Includes a playlist covering 1,000 Years of classical music!

Written by Jack Pepper
Illustrated by Michele Bruttomesso

1619-1677 BARBARA STROZZI

Long before Ed Sheeran and Taylor Swift, there was 17th-century singer-songwriter...

1600s Italy, Barbara Strozzi became known as a singer who wrote music to accompany her own songs. In fact, her great father, Giulio Strozzi, would join the family choir in Venice, which became a training ground for the city's bright and lively. Despite Strozzi's music-making being mostly for her father, her songs became well-known and her music well-published. More than 100 of her songs were printed and published in the 17th century, and she was the only woman in the choir. Add to that the fact that she was a single mom to four children, and you get a sense of the challenges she faced.

Bar Strozzi had all the credentials. She had had worked with Claudio Monteverdi in Mantua, writing the music for his operas, and her own music had been a part of the opera scene. She Strozzi did not write in opera or any other genre. She focused on a specific genre of writing, usually composing one religious song for a specific occasion, a longer string of songs, sometimes in a single setting, such as her best-loved. That might mean the most telling, or you, but Strozzi did a lot, incorporating herself on the line to original instrument, such as the lute's guitar, on the song original songs.

LISTEN! "The Pink Tree" (What Can Be Better?)

Listen to the first five of this piece from Todd and you'll know something that sounds like modern. It's a surprising pattern. For the time and repeated short progressions in pop style. Her language is able to your mind.

SHHH! "A woman, writing music?"

Do not say that's a good idea!

Do not say that's a good idea!

Do not say that's a good idea!

A MUSICAL HISTORY

The history of Western classical music can be divided into different eras. Each of these eras music was written in a certain style. Here's a whistle-stop tour:

Early Music c. 500-1400

For centuries, music was an oral tradition. Some were taught by word of mouth. The Roman Catholic Church added to this tradition and wrote down music in the Middle Ages, featuring heavily on religious chants - most notably Gregorian chant. This was a single melody line or voice without any accompanying music.

The Renaissance Era 1400-1600

The French word 'Renaissance' means 'rebirth', and this era saw great advances in science, technology, philosophy and the arts, including music. In contrast to the Middle Ages, music became increasingly profane, different melodies or various groups of singing in the same piece, creating a work of extraordinary beauty.

The Baroque Era 1600-1750

Baroque music is highly decorative, with elaborate ornamentation and great emphasis on melody. The period saw the birth of many new genres, such as the concerto, the opera, the sonata, and the symphony. The Baroque era was a time of great innovation and creativity in music.

HANS ZIMMER 1957-PRESENT

Bringing a rock and pop sensibility to his film scores, Zimmer has helped bridge the gap between classical music and other genres.

In the 1800s, Beethoven started writing for a larger orchestra, and gave different instruments a starring role. Then in the 1900s, the 'orchestra' came to mean whatever the composer wanted: strings, propellers and wind machines crisp up in the 1920s! So it's not surprising that when electric guitars and drum kits came along, they too took their place in the orchestra. And with regard to this, one man in particular comes to mind.

German composer Hans Zimmer describes himself as a 'musical storyteller'. He's behind the orchestral music for all sorts of films, including *King Fu Bandit*, *Madagascar*, *The Lion King* and *Probes of the Cambrian*. *Dead Man's Chest*. And not only has he introduced different instruments to orchestral writing, but he has also introduced new spaces for concerts. His film music often takes a full orchestra to places like the O2 in London. Zimmer is the rock star of film score writing.

Although he's now helping to redefine classical music, Zimmer at age six hated boring piano lessons. He had to play Mozart and lots of exercises, and didn't enjoy reading sheet music (he notes on a page). He never went to music school or university, and describes each film he works on as 'a whole new journey of learning'. The project is his classroom, the story his teacher. Zimmer has also admitted he suffers from stage fright!

LISTEN! "Time" (Inception)

This track from the music for the 2010 film *Inception* starts with a solo piano and a gentle background hum of electronics. It's a dramatic piece that unfolds to a shattering climax, before shrinking back to the quiet at the opening. Like a pop song, it repeats a small idea over and over, but Zimmer uses different instruments to give the phrase a varied colour each time.

Genre Explorer

For someone who brings different timbres together, we shouldn't be surprised that Zimmer describes his own listening as being 'all over the place', from 1970s pop supergroup ABBA to 1700s Baroque master Johann Sebastian Bach.

Zimmer's Sound

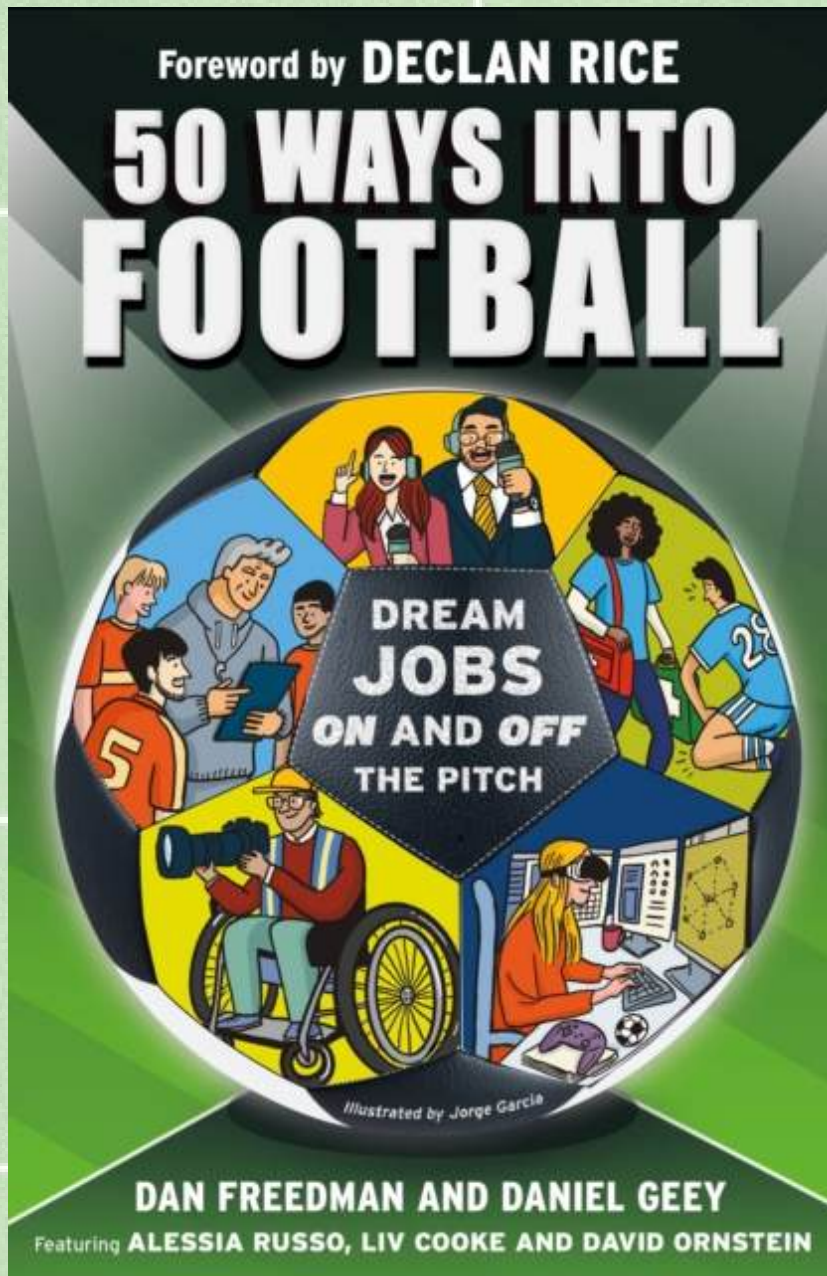

He's celebrated for bringing together different sounds and instruments, mixing electronics and pop and rock instruments with a huge orchestra. His music often has an epic, dramatic sweep to it.

