

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?

CLAIRE TAGGART

Claire Taggart will be competing in the Paralympic Games in Boccia (a sport in which you take turns to get your x6 balls closer to the 'jack' than the opposing team- you could try this for our 'Be a Good Sport' challenge!) Boccia is split into four classes BC1-4 depending on the players abilities. All players compete in a wheelchair.



Claire is the number 1 ranked female Boccia player in the world and made history at 21 years of age, by becoming the first person from Northern Ireland to compete at the Paralympics in this sport! She also helped her team win gold at the European and Pairs Championships, silver at the Rio test event and became World Champion at the 2022 World Championships. A true Champion!!

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!

