

Darren Harris Athlete Day Findings

1. What did you enjoy about the day?

- I liked the PE it made me feel energetic, healthy & energised after; it was fun.
- I liked having a go at kicking the ball - it was tricky but I tried hard and did it!
- As I'm sports Captain, I enjoyed personally meeting the Paralympian Darren Harris and having a conversation with him. We also got to see his medals and he showed us some tricks.
- I really liked the Q & A session and listening to him talk about his life.
- It was amazing that he could hear the ball and score goals - he inspired us.

2. What did you learn / take from the day?

- It takes hard work and dedication to fulfil your dream.
- How to do push-ups / 'Spotty dogs'.
- Physical activities can help build up your mind and strength.
- How to play blind football.
- He told us to practise, practise, practise!
- Exercise is good for you, it makes your muscles strong and keeps you healthy.
- He inspired me - I can do anything even if it is tricky.
- If you work hard, you will achieve.
- To not give up when life is hard - even though he is blind, he still achieved the things that sighted people can.

3. How do you feel about doing a sponsored event in order to raise money for equipment/team GB?

- The money will help us to be healthy at SMA.
- I felt proud to donate to the charity so that they can train and buy the equipment they need to be Paralympians.
- It felt really good that we as a school could help Team GB.

4. Would you like to do this type of event again?

- It was very inspiring so definitely yes!
- In a heartbeat!

5. What would you change/like to do next time as an event day?

- We would like an all-day event rather than just the afternoon.
- To have each class having their own time in the hall rather than two classes at once - it was loud and busy in there.
- It would have been nice to have had a football tournament or learnt football skills in the morning before we saw Darren.
- World cup and Commonwealth themed days.