Really? Mozart again!

These music lessons are so BORING!



Meet the Squad: See inside













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TEAM TALK BY DECLAN RICE

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SPORTING DIRECTOR

Paul Mitchell

Paul Mitchell has worked with the biggest clubs and players on the planet. He's negotiated hundreds of millions' of pounds worth of transfers and is one of the most high-profile sporting directors in the football world.



Born in Manchester

Has worked with world-class players Sadio Mané and Son Heung-min

Used to play professionally for MK Dons before he got injured

INTERVIEW

What does a sporting director or a technical director actually do?

I look over all sporting aspects of the club, including player performance, academy player development, player and head coach recruitment, and a playing philosophy, as well as having the right physios, doctors and performance analysts. All those departments would then report to me and I would have overall responsibility for everything running smoothly.

How did you start and make that dream a reality?

I was about twenty-three and suffered a triple leg break on a cold wet afternoon at Notts County. That day set me on a very different career trajectory. As I was captain at the time of my injury, the MK Dons owner thought I could help around the club and he gave me the opportunity to work across every department.

Have you had a 'pinch yourself' moment?

It was probably when I joined Red Bull and I moved into my apartment in Leipzig, Germany. I realised it was a little bit out of my comfort zone and thought, *Wow, I've come a long way from MK Dons, and I questioned myself: could I work abroad?* I couldn't speak the language, but it ended up being a fantastic opportunity for me. I came from a council estate in Manchester and was travelling around the world to places like Brazil and the USA.

Thankfully, the club also supported me to do my football coaching badges, which led me to help with coaching the first team.

What was your big break?

It was after I joined Southampton, when they were in the EFL Championship. The club gave me the chance to build the various sporting departments and then, six months later, we got promoted and I got the opportunity to work in the Premier League. Then the

head coach Mauricio Pochettino went to Spurs, and we recruited Ronald Koeman as manager and brought in players like Sadio Mané, Dušan Tadić, Graziano Pellè, Ryan Bertrand and Toby Alderweireld. We delivered Southampton's best Premier League season, while being favourites at the start for relegation after the sales of many of the previous season's best players (Lallana, Shaw, Chambers, Lovren and Lambert).

