



# Joe Wicks

Joe Wicks is an online **fitness** expert known as 'The Body Coach'. He is watched by millions of people on social media.

## Glossary

**fitness:** How healthy a person's body is and how active they are able to be.

**followers:** People who watch a person's videos or read their posts.

**MBE:** Meaning Member of the British Empire, it is an award for special services to the UK.

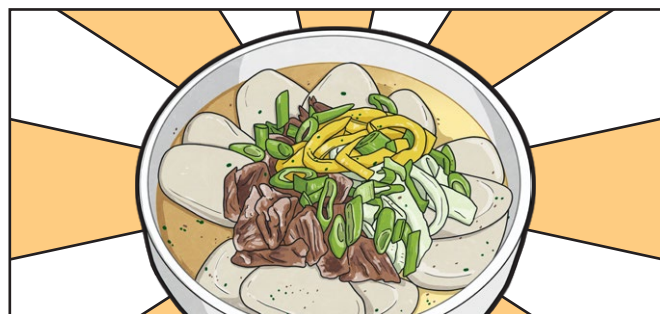
**personal trainer:** A person who plans exercise and sometimes meals for another person who wants to be healthier.



## Childhood

Joseph Trevor Wicks was born on 21<sup>st</sup> September 1985 and grew up in Epsom, Surrey. In school, Joe loved PE and decided he wanted to become a PE teacher when he grew up. In 2002, he studied nutrition and fitness at NESCOL College of Technology.

## Joe's 15 Minute Recipe



**The Body Coach TV**

**Subscribe**



## Early Success

Joe went to St Mary's University in Twickenham and graduated in 2005. After graduation, Joe got a job as a teaching assistant but soon decided to become a **personal trainer** instead.

Using social media, Joe began posting short 15-second healthy recipe videos on Instagram and started his own YouTube channel called 'The Body Coach TV' in 2014. He posted daily workout videos for his **followers**.



## PE With Joe

Joe Wicks

In March 2020, the UK went into the first of several lockdowns because of the COVID-19 pandemic. Every day, Joe streamed live workouts on his YouTube channel to help people keep exercising. Joe's second session of 'PE With Joe' was watched by almost one million people. Over time, he raised and donated over £500,000 to the NHS.

### Did You Know...?

Joe married Rosie Jones in 2019. They live in Richmond, London with their three children.



## Additional Contributions

In June 2020, Queen Elizabeth II awarded Joe an **MBE** for services to fitness and charity. He also raised £2m for Children in Need in November 2020. In addition, Joe created workout videos with the CBeebies character Duggee in September 2021. In July 2022, Joe was given a special university degree from St Mary's University in Twickenham. He continues to write books, record podcasts, appear on TV and regularly posts on social media in order to help people stay healthy.

**Disclaimer:** Please note: this resource contains biographical information which we think will be useful for learning about Joe Wicks and his life. If you intend to conduct child-led independent research about Joe and his family members, you may wish to ensure that information available from other sources is suitable for the children you teach. All facts and statistics correct as of August 2023.

# Questions

1. What was Joe's job after graduating from St Mary's in Twickenham? Tick one.

- ☐ personal trainer
- ☐ TV star
- ☐ PE teacher
- ☐ teaching assistant

2. Where did Joe post his short recipe videos? Tick one.

- ☐ Instagram
- ☐ Facebook
- ☐ YouTube
- ☐ Twitter

3. Where does Joe live with his wife and children? Tick one.

- ☐ Richmond
- ☐ Kingston
- ☐ Twickenham
- ☐ Epsom

4. How many children does Joe have? Tick one.

- ☐ one
- ☐ two
- ☐ three
- ☐ four

5. Look at the section called **Childhood**.

Find and copy one word that means the same as 'learnt about'.

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6. Fill in the missing words.

In March 2020, the UK went into the first of \_\_\_\_\_ lockdowns \_\_\_\_\_ of the COVID-19 pandemic.

