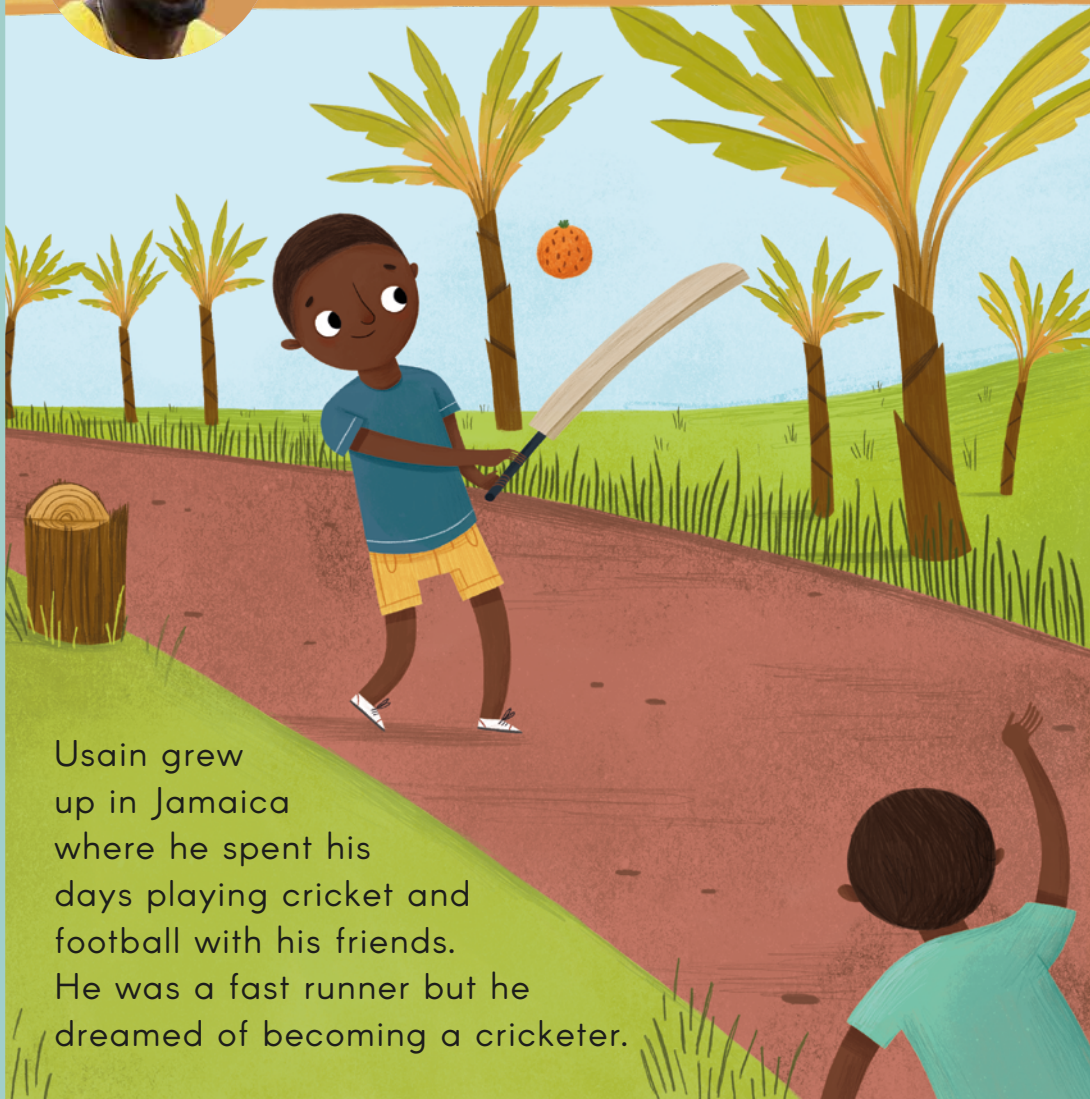




# Usain Bolt

...is a superstar sprinter



Usain grew up in Jamaica where he spent his days playing cricket and football with his friends. He was a fast runner but he dreamed of becoming a cricketer.

As he grew older, he ran faster and faster. Running became his main sport, and he started competing for Jamaica. Eventually, Usain became the fastest person in the world!



Usain celebrated his many wins by striking his famous pose – it's known as the "Lightning Bolt".



Usain liked lots of different sports when he was little. What are some of your favourite sports to play?

Suitable for 3-5 years

Content from: *When I Grow Up - Sports Heroes*  
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# Ellie Simmonds ...is a successful swimmer



Ellie was a lively child who happily jumped in puddles – she loved the water! She started swimming when she was five.