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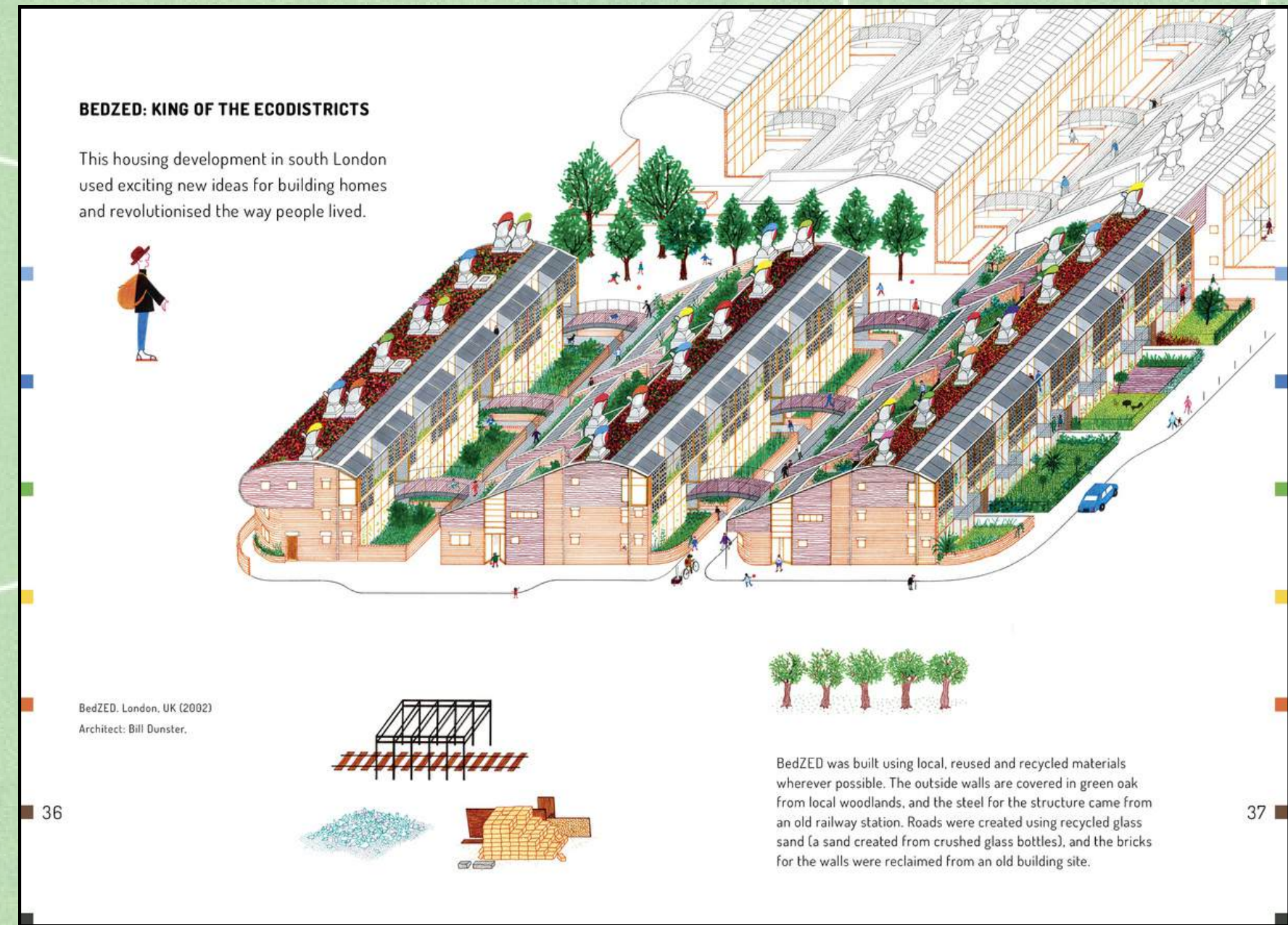
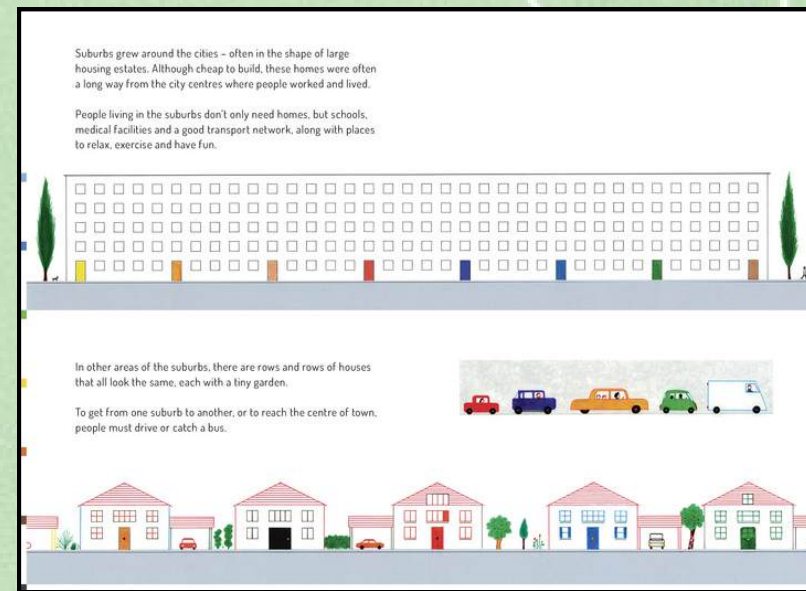
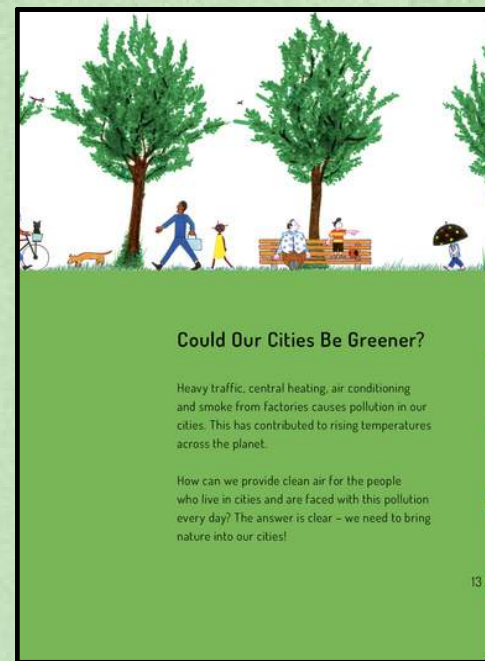
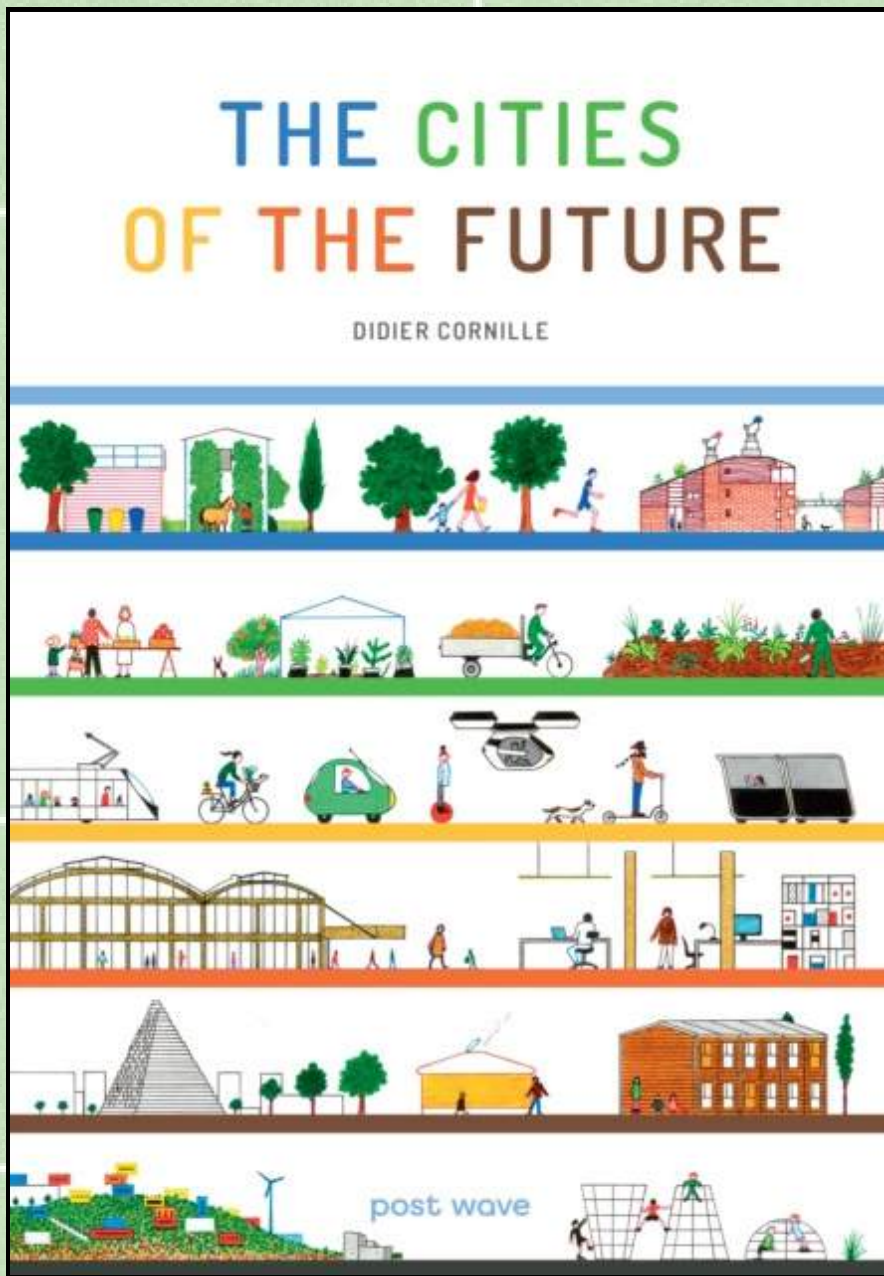
Mid Fielders