7. What was your favourite fact you learnt about Joe Wicks and why? Explain your answer.

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# Answers

1. What was Joe's job after graduating from St Mary's in Twickenham? Tick one.

- ☐ personal trainer
- ☐ TV star
- ☐ PE teacher
- ☒ **teaching assistant**

2. Where did Joe post his short recipe videos? Tick one.

- ☒ **Instagram**
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- ☒ **Richmond**
- ☐ Kingston
- ☐ Twickenham
- ☐ Epsom

4. How many children does Joe have? Tick one.

- ☐ one
- ☐ two
- ☒ **three**
- ☐ four

5. Look at the section called **Childhood**.

Find and copy one word that means the same as 'learnt about'.

**studied**

6. Fill in the missing words.

In March 2020, the UK went into the first of **several** lockdowns **because** of the COVID-19 pandemic.

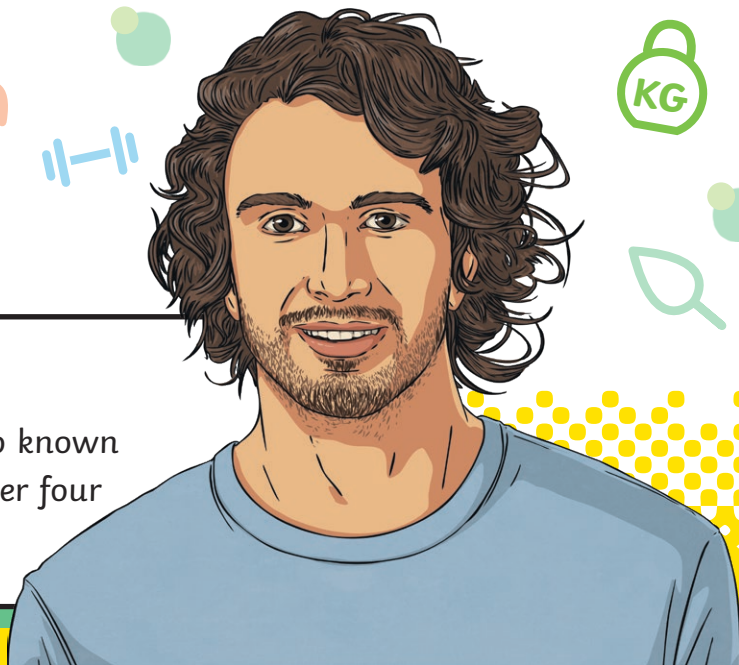
7. What was your favourite fact you learnt about Joe Wicks and why? Explain your answer.

**Pupils' own responses, such as: I think my favourite fact about Joe Wicks is that he received an award from Queen Elizabeth II. I think he deserved it because he works hard to help people.**



# Joe Wicks

An online **fitness** expert, Joe Wicks is also known as 'The Body Coach'. He is followed by over four million people on social media.



## Childhood

Born on 21<sup>st</sup> September 1985, Joseph Trevor Wicks grew up with his two brothers in Epsom, Surrey. As a child, Joe wanted to become a PE teacher when he grew up. In 2002, he studied nutrition and fitness at NESCOL College of Technology.



## Early Success

In 2005, Joe graduated from St Mary's University in Twickenham with a degree in Sports Science. Not long after, Joe worked as a teaching assistant at a school in Kingston but felt it wasn't for him. He decided to try a different career by working as a **personal trainer** instead.

## Joe's 15 Minute Recipe



**The Body Coach TV**

**Subscribe**

After struggling to find customers, Joe tried social media as a way of getting people interested in improving their fitness and nutrition. In 2014, he began posting short 15-second recipe videos on Instagram and started his own YouTube channel called 'The Body Coach TV'.

## Did You Know...?

In November 2020, Joe completed a 24-hour fitness workout that raised £2m for Children in Need.



## PE With Joe

Joe Wicks

In March 2020, the whole country went into the first of several lockdowns because of the COVID-19 pandemic. Trying to encourage people to still exercise, Joe began streaming daily half-hour workouts broadcast live on his YouTube channel. Joe's second session of 'PE With Joe' was watched by almost one million people and set a **Guinness World Record** for the highest number of people watching a workout session live on YouTube. While running these online classes, he raised and donated over £500,000 to the NHS.



## Additional Contributions

In June 2020, Joe was awarded an **MBE** by Queen Elizabeth II for services to fitness and charity.

