



PE at Polehampton

We see physical activity as vital to learners all-round development. Engaging in physical activities enables learners to pursue happy, healthy and active lives.

We hope to inspire all learners to succeed and excel in competitive sport and other physically-demanding activities.

We provide opportunities for learners to compete in sport and other activities that build character and help to embed values such as fairness and respect.



Dame Sarah Storey DBE

#BestVersionofYou

“Our ethos for the team is ‘Best version of You’, being the best you can be as an individual regardless of what you do.”

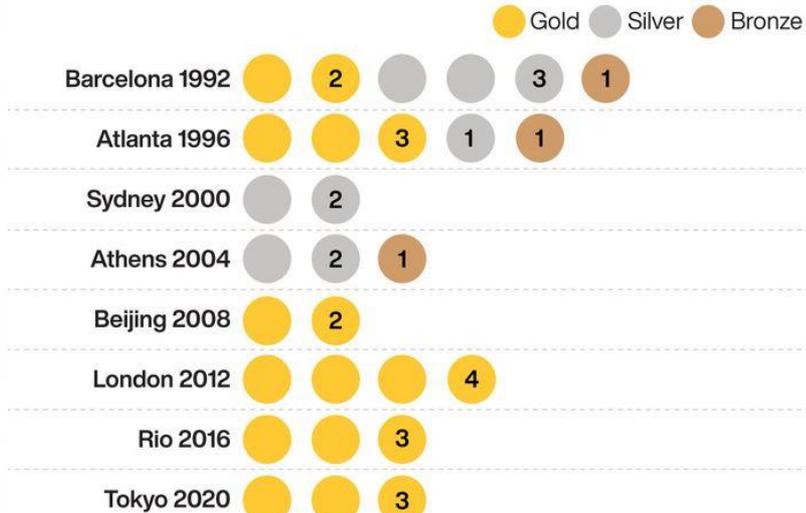


Who is Dame Sarah Storey?

The swimmer-turned-cyclist has competed against both disabled and able-bodied athletes at international sports championships over the last two decades

With a total of **28 Paralympic medals including 17 gold medals, Sarah Storey is** the most successful (by gold medals) and most decorated (by total medals) British Paralympian of all time as well as one of the most decorated Paralympic athletes of all time.

Dame Sarah Storey's Paralympic medal record



PA graphic. Figures correct as of September 2 2021

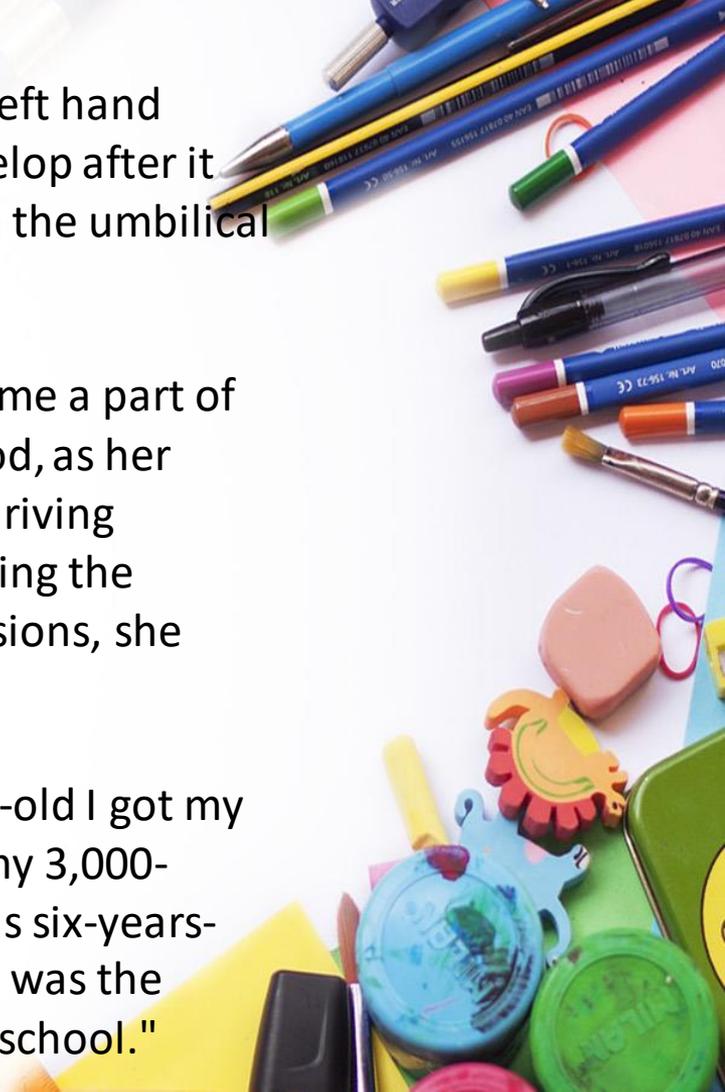
Early life



Sarah was born with a left hand which did not fully develop after it became entangled with the umbilical cord in the womb.

