



Taking part in sports is very good for you. it can help build self-esteem and confidence, can motivate children to excel academically and can help build social skills. It can teach children the benefits of goal setting and practice. You do not have to be good to take part, people /children are good in their own way, its just taking part that counts!

I come from a very sporty family, my dad played, cricket, football, and golf! He has many trophies from playing cricket. He used to play for Dumbleton. He wishes I played cricket, but I prefer football! I play for a local football team in Tewkesbury. I normally play as a goalie! My mum was very sporty too, she still plays netball now and again. She is a very good thrower; she used to throw the javelin and has a record for Cheltenham at Prince of Wales Stadium. She also played rounders and Hockey!

My Nan and Grandad also have medals. My nan used to run for her town Newhaven, many years ago! And my grandad was a very good gymnast when he was in the Army. My brother could be good at sport, but he does not bother! But both my sisters are good too.

We can all swim which also is a very good skill to have, incase you fell in the water! That would be dangerous if you could not swim!



## SPORTS KIT 2020 BY GEORGE!

THIS IS MY FOOTBALL KIT I DESIGNED; I THINK ITS COOL! IT CAN BE MADE IN ALL DIFFERENT SIZES AND IS GOOD FOR ALL WEATHER CONDITIONS, YOU CAN ADD SLEEVES AND ADD LENGTH TO THE SHORTS TO MAKE TEM JOGGERS TO KEEP YOU WARM, THE MATERIAL IS DESIGNED TO KEEP YOU COOL OR WARM. ITS BLUE AND RED WITH A STRIPE DOWN THE MIDDLE. THE SOCKS COME WITH BUILT IN SHIN PADS. YOU CAN TAKE THEM OUT IF YOU DON'T NEED THEM.





In 2012, we were lucky to have the opportunity to host the Olympics in London! My mum and dad were very lucky, they got tickets to watch the athletic events! They took my two sisters, Jade and Meg and my cousin Jack. Jamie and I were too young! 😞 they saw a world record, His name was David Lekuta Rudisha from Kenya, he set a world record in 800m of 1:40.91 . he still holds the world record.



They also saw the famous Usain Bolt, he is now retired. He was from Jamaica and is a sprinter. He is a world record holder in the 100m, 200m and 4 X 100m relay. He is the greatest sprinter of all time! Hes record was 9.58 seconds! Wow I wish I could run that fast!



here is BOLT!

This year the Olympics was supposed to be hosted in Tokyo!. But it has been postponed due to COVID 19!!! They were going to add 5 new sports this time:

- Sport Climbing
- Surfing
- Skateboarding
- Karate
- Baseball/softball

The Olympics first started in 6<sup>th</sup> April 1896, it was held in Athens (Greece)

The sports in the first modern Olympics in 1896 were:

- Athletics (running, hurdles, jumping, throwing)
- Cycling
- Fencing
- Gymnastics (including rope-climbing!)
- Shooting
- Swimming
- Tennis
- Weightlifting
- Wrestling

Here is the table from 1896 who got the most medals!

Rank	Nation	Gold	Silver	Bronze	Total
1	 <a href="#">United States</a> (USA)	11	7	2	20
2	 <a href="#">Greece</a> (GRE)*	10	17	19	46
3	 <a href="#">Germany</a> (GER)	6	5	2	13
4	 <a href="#">France</a> (FRA)	5	4	2	11
5	 <a href="#">Great Britain</a> (GBR)	2	3	2	7
6	 <a href="#">Hungary</a> (HUN)	2	1	3	6
7	 <a href="#">Austria</a> (AUT)	2	1	2	5

Rank	Nation	Gold	Silver	Bronze	Total
8	 <a href="#">Australia</a> (AUS)	2	0	0	2
9	 <a href="#">Denmark</a> (DEN)	1	2	3	6
10	 <a href="#">Switzerland</a> (SUI)	1	2	0	3
11	 <a href="#">Mixed team</a> (ZZX)	1	1	1	3
<b>Totals (11 nations)</b>		<b>43</b>	<b>43</b>	<b>36</b>	<b>122</b>

The UK tables and winners here!

Medal	Name	Sport	Event
 Gold	<a href="#">John Pius Boland</a>	<a href="#">Tennis</a>	<a href="#">Singles</a>
 Gold	<a href="#">Launceston Elliot</a>	<a href="#">Weightlifting</a>	<a href="#">One hand lift</a>
 Silver	<a href="#">Grantley Goulding</a>	<a href="#">Athletics</a>	<a href="#">110 m hurdles</a>
 Silver	<a href="#">Frederick Keeping</a>	<a href="#">Cycling</a>	<a href="#">12 hour race</a>
 Silver	<a href="#">Launceston Elliot</a>	<a href="#">Weightlifting</a>	<a href="#">Two hand lift</a>
 Bronze	<a href="#">Edward Battell</a>	<a href="#">Cycling</a>	<a href="#">Road race</a>
 Bronze	<a href="#">Charles Gmelin</a>	<a href="#">Athletics</a>	<a href="#">400 m</a>



I think its good to have the Olympics! I know my family enjoy watching the athletic events!  
Here are some pictures of our Sporting Heroes!