In September 2021, Joe filmed videos with the CBeebies character Duggee that aimed to inspire children to earn their 'Workout Badges'. In July 2022, St Mary's University in Twickenham gave Joe a special university degree.



## Personal Life

Joe married Rosie Jones in June 2019. They have three children and live in Richmond, London. Always trying to help people eat healthily and exercise, Joe continues to write books, record podcasts, appear on TV and regularly posts on social media.

## Glossary

**fitness:** How healthy a person's body is and how active they are able to be.

**Guinness World Record:** A record of achievement kept in an annual reference book.

**MBE:** Meaning Member of the British Empire, it is an award for special services to the UK.

**personal trainer:** A person who plans exercise and sometimes meals for another person who wants to be healthier.

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# Questions

1. What is the name of Joe's YouTube channel? Tick one.

- ☐ Workouts With Joe
- ☐ PE With Joe
- ☐ Joe the Body Coach
- ☐ The Body Coach TV

2. How many brothers does Joe have? Tick one.

- ☐ one
- ☐ two
- ☐ three
- ☐ four

3. What did Joe want to be when he grew up? Tick one.

- ☐ personal trainer
- ☐ TV star
- ☐ PE teacher
- ☐ teaching assistant

4. Draw **four** lines and match each event to its year.

2019

2020

2021

2022

Joe began streaming 'PE With Joe'.

Joe filmed workout videos with Duggee.

Joe married Rosie Jones.

St Mary's in Twickenham gave Joe a special degree.

5. Look at the section called **Early Success**.

Find and copy one word that means the same as 'building up' or 'making better'.

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6. Fill in the missing words.

Trying to \_\_\_\_\_ people to still \_\_\_\_\_ , Joe began streaming daily half-hour workouts filmed live on his YouTube channel.

7. If you could ask Joe to fundraise for something needed in the UK, what would you choose and why? Explain your answer.

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8. How do you think Joe felt when Queen Elizabeth II gave him his MBE? Explain your answer.

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# Answers

1. What is the name of Joe's YouTube channel? Tick one.

- ☐ Workouts With Joe
- ☐ PE With Joe
- ☐ Joe the Body Coach
- ☒ **The Body Coach TV**

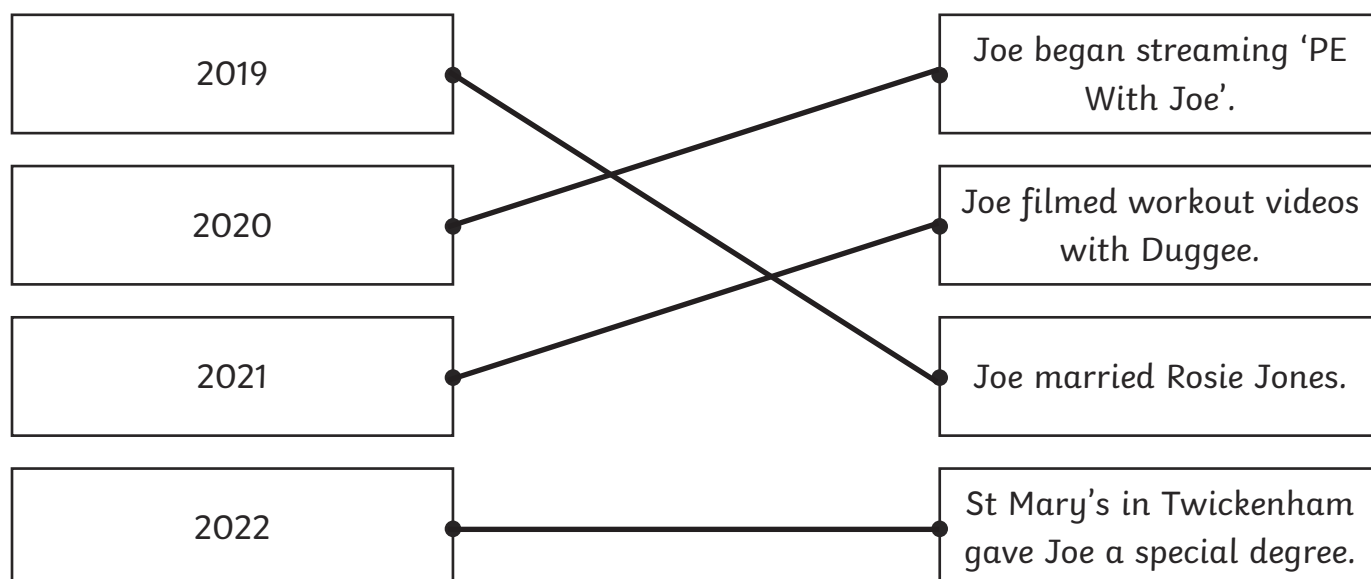
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- ☐ one
- ☒ **two**
- ☐ three
- ☐ four