Meet the Squad: See inside



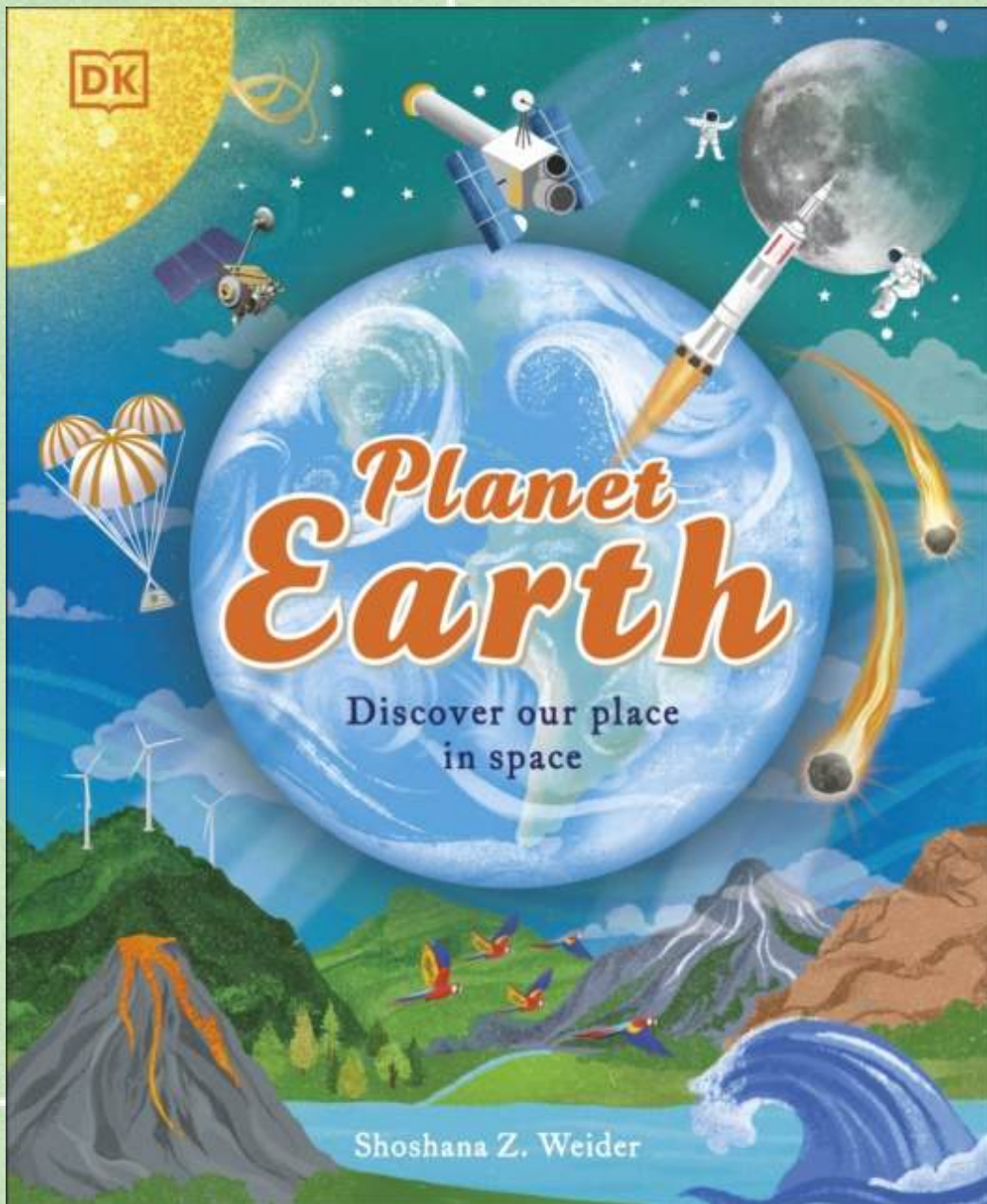
Meet the Squad: See inside



Forwards



Meet the Squad: See inside



Forming the Earth

The Earth started to form more than 4.5 billion years ago. Like all the planets, the Earth came together from a cloud of gas and dust swirling around the young Sun. Gradually, larger and larger chunks of material stuck together until eventually, the Earth was born.

Starting out
As the Earth cooled, the magma began to solidify. In the process, material that was heavy sank to the center of the planet to make the core, lighter materials floated to the top of the magma to create a crust.

Magma world
The oldest part of Earth's history lasted about half a billion years and is called the Hadean Eon. It's hard to know what the Earth was like then, but it was probably hot and full of big pieces of magma (molten rock).

Sending humans to the Moon

NASA's Apollo missions sent the first humans to step foot on another world, which captivated people back on Earth. From Apollo 11 in July 1969 to Apollo 17 in December 1972, 12 astronauts took photographs and conducted experiments while they explored the surface of the Moon.

Journey to the Moon
In July 1969, Apollo 11 launched on a huge Saturn V rocket. After three days, the spacecraft entered lunar orbit before the lunar module descended to the Moon's surface with astronauts Neil Armstrong and Buzz Aldrin. Astronaut Michael Collins remained in orbit and watched their return.

Moon rocks were collected during the Apollo missions, which are studied by generations of geologists.

Volcanoes

Volcanoes are openings or vents in the Earth's crust where hot magma, gas, and ash can escape. In total, there are more than 1,500 volcanoes on Earth that are active. This means they have erupted at least once in the last few thousand years. About 60 volcanic eruptions happen every year.

Ring of Fire
Many of the world's active volcanoes are found in the Ring of Fire, at the edges of the Pacific Ocean. Around this ring, the Pacific plate is pushed into the mantle and melts. This creates magma, which feeds the volcanoes.

Shaping up
The shape of a volcano is normally built from several eruptions over a long time. The shape depends on the style of eruptions the volcano has. For instance, some volcanoes are shaped like wide shields and some are like steep cones.

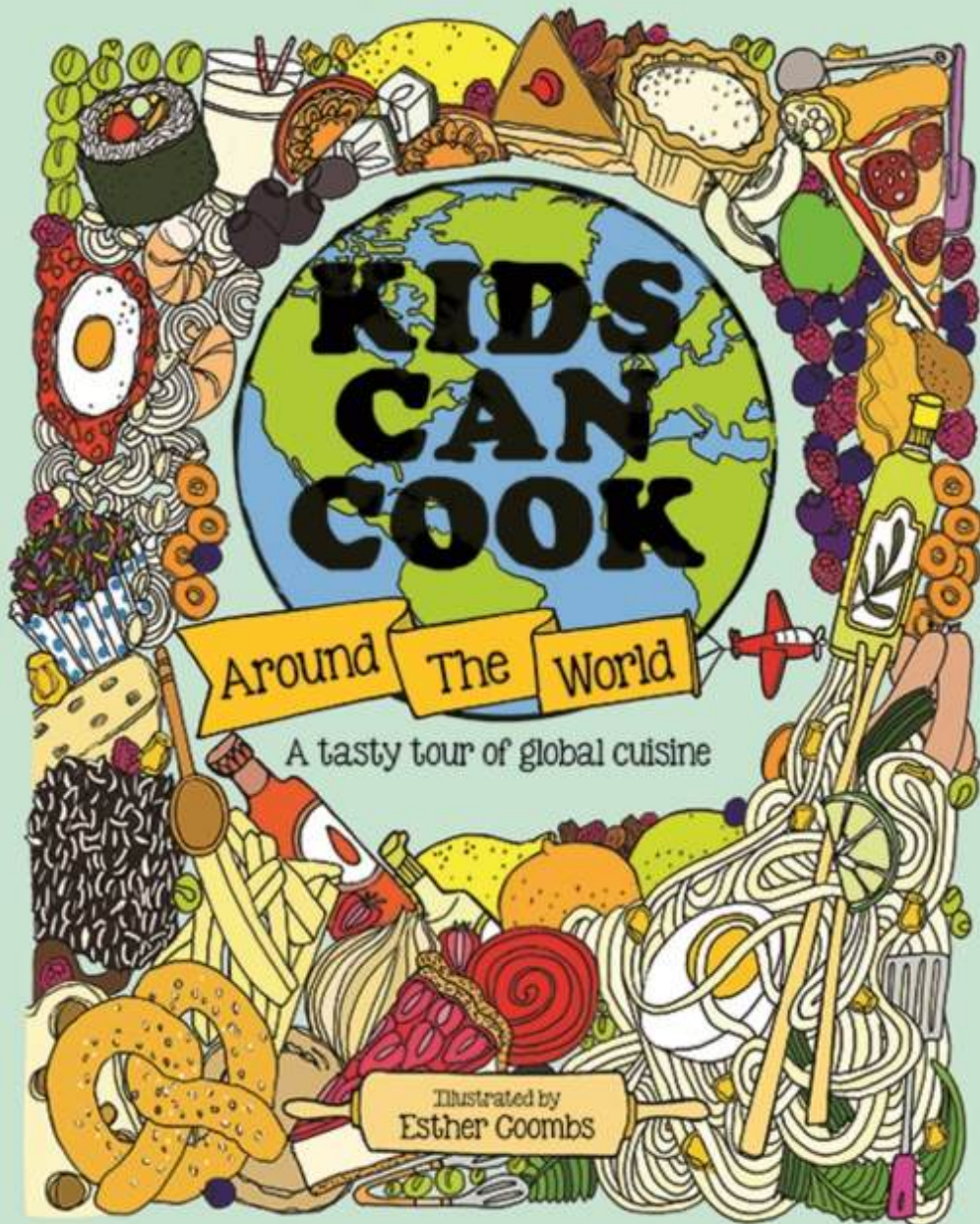
The loudest sound ever recorded was the gigantic volcanic eruption of Krakatoa in 1883.

