LITHERLAND HIGH SCHOOL

LIVO CATCH-UP 10
Year 9 – Still I Rise

RESILIENCE
IDENTITY
EQUALITY
HOPE

You have missed some lesning. Don't worry – this will give you the essential knowledge you need to join back in.



1 WHO IS MAYA ANGELOU?

- Maya Angelou (1928–2014) was an American poet, writer, singer and civil rights activist.
- Her work often explores identity, racism, resilience and the power of language.
- *Still I Rise* was published in 1978 in her collection *And Still I Rise*.



"I am a woman Phenomenally. Phenomenal woman, That's me."

2 CONTEXT

The poem is written in response to racism and discrimination faced by Black people, especially African Americans, in a society that tried to silence and oppress them.

- Linked to the Civil Rights Movement.
- Speaks about personal and collective resilience.
- Shows pride in Black identity and celebrates strength.



3 WHAT IS THE POEM ABOUT?

- The poet refuses to be broken by racism and prejudice.
- She challenges those who try to make her feel small.
- She celebrates her strength, beauty and resilience.
- It is a message of hope, pride and empowerment.
- The final message is that no matter what happens, she will always rise.

4 KEY THEMES

RACE AND DISCRIMINATION
Facing prejudice and inequality.

IDENTITY
Pride in who she is.

RESILIENCE
Never giving up – always rising.

SELF-BELIEF
Confidence and strength.

FREEDOM
Rejecting oppression.

HOPE
A positive message for the future.

5 KEY QUOTES

"You may write me down in history with your bitter, twisted lies"
↳ Shows how others try to belittle and misrepresent her.

"But still, like dust, I'll rise"
↳ Powerful metaphor – dust is everywhere, unstoppable.

"I am a black ocean, leaping and wide"
↳ Metaphor shows strength, limitlessness and beauty.

"I rise" (repeated)
↳ Repetition emphasises resilience and defiance.

6 LANGUAGE AND STRUCTURE

Metaphor	"black ocean" compares her to something powerful and beautiful.
Repetition	"I rise" repeated to show determination and strength.
Imagery	Creates vivid pictures – dust, oceans, suns, moons.
Anaphora	Repetition at the start of lines – creates rhythm and emphasis.
Emotive language	Words like "bitter", "twisted", "rise" create strong feelings.
Structure	Written in regular stanzas with a strong, confident rhythm.

7 KEY WORDS

metaphor	a figure of speech comparing two things
repetition	repeating a word or phrase for effect
anaphora	repetition at the start of lines
imagery	descriptive language to create a picture
emotive language	words that create strong feelings
resilience	the ability to keep going despite difficulty
prejudice	unfair judgment based on race or difference
discrimination	treating someone unfairly
identity	who you are and what makes you unique
empowerment	giving someone confidence and strength

8 STRUCTURE AND FORM

- A lyric poem – written to be read aloud.
- Divided into stanzas (mostly 4 lines).
- Uses a regular rhythm and rhyme.
- Repetition of "I rise" acts as a refrain.
- Written in first person – the poet speaks directly about her experiences.
- The structure builds confidence and ends with a powerful, defiant message.



9 WRITING ABOUT THE POEM

P Point	Make a clear point about the quote.
E Evidence	Use a short quotation.
E Explain	Explain the method and its effect on the reader.
L Link	Link to the poet's overall message or context.

Example:
The metaphor "black ocean" presents the speaker as powerful and limitless. It suggests strength and beauty, challenging racist stereotypes. This reinforces Angelou's message that she cannot be contained or diminished.

10 YOUR CATCH-UP 10

Answer these without looking back.

1. Who wrote *Still I Rise*?
2. What is the poem about?
3. Give one metaphor from the poem.
4. What does the repetition of "I rise" suggest?
5. Name two key themes.
6. What historical context links to the poem?
7. What does anaphora mean?
8. Find one example of emotive language.
9. How does the structure help the poet's message?
10. What is the final message of the poem?

FINAL CHECK

I now know:

- ☐ who Maya Angelou is
- ☐ the context of the poem
- ☐ the key themes
- ☐ important quotes and methods
- ☐ key vocabulary
- ☐ how to write a P.E.E.L. paragraph
- ☐ and I feel ready to rejoin the lesson!



NOW I'M READY TO REJOIN THE LESSON!