Ellie trained nearly every day until she was good enough to swim for Great Britain in the Paralympic Games – a competition for disabled sports people from around the world.

There, Ellie won two gold medals and she was still only 13 years old! These were just the first of many medals.



Ellie didn't let disability keep her out of the water.  
Do what you love!

Suitable for 3-5 years

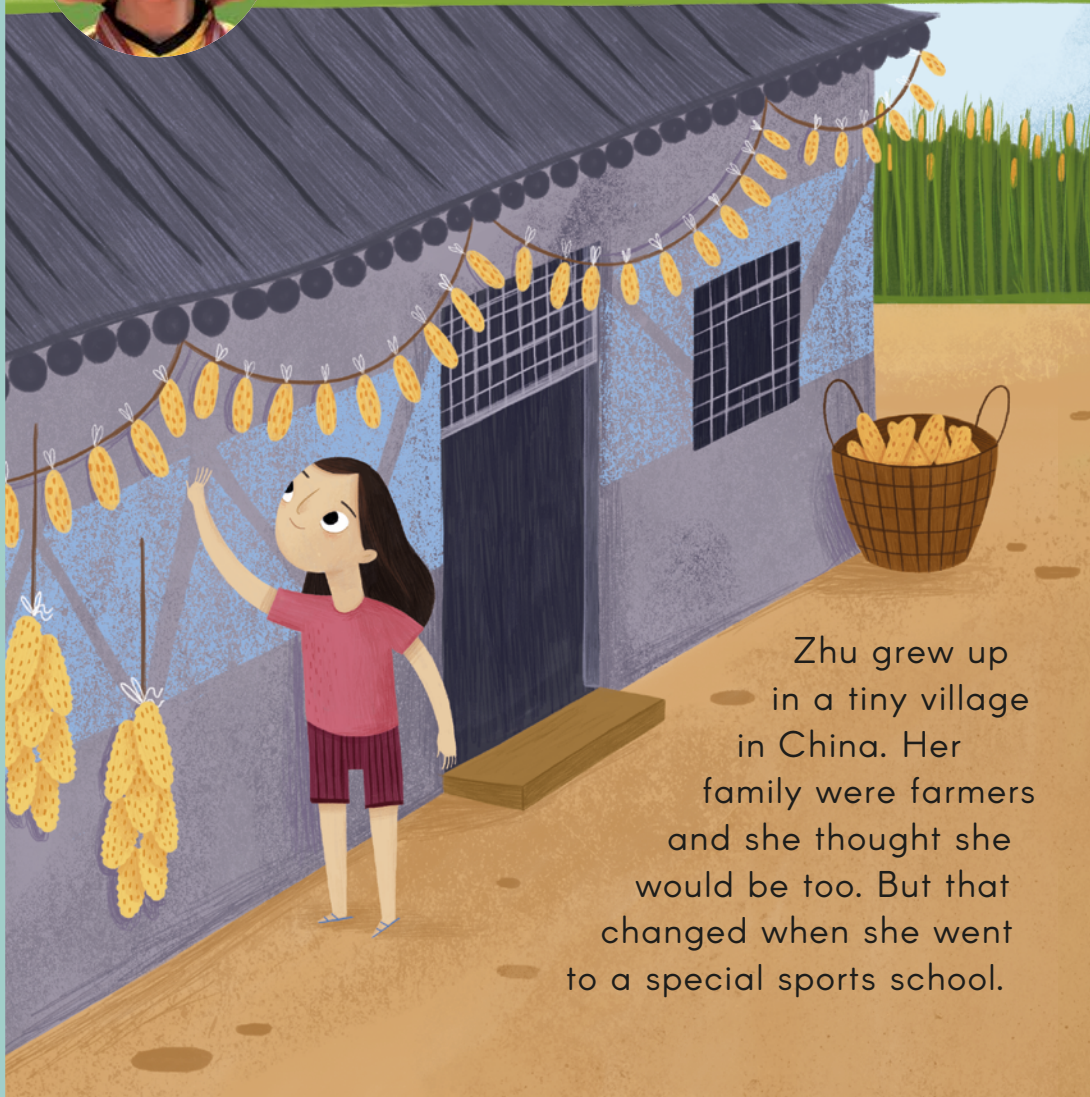
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# Zhu Ting

...is a talented volleyball player



Zhu grew up in a tiny village in China. Her family were farmers and she thought she would be too. But that changed when she went to a special sports school.



There, she learned to play volleyball. As an adult, Zhu was chosen to captain the Chinese national volleyball team. They competed at the Olympics – a worldwide sports event – and won gold!

Zhu is proof that you can be anything you want to be. People in her small village are proud of their homegrown superstar!



Always try your best to achieve your dreams, and make your community proud.

Suitable for 3-5 years

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