Great Volcano
The largest active volcano on Earth is Mauna Loa in Hawaii. It stands at 4,169 m (13,678 ft) above sea level. Its dome is 120 km (75 miles) long and 103 km (64 miles) wide. Mauna Loa takes up more than half of its island.

Io's volcanism
Jupiter's innermost moon, Io, has hundreds of active volcanoes, which makes it look like a pizza. Since Io's volcanism was first discovered by space probe Voyager 1 in 1979, several spacecraft have witnessed evidence including volcanic plumes rising from Io's surface.

Forwards

Meet the Squad: See inside



DIM SUM

Ingredients
 500g shiitake mushrooms or raw prawns, very finely chopped
 2 spring onions, very finely chopped
 1 carrot, peeled and grated
 1 tsp sesame oil
 1 tbsp soy sauce
 ¼ tsp ground white pepper
 1 egg, beaten
 about 10 ready-made dim sum wrappers (available from Asian supermarkets)
 large intestine leaves, for steaming

SERVES 4

Tip
 If you don't have a basket steamer, you can improvise the dim sum. Place a few to the bottom of a microwaveable bowl and pour in enough water to cover the bottom half. Put a microwave safe plate on top and cook on full power for 2-3 minutes.

1 In a large bowl, use your hands to mix together the mushrooms, spring onions, carrot, sesame oil, soy sauce, pepper and half the egg. Keep the rest of the egg for sealing the dumplings.

2 Put a few dim sum wrappers on your work surface and use a pastry brush or your finger to brush the edges with beaten egg.

3 Place a teaspoon of mushroom mixture in the centre of each wrapper.

Kids Can Cook Around The World

FISH TACOS & SLAW

Ingredients
 4 ounces white fish or salmon fillets
 8 tortilla shells or small soft tortillas

FOR THE MANZANILLA
 ¼ tsp chili powder
 ¼ tsp smoked paprika
 1 tsp ground cumin
 ¼ tsp dried oregano
 1 tsp salt
 2 tbsp olive or vegetable oil

FOR THE CREMA
 200ml sour cream
 1 tsp lime juice
 ¼ tsp salt

TO SERVE
 Slaw (see box)
 Guacamole and salsa (see page XX, optional)
 shredded leaves
 lime wedges

SERVES 4

1 Preheat the oven to 180°C/350°F. Line a baking tray with baking paper.

2 Cut the fish fillets in half lengthways, so you have long fingers, then cut again but across the width into steaks.

3 In a medium sized bowl, add the chili powder, paprika, cumin, oregano, salt and oil and whisk to combine. Add the fish and toss to coat.

Note
 Tex-Mex style tacos (from the USA) are made with hard taco shells. Mexican style tacos are made with soft tortillas. Use whichever ones you like!

Kids Can Cook Around The World

PAELLA

Ingredients
 1 tbsp olive oil
 1 onion, chopped
 2 cloves garlic, finely sliced
 2 skinless, boneless chicken thighs, chopped into pieces
 1 tsp paprika (sweet or smoked)
 1 red pepper, deseeded and chopped
 1 tsp tomato puree
 1 chicken stock cube

¼ tsp saffron threads or turmeric
 250g paella rice
 100g frozen peas
 200g peeled cooked prawns
 salt and pepper
 large handful of parsley leaves, chopped
 1 lemon, cut into wedges

SERVES 4

1 Put the oil into a large frying pan over a medium heat. Add the onion, garlic, chicken and paprika and fry for around 5 minutes, stirring regularly.

2 Add the chopped pepper to the pan and cook for a further 5 minutes.

3 Stir in the tomato puree, crumble in the stock cube and add the saffron. Add the rice and stir for 1 minute.

4 Pour in 750ml boiling water. Bring to the boil, then reduce the heat to low and simmer for 15-20 minutes, stirring occasionally, until the rice has absorbed most of the liquid. Add a little more water if needed.

