

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

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SPORT RELIEF

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YOUR TASK GUIDE



BE A GOOD SPORT

Gladiators ready? Gladiators Fire and Apollo are currently turning their hand to baseball and representing the New York Mets and the Philadelphia Phillies, two giants of Major League Baseball, but their enthusiasm for trying out different sports and ways to move doesn't stop there! Find out more about their favourite ways to move...



Apollo has played rugby for the England Sevens, Newcastle Falcons, London Irish, Yorkshire Carnegie and Bath rugby AND he was the first English player to transfer to the NFL, where he played for the Atlanta Falcons!

Apollo is strong and fast and can jump a massive 2.8 metres from standing (about the height of an ostrich!).

Apollo said: **"As a rugby and NFL player, I'm used to focusing on running and catching, so it's been really fun trying out a new skill and giving baseball a go - something I'd never played before. Sport Relief is encouraging everyone to be part of a nation of good sports this summer by getting active - this could be trying out a completely new sport or activity, like I am with baseball. Go on, be a good sport!"**



Fire has made sporting history, becoming the first female UK athlete to compete at both the Summer and Winter Olympic Games! Not only did she hold the British Women's record for the fastest 100m sprint at 11.05 seconds and win Commonwealth

Gold in the 4x100m relay race, but she also competed at Olympic Bobsledding!

Fire said: **"I'm now a Gladiator, but I used to be a GB Sprinter and Olympic Bobsledder. All that training has been really helpful in making me strong and fast so that I can smash the Gladiator challenges. I've been lucky and tried lots of activities, but it's always fun to try out new ways to get moving. To complete the task for 'Be a Good Sport', all you need to do is try out a new activity and record what you've done and how it went!"**

Both Gladiators make sure they eat healthily, drink lots of water and get plenty of sleep.

GET INVOLVED

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

Whether you try out that new swimming stroke, join your pals for a relay like Fire, or learn the latest dance craze, this task is all about finding a brand-new way to get moving.

Once you've tackled your challenge, make a note, draw a picture or pop a photo in your activity checklist and tick that box!

Go on, Be a Good Sport!