3. What did Joe want to be when he grew up? Tick one.

- ☐ personal trainer
- ☐ TV star
- ☒ **PE teacher**
- ☐ teaching assistant

4. Draw **four** lines and match each event to its year.



5. Look at the section called **Early Success**.

Find and copy one word that means the same as 'building up' or 'making better'

**improving**

6. Fill in the missing words.

Trying to **encourage** people to still **exercise**, Joe began streaming daily half-hour workouts filmed live on his YouTube channel.

7. If you could ask Joe to fundraise for something needed in the UK, what would you choose and why? Explain your answer.

**Pupils' own responses, such as: I think I would like to ask him to fundraise for food banks because I think he could help children in need from all over the UK to eat healthy foods more often.**

8. How do you think Joe felt when Queen Elizabeth II gave him his MBE? Explain your answer.

**Pupils' own responses, such as: I think he probably felt proud because of what he had accomplished but also probably a bit nervous because she was the queen of the UK at that time.**

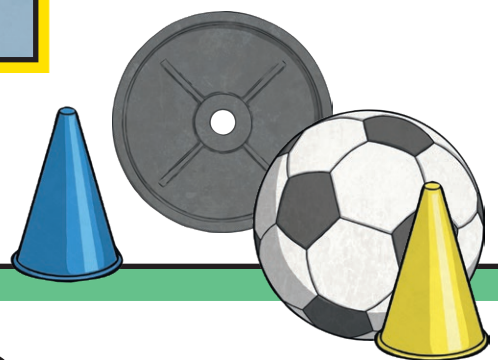


# Joe Wicks

The Body Coach TV

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Often referred to as the nation's PE teacher by various people, Joe Wicks is a personal trainer and **fitness** expert. Sometimes known by his online name, 'The Body Coach', he is followed by over four million people on social media.



## Childhood

Born to Gary Wicks and Raquela Mosquera on 21<sup>st</sup> September 1985, Joseph Trevor Wicks grew up with his two brothers in Epsom, Surrey. When he grew up, Joe wanted to become a PE teacher. In 2002, he enrolled at NESCOL College of Technology, where he studied nutrition and fitness.



## Early Success

Studying for a degree in Sports Science, Joe graduated from St Mary's University in Twickenham in 2005. After finishing university, Joe was hired as a teaching assistant at a primary school in Kingston. Unfortunately, Joe realised it wasn't for him so he decided to become a personal trainer instead.



●●● Although Joe handed out many flyers for his boot camp-style classes, he struggled to find many people who were interested in coming. Using social media, Joe tried a different way of getting people interested in fitness and nutrition. In 2014, he began posting short 15-second recipe videos on Instagram and started his own YouTube channel called 'The Body Coach TV'. Every day, he led his viewers through many **high-intensity interval training** workouts.



## PE With Joe

Joe Wicks

Due to the COVID-19 pandemic, the whole country went into the first of several lockdowns in March 2020. Using his social media accounts to encourage people to exercise at home, Joe began streaming daily half-hour workout sessions broadcast live on his YouTube channel. Joe's second session of 'PE With Joe' was watched by almost one million people and set a **Guinness World Record** for the highest number of people watching a workout session live on YouTube. Using 'PE with Joe', he raised and donated over £500,000 to the NHS.



