

BE A GOOD SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

BE A GOOD SPORT



**SPORT
RELIEF**

BE A GOOD SPORT!  BE A GOOD SPORT!  BE A GOOD SPORT!

BE A GOOD CHAMPION!
YOUR TASK GUIDE



BE A GOOD CHAMPION

Who's your sporting hero? And what do you think makes them a champion? Is it their strength? Commitment? Bravery? There are so many amazing people to inspire us, who inspires you?

THOMAS YOUNG

Thomas Young will be competing in the Paralympic Games in Para athletics. This field includes a wide range of competitions and events including track events- running both short (100m) and long (5000m) races and field events like high jump and javelin. Athletes are grouped according to their disability. Thomas is in group T38. This group includes athletes with co-ordination impairments such as cerebral palsy.



Thomas competes in the 100m and 200m, bursting onto the scene in 2018 to win gold in both events at the European Championships. Since then, he has won silver in the 100m at the World Para Athletics Championships (just 0.01 off gold!) and gold at the European Championships. Thomas continued his medal haul at the Tokyo Paralympics, winning gold with an incredible 100m sprint in 10.94 seconds- earning praise from his idol Usain Bolt! Thomas is hoping to keep his crown this year and we'll be cheering him on!

You can find out more about the Paralympic athletes here: paralympics.org.uk/athletes

And try out some of the sports here: [Get Set | Spirit of Sport at Home](#)

INSPIRED?

To complete your '**Be a Good Champion**' task:

We want you to tell us all about the sporting superstars who inspire you. It doesn't have to be anyone famous - we want to hear about the people you really admire. You could read a book all about them, draw a picture of them, or even write a poem - find out what really makes a champion. Whatever you do, record it on your checklist and tick that box!

Go on, Be a Good Sport!

