

## SPORT STARS: TEACHER NOTES

This resource pack has been created by double Paralympic gold medallist and award-winning author, Danielle Brown MBE, to bring incredible role models to the classroom and help pupils find different ways to engage with sport.

### DANIELLE BROWN MBE



*"Sport isn't just about being fit and healthy. It inspires us to try harder, helps us feel more confident and builds a brilliant toolkit that lets us achieve more both on and off the field."*

### WATCH THE VIDEO: SPORT STARS

#### READ THE EXTRACT

**Warm up:** What sports do you play? And why do you like them?

#### Discussion:

- Is this fiction or non-fiction? Why do you think that?
- Confidence was a very important skill for Danielle. What other skills do you think athletes need to perform at their very best?
- World class athletes aren't always brilliant at their sport from the very start. What sport (or other activity) would you like to be really good at? What might help you get better at it?

#### CREATE YOUR OWN

The worksheet provides a framework for pupils to research and write their own story about their sporting role model.

#### DISCUSS THE BOOK & RUN LIKE A GIRL VIDEO

- In the video Danielle explains that she didn't have many female role models growing up. Why is it important to be able to see people like yourself achieving?
- Who is your favourite athlete in Run Like A Girl and why? Can you think of any other awesome athletes? And why do they inspire you?
- What challenges have some of these athletes faced and how have they overcome them? How can these skills be applied in challenges we might face in everyday life?
- What does the phrase 'run like a girl' mean to you?
- Why is it important that everybody gets an equal opportunity to take part in sport?