Swimming quickly became a part of Storey's active childhood, as her primary school had a thriving swimming club and during the Saturday afternoon sessions, she excelled.

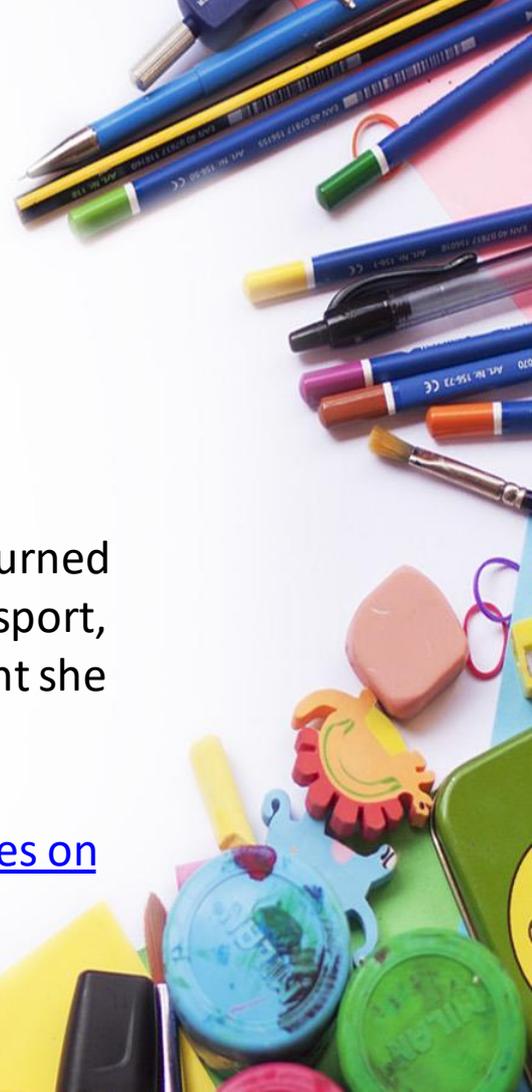
"When I was four-years-old I got my 10-metre badge, I did my 3,000-metre badge when I was six-years-old. When I was eight, I was the fastest swimmer in the school."





Storey, who was then just 14, went to the 1992 Paralympics and returned with five medals, including two golds. After reaching the top of her sport, she then returned to school to focus on her GCSEs. Alas, at that point she encountered issues with bullying.

[Click here to watch a short clip of Sarah talking about her experiences on CBBC Newsround.](#)



Sarah started as a swimmer but went on to take up cycling after a serious ear infection in 2005 kept her out of the pool for several months.



Legend!





Shining Moments (achievements)

- Sarah made her Paralympic debut aged 14 at Barcelona 1992, where she won five medals including two golds.
- Sarah also won another five at Atlanta 1996 – three of which were gold. Her success in the pool continued with two silvers at Sydney 2000 and two silvers and a bronze at Athens 2004.
- In Beijing in 2008, so impressive was her time in the cycling individual pursuit final that it would have secured her a top-eight finish in the Olympic final.
- At London 2012, she was in outstanding form winning two track and two road Paralympic golds. For her achievements at London 2012 she was appointed Dame Commander of the Order of the British Empire (DBE) in the 2013 New Year Honours.

'Storey Racing' was set up by Dame Sarah and her husband, Barney, to nurture talented female cyclists to reach their full potential. The ten-strong team includes some junior riders who are taking the next steps in their cycling careers as well as more experienced athletes, including Dame Sarah herself who has competed in seven Paralympic Games both as a swimmer and cyclist. At the centre of the team is an ethos to **'be the best version of you'** which carries into every training session and event they compete in.



How you can be inspired at Polehampton?





A Spotlight on Dame Sarah Storey

- How did Dame Sarah Storey show resilience?

(Born with a physical disability did not stop her desire to compete at the top level, overcame bullying, ear infection prompted her to keep moving forward and look for a new challenge.)

- How has Dame Sarah Storey inspired you?
- What would you do/say if bullies tried to put you down?

(Sarah says.....tell someone.)

- Do you take part in any sports in or out of school?
- Would you like to find out more about swimming, cycling or another sport?

(Ask your parents or your teacher!)

- How can you #BetheBestVersionofYou everyday?