

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

BE A GOOD SPORT



**SPORT
RELIEF**

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

BE A GOOD SPORT!
YOUR TASK GUIDE



BE A GOOD SPORT

Michael Gunning is an international swimmer who represented TeamGB and Team Jamaica, setting national records for both. He was recently named in the 2024 Forbes Under 30 List in Sports and Games and is the face of Speedo's Swim United campaign. He was awarded Sportsman of the year in Jamaica in 2018, is an inclusivity champion for LGBTQ+ rights, actively works to raise awareness and support for children across the UK who haven't yet learnt to swim and is working on his first documentary project with Sky Sports.

Michael said: "I grew up with the stereotype that 'black people can't swim', but I smashed that stereotype out of the water throughout my swimming career. It's hard to be different sometimes, but it allowed me to stand out from the crowd and be a role model for people all around the world that didn't think swimming was for them.

I am currently working on a TV series which allows me to step out of my comfort zone and try different sports. I haven't played football in over 20 years, but it was so much fun. I truly believe that sport is for everyone no matter who you are or what your ability is – just give it a go!"



GET INVOLVED

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

Whether you're inspired by Michael and try out that new swimming stroke, join your pals for a relay, 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!

