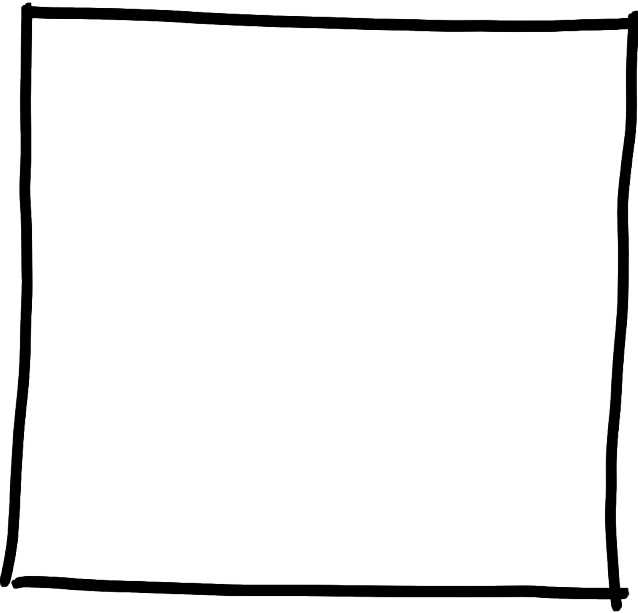
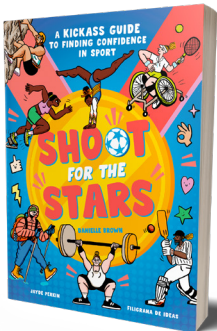


MY FAVOURITE ATHLETE

Who is your favourite athlete? Phewf! That's a tricky decision, isn't it?
Once you've narrowed it down, find out how they got into their sport.



Print out and stick in
a photograph of them



Name: _____

What sport do they do?

How did they get into their sport?

What challenges have they faced?

How did they overcome these challenges?

Who supported them?

What skills helped them?

Next, jot down whether there is anything you can start doing a bit differently to help you achieve your own goals. Learning from our role models helps us improve faster: instead of having to discover how to become brilliant all by ourselves we can take inspiration from them.

My goal is _____

