

Dame Kelly Holmes

Name:

Dame Kelly Holmes

Born:

19th April 1970 in Kent

Childhood

From a young age, Kelly was always a massive fan of sports and her favourite school subject, PE. Her mum and stepdad used to take her to take part in cross-country races all around the country and she says they were a massive part of her success. When she was 12, she joined Tonbridge Athletics Club, where she went on to win the English Schools 1500 metres in 1983. She always had two main dreams in life; to join the British army and to be an Olympic champion. With lots of hard work and training, she went on to do both.

Achievements

Kelly served in the army for nine years before taking up athletics full-time in 1997. In 2000, Kelly went to the Olympic Games in Sydney and she made it to the 800 metres final. She went on to win a bronze medal but made a promise to herself that she would be back four years later for another attempt at winning an Olympic gold medal. On 23rd August 2004 at the Olympic Games in Athens, Kelly easily took her first Olympic gold in the 800 metres. Then, just five days later, she added the 1,500 metre gold medal. Because she was a double Olympic champion, Kelly was asked to carry the British flag at the closing ceremony of the games.

Olympic Games and Medals**2000 Sydney Games:**

1 bronze medal (800 metres)

2004 Athens Games:

2 gold medals (1,500 metres and 800 metres)



Life after the Olympics

After her Olympic success, in December 2005, Kelly decided to retire from athletics. She was quoted as saying, 'I have achieved everything I wanted to in my life and want to make the most of my life from now on - to relax and be myself'. Then just a week later, in the 2005 New Year's Honours List, Kelly was given a special award from The Queen, which is why we now know her as Dame Kelly Holmes. She also helped in the successful British Olympic bid to hold the 2012 Olympic Games in London. More recently, she has set up the 'Dame Kelly Holmes Legacy Trust' - a charity that pairs at risk young people with famous athletes, who act as mentors in their lives. Their mission is to inspire these teenagers to improve their lives for the future. More recently, in 2016, Kelly was awarded with the prestigious Mirror and TSB Pride of Sport Lifetime Achievement Award.

Amazing Fact!

You would never imagine it, but Kelly is actually an expert at driving trucks and still holds a heavy goods vehicle licence. In the Army, she was a lorry driver in the Women's Royal Army Corps!

Dame Kelly Holmes Questions

Answer the following questions using full sentences that give as much detail as possible.

1. Where and when was Kelly born?

2. List the two dreams that Kelly had from a young age.

3. Which Olympic