5 Stir in the peas and prawns and cook for a further 5 minutes.

6 Take off the heat and cover with a tea towel for 10 minutes while it rests.

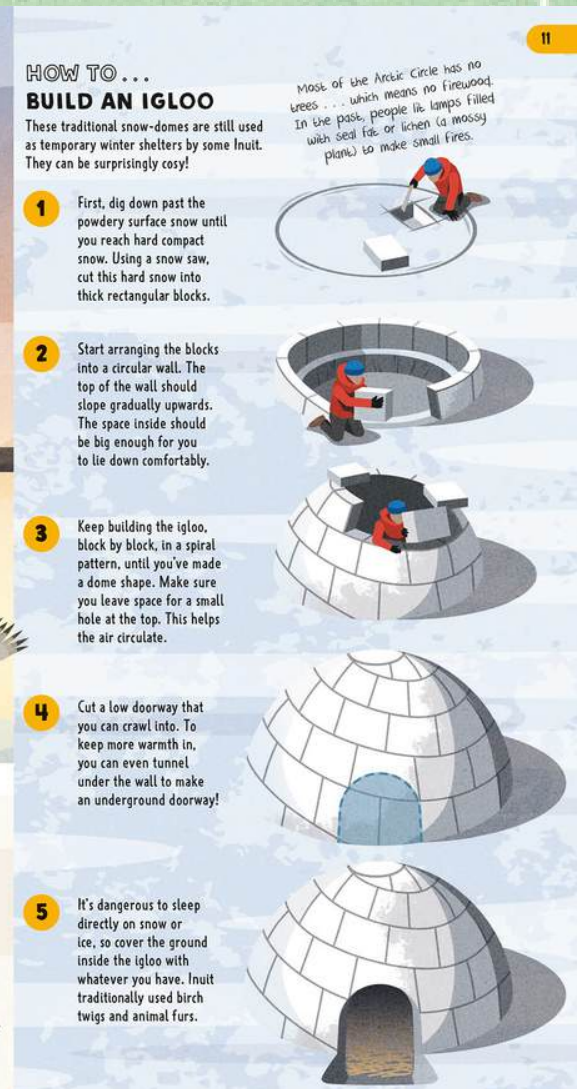
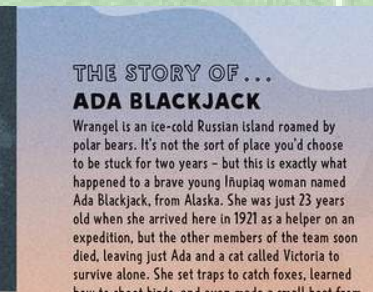
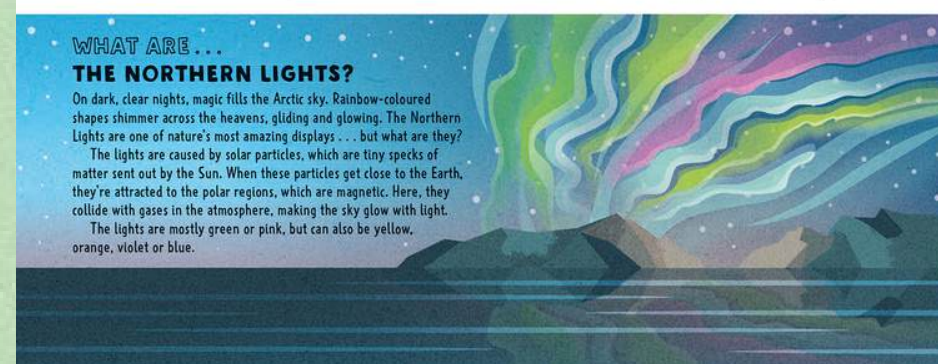
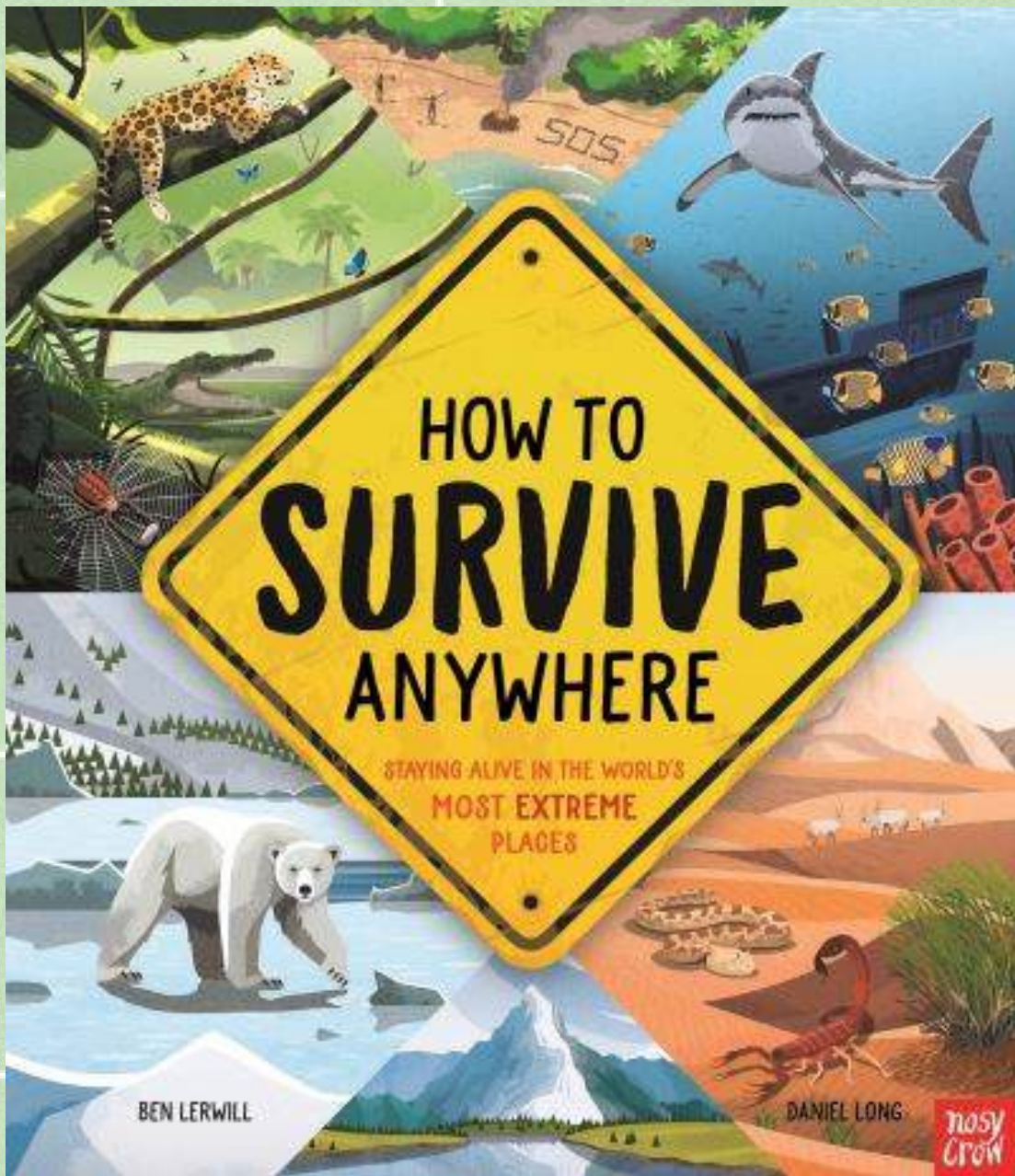
7 Season with salt and pepper, scatter with the chopped parsley and serve with lemon wedges.

