

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

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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?

HOLLIE ARNOLD

Hollie Arnold will be competing in the Paralympic Games in Para athletics. Hollie was born missing part of her right arm and competes in the F46 Javelin category. To take part, competitors need to throw a javelin as far as they can. A javelin looks a bit like a spear! Throwing a javelin takes strength, power and good timing.



Hollie first made her appearance in 2008 at only 14 years old! She has gone from strength to strength- winning bronze at the 2011 IPC Athletics World Championships, coming 5th at London 2012 and then taking gold at the Lyon 2013 World Championships. Hollie then won 3 back-to- back world titles, became Paralympic champion at Rio 2016, won European gold in 2018 AND broke a world record on her way to Commonwealth gold! In 2023 Hollie won the World Championship title with a throw of 41.06metres (how many of you lined up is that?!) and is on her way to Paris to try and reclaim her Paralympic crown- Come on Hollie!!

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!

