

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

Dame Kelly Holmes is one of the UK's most popular athletes. She started her career in the British Army and always dreamed of competing at the Olympics. In 2004, she won both the 800m and 1500m races at the Olympic Games in Athens – becoming the first Briton in over 80 years to do so! She won many medals over her athletics career AND became an Olympic, Commonwealth and European champion. In 2008 she set up the Dame Kelly Holmes Trust which supports retired athletes as they transition from sport and uses their skills to transform the lives of disadvantaged young people through mentoring programmes.

“Hello – I’m Dame Kelly Holmes and I just wanted to say a massive thank you to you for signing up to ‘Be a Good Sport’ this summer!

From training in the army to winning gold in the 2004 summer Olympics, from abseiling with Bear Grylls to walking with my dog, Shiloh - I am super passionate about keeping active and love trying new ways to move.

I really believe that people have to move their bodies to feel good. So what are you waiting for? Try a new way of moving today”



GET INVOLVED

To complete your **‘Be a Good Sport’** task:

Whether you’re inspired by Dame Kelly and join your pals for your own 800m race, try a new swimming stroke, 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!