Kids Can Cook Around The World

Europe 7

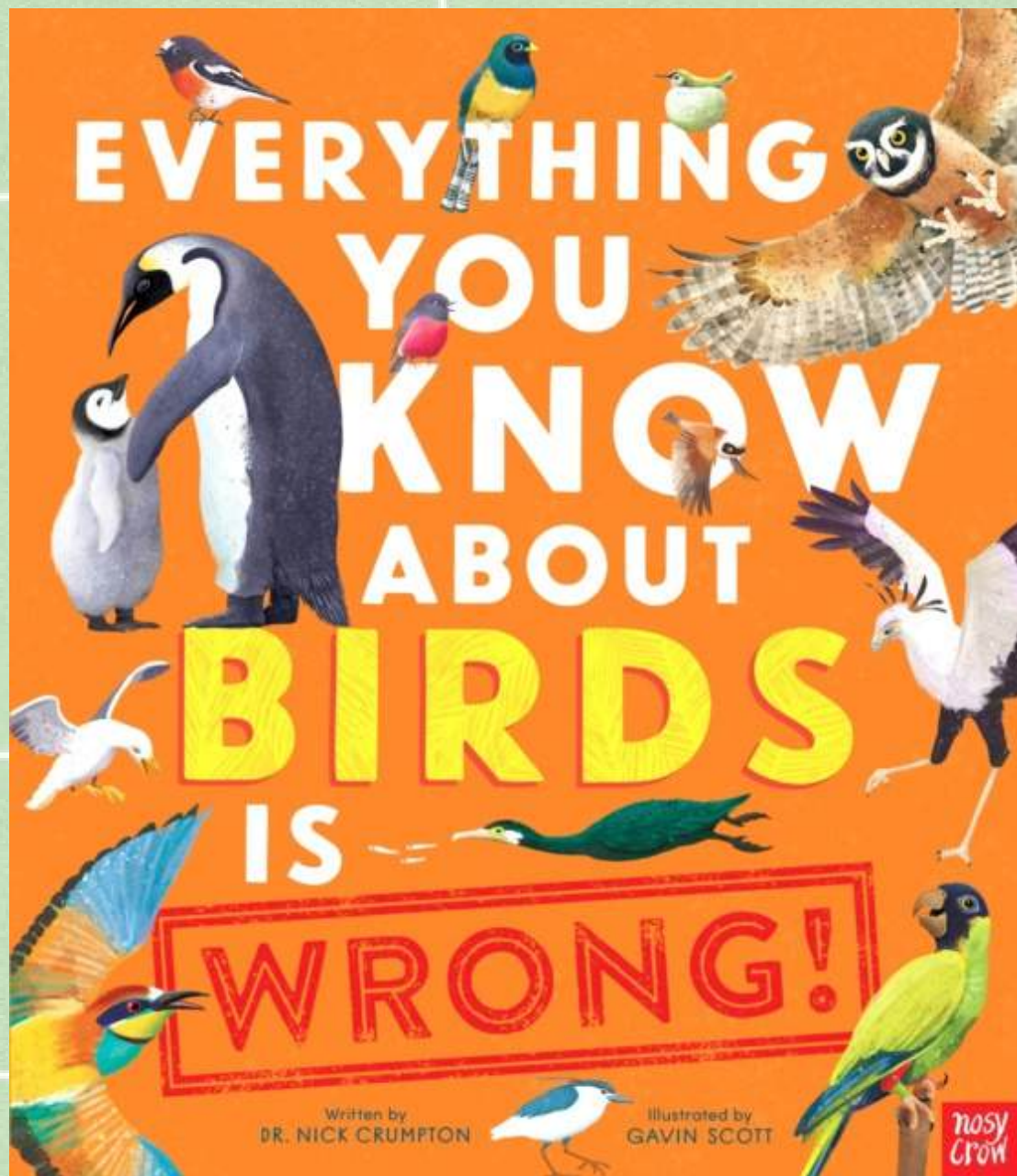
Forwards

Meet the Squad: See inside





Meet the Squad: See inside



BIRDS ARE DEFENCELESS

WRONG! To a whole heap of animals, birds are the perfect snack: parcels of super-nutritious muscle without any annoying armor that might get stuck in a predator's throat. There's not much birds can do to stop themselves from becoming a meal, at least that's what you might think . . .

We all know that leggy OSTRICHES bury their heads in the ground when they spot danger, hoping it'll just go away. Except . . . OF COURSE IT'S NOT! Sure, sometimes their heads stick their ground needs to check on their eggs, and sometimes lie down to hide when they sense danger. But when they're under real physical threat from a leopard or hyena, they use their speed! Pounding the ground with their spring-like feet. They throw the length of an ostrich over their heads with each stride, scattering almost anything that tries to grab a bite.

FULMAR chicks have strong stomachs when it comes to danger . . . they grow up on rocky ledges hundreds of miles above surging seas. But very young chicks can't fly away from hungry BRUINS. Instead, fulmar chicks coming face to face with predators, instead of panicking or fleeing, they're covered in bright orange oil to make them look like a poisonous mushroom. It's a trick that's worked so well that it's been used to put most predators off, but the oil can also make a chick's feathers lose their waterproofing. (Probably something you want to avoid if you're a seabird!)

FLYING IS EASY

WRONG! In Earth's entire history, flying has only evolved a few times. Birds may make it LOOK easy, but being able to flap wings up and down is super unusual. In animals with backbones, only Pterodactyls, birds and bats have discovered the secret to pushing themselves up into the air.

Birds need GIGANTIC muscles to push huge amounts of air downwards and backwards to stay airborne. Two sets of muscles create the enormous power needed for flight and they both connect to a large pointy part of the bird's chest bone called the 'keel'.

Both sets of muscles have horrible, complex names: the 'pectoralis' muscles pull the wings downwards while the (deep breath) 'supracoracoideus' muscles heave the wings back upwards. These muscles are so amazingly powerful that together they can weigh from one quarter to over a third of a bird's entire weight!

To power these incredible strength factories, birds have to 'tick up' their wings. They are able to extract THREE TIMES MORE OXYGEN per breath than humans can.

As a bird breathes in, fresh air enters its sacs attached to the lungs, as well as the lungs themselves. As a bird breathes out old air, the fresh, oxygen-rich air from some sacs moves into their lungs, helping the bird to pull oxygen into their blood whether they're inhaling or exhaling!

VELOCIRAPTOR WAS THE LAST RAPTOR

WRONG! The word 'raptor' might make you think of VELOCIRAPTORS, the curved-clawed, two-legged dinosaurs from the Mesozoic era. But before those famous predators were discovered and named, 'raptor' meant just one thing: bird of prey. So, while Velociraptors are long gone, other raptors have stuck around . . .

Raptors are 'hypercarnivores' - birds whose diets are made up of over 70 per cent meat - who either hunt their prey or feed on dead animals they discover. They are found all over the world today, come in a range of elegant shapes and sizes, and hunt in ways evolved to best suit their habitats . . .

Most people tend to think of the Accipitriformes as the classic birds of prey: this group includes sharp-eyed predators such as the EURASIAN SPARROWHAWK, broad-winged hunters like the PHILIPPINE EAGLE, medium-sized raptors such as BLACK-BREASTED BUZZARDS, MISSISSIPPI KITES and LONG-WINGED HARRIERS, as well as African vultures like the HOODED VULTURE.

OSPREYS are oddballs that don't quite fit in with the rest of the Accipitriformes. They are found in all continents except Antarctica and capture fish by snatching them from just under the water's surface. Their feet are covered in backward-facing, spike-like scales to help them hold on to slippery fish in flight.

When it comes to hunting style, the SECRETARY BIRD is most likely to remind you of a monster-raptor from a movie. Rather than just using their talons to hold their prey while their sharp beaks do the dirty work, these long-legged predators kick and slash at the hares, scorpions and snakes that they want to snack on.

Over in South America, the two species of SERIEMA live similarly to the sub-Saharan secretary bird - slashing with their extendable, sickle-shaped toe claw on the end of their long legs to kill frogs, snakes and lizards.

The Cathartiformes are the South American equivalent of African vultures. Like those birds, many species of Cathartiformes - including the BLACK VULTURE and CALIFORNIAN CONDOR - don't have feathers around their face and neck to keep them clean when feeding on dead animals.

Large talons, sharp beaks and keen eyesight make any bird a good hunter, no matter who evolves them. Although raptors such as the COMMON KESTREL or LAUGHING FALCON look a lot like Accipitriformes, they are actually more closely related to parrots and songbirds than to hawks or eagles.

Far from raptors being an extinct group of predators, these modern-day dinosaurs are a diverse collection of high-speed hunters, feathered fish-eaters and low-kicking killers.

Forwards



Meet the Squad: See inside

INDEPENDENT AND UNOFFICIAL

GREATEST STARS OF THE WORLD CUP

THE 50 MOST SPECTACULAR MATCH PLAYERS!

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MIDFIELDERS

DUNGA

STAR TURN
At the 1994 World Cup, Dunga made 57 tackles and completed 692 passes. Both statistics are records at a single tournament.

The 1998 World Cup was another success for Dunga as he skippered Brazil all the way to the final. He scored an ice-cool penalty in a dramatic semi-final shootout win against the Netherlands. In the final, though, France won 3-0 and this time Dunga had to settle for a runners-up medal.

BRAZIL BOSS
As well as captaining Brazil in two World Cup finals, Dunga was the country's head coach at the 2010 World Cup in South Africa.