## Additional Contributions

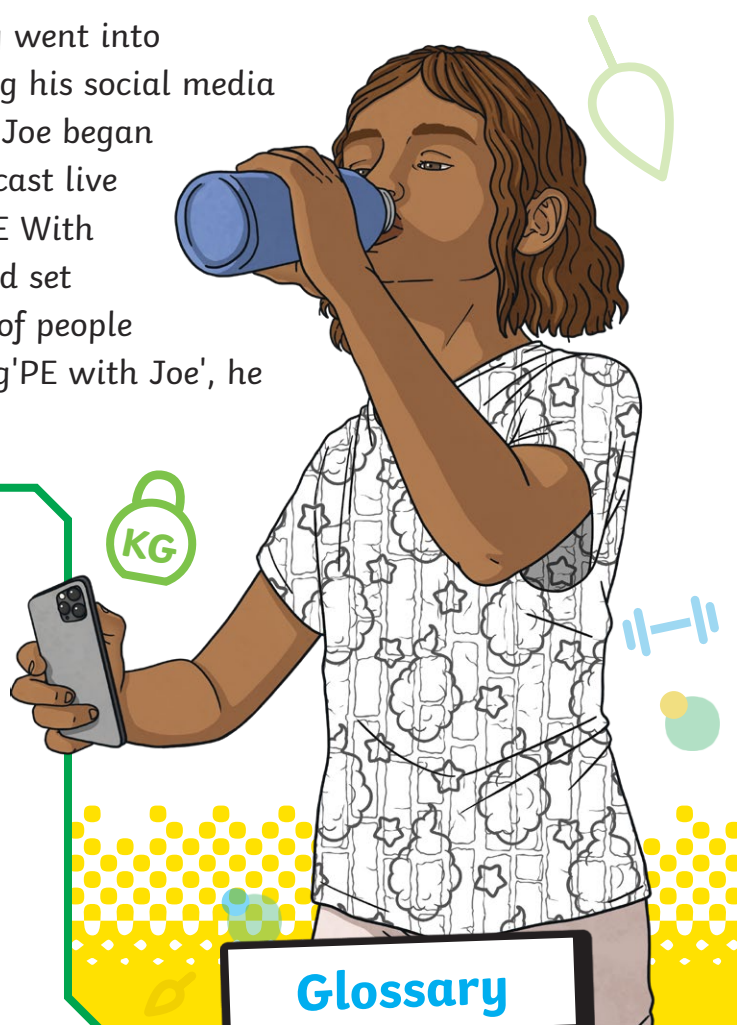
For services to fitness and charity, Queen Elizabeth II awarded Joe an **MBE** (Member of the British Empire) in June 2020.

By November 2020, Joe was a well-known public figure and was able to raise £2m for Children in Need by completing a 24-hour fitness workout. In September 2021, Joe worked with the CBeebies character Duggee from 'Hey Duggee' to film a series of exercise videos that inspired children to earn their 'Workout Badges'. In July 2022, St Mary's University in Twickenham awarded Joe with a special university degree, which was an Honorary Doctorate in Sport and Exercise Science.



## Personal Life

In June 2019, Joe married Rosie Jones. They have three children together and currently reside in Richmond, London. Constantly trying to reach people, Joe continues to write books, record podcasts, appear on TV and regularly posts on social media.



## Glossary

**fitness:** How healthy a person's body is and how active they are able to be.

**Guinness World Record:** A record of achievement kept in an annual reference book.

**high-intensity interval training:** A series of short periods of extreme exercise with short rest breaks in between.

**MBE:** Meaning Member of the British Empire, it is an award for special services to the UK.

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# Questions

1. Where did Joe work as a teaching assistant at a primary school? Tick one.

- ☐ Richmond  
☐ Kingston  
☐ Twickenham  
☐ Epsom

2. Draw **four** lines and match each event to its year.

1985

2002

2005

2014

Joe enrolled at NESCOL  
College of Technology.

Joe graduated from St  
Mary's Twickenham.

Joe Wicks was born.

Joe began posting recipe  
videos on Instagram.

3. How long were Joe's first recipe videos on Instagram?

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4. Look at the first paragraph. Find and copy one word that means the same as 'called' or 'named'.

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5. Fill in the missing words.

\_\_\_\_\_, Joe realised it wasn't for him so he decided to become a personal  
trainer \_\_\_\_\_.