TOP SKILLS

- ☆ High work rate
- ☆ Positional expertise
- ☆ Brilliant tackling

Brazil

BORN: 31 October 1963
 WORLD CUPS: 1990, 1994 (winner), 1998 (runner-up)
 WORLD CUP GAMES: 18
 WORLD CUP GOALS: 0
 WORLD CUP MATCH WINS: 14
 INTERNATIONAL GAMES: 91
 INTERNATIONAL GOALS: 6

8 DUNGA

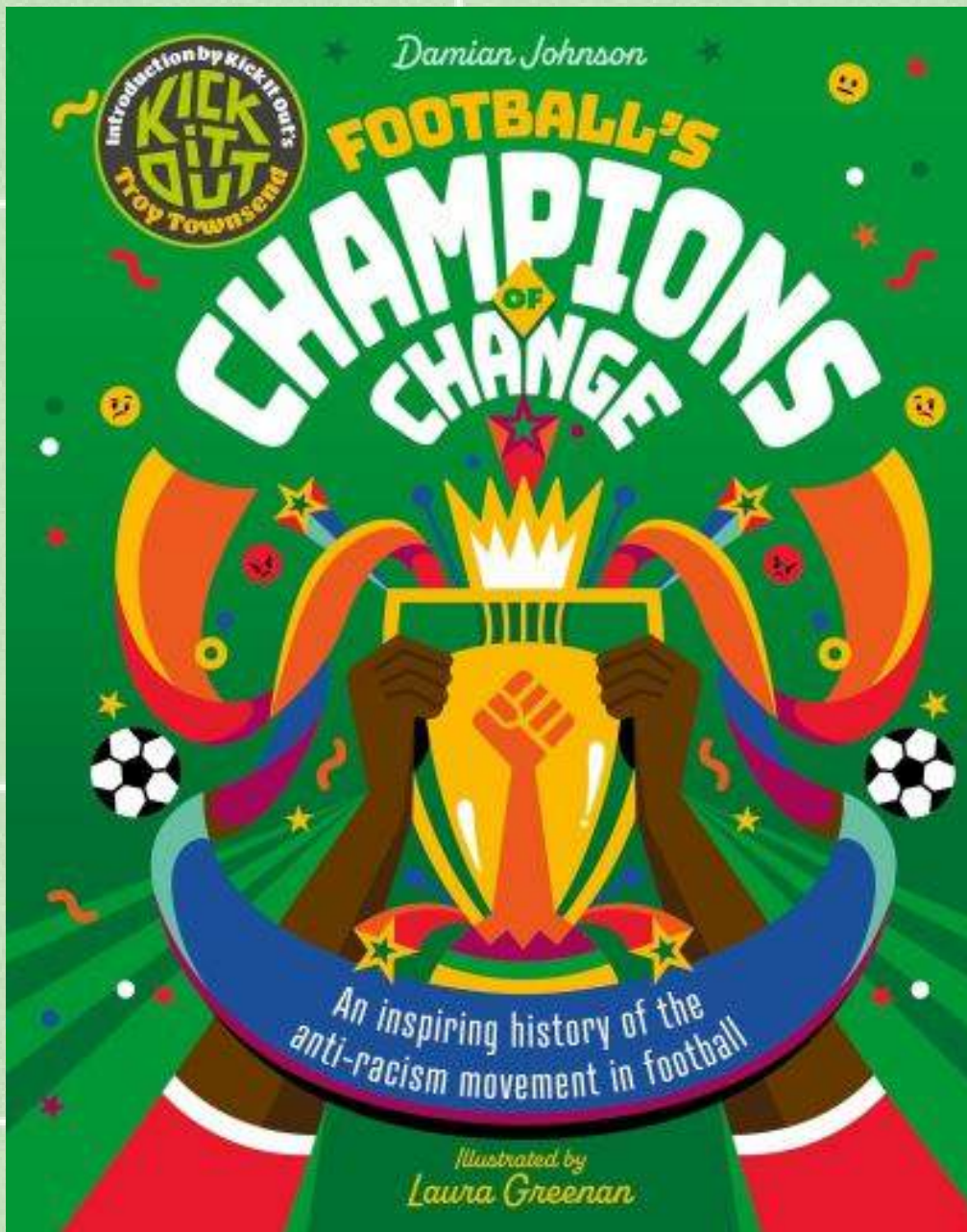
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Meet the Squad: See inside



Since the earliest days of British football, there have been players from ethnic minority backgrounds in the game. Although supporters hailed many as heroes for their achievements on and off the pitch, the same figures also endured racial abuse and discrimination purely on grounds of their ethnicity.

The tireless work of anti-racist campaigners has helped reduce the worst cases of racial abuse. But a backlash against black players who missed penalties for England in the Euro 2020 final has showed that there is still some way to go in overcoming discrimination.



IN 1968, 16-YEAR-OLD STRIKER CLYDE BEST ARRIVED FROM BERMUDA FOR A TRIAL AT WEST HAM UNITED. AN ATHLETIC CENTRE FORWARD, HE SOON SECURED HIS PLACE IN THE TEAM. PLAYING IN THE FIRST DIVISION ALONGSIDE THREE ENGLAND WORLD-CUP WINNERS, BOBBY MOORE, GEOFF HURST AND MARTIN PETERS.

“The best way to react to stuff like that is to stick the ball in the net and you shut everybody’s mouth.”
Clyde Best

The dream move for Best was a nightmare in other respects. He often faced monkey chants and abusive language from the stands, and even threats at times. On one occasion, he received a letter in the post warning him that acid would be thrown in his face the next time he stepped onto the pitch.

The letter was reported to the police, who provided a protective barrier as the players ran out of the tunnel. The match ended without incident, but the threat shows the level of hostility faced by black players in the 1970s.

Best suffered horrific racist abuse during his eight years at West Ham but he never retaliated. He believed scoring goals and winning was the perfect response to his tormentors. Years later, he made a mischievous dig at the writer of that sinister letter by calling his autobiography *The Acid Test*.

Best was often supported by his team-mates and his manager Ron Greenwood, who had given him his first opportunity to play. In 1972, the same West Ham manager fielded three black players when Best lined up alongside Ade Coker and Clive Charles. It was the first time this had ever happened in England.

Best even faced hostility from some West Ham supporters. Sometimes he was unfairly blamed when the team lost or performed poorly. But that only had the effect of making him try even harder and he went on to score 58 goals in more than 200 appearances for the club.

Best went on to play abroad and manage a national team for Bermuda. A giant figure in West Ham's history, he remains a frequent visitor. As the first black football star of the colour TV era in England, he became a figurehead to the generation of players that followed.



West Ham United team picture taken in 1972 with Clyde Best circled.

Forwards



Time to start your selections

You must include:

1 Goalie

4 Defenders 4 Midfielders

2 Forwards



Time to start your selections



Forward
Jason Prior

150 points

Jason Prior
"This book shows you the weird and brilliant things birds can really do. You will have a great time discovering the truth."

Goalie
Libby Stratton

60 points

Libby Stratton
"It was so good learning about all the stats and facts of the English and Scottish clubs. I especially loved the quiz at the end to test my knowledge."

Make sure you fit the formation

Defender
Jordan Norville Williams

80 points

Jordan Norville-Williams
As a player, I wish I'd had a book like this growing up. It shows you there are loads of exciting ways to be part of sport, on and off the pitch.

Mid Fielder
Ellen Terry

110 points

Ellen Terry
"I learnt so many interesting facts about football around the world. I couldn't believe that in Ireland they even have tractor football matches with teams of tractors and a giant football!"