6. Would you like to meet Joe Wicks? Explain your answer.

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7. Why do you think Joe struggled to find people interested in coming to his classes?

Explain your answer.

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8. If Joe came to your school to teach PE, what sport would you like him to teach you?

Explain your answer.

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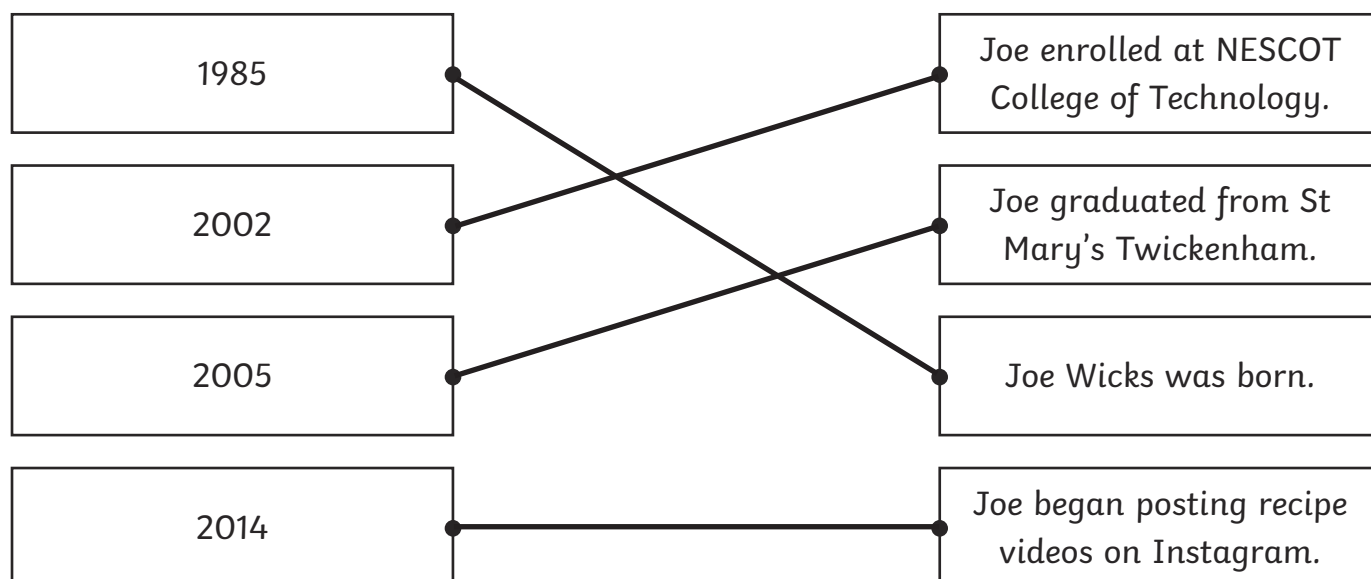
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# Answers

1. Where did Joe work as a teaching assistant at a primary school? Tick one.

- ☐ Richmond  
☒ **Kingston**  
☐ Twickenham  
☐ Epsom

2. Draw **four** lines and match each event to its year.



3. How long were Joe's first recipe videos on Instagram?

**Joe's recipe videos were 15 seconds long.**

4. Look at the first paragraph. Find and copy one word that means the same as 'called' or 'named'.  
**referred**

5. Fill in the missing words.

**Unfortunately**, Joe realised it wasn't for him so he decided to become a personal trainer **instead**.

6. Would you like to meet Joe Wicks? Explain your answer.

**Pupils' own responses, such as: Yes, I think I would like to meet Joe Wicks. He seems to know what he is talking about and he also seems to care about people and their health. I would love to be able to ask him questions about fitness and his favourite recipes.**

7. Why do you think Joe struggled to find people interested in coming to his classes?

Explain your answer.

**Pupils' own responses, such as: I think people can be nervous about other people seeing them struggle to work out or keep up with Joe or other people in the class. I think people can feel like they don't have time to go somewhere to exercise.**

8. If Joe came to your school to teach PE, what sport would you like him to teach you?

Explain your answer.

**Pupils' own responses, such as: I think I would like him to teach me how to run for longer distances because I am great at running short races but I can't really run for a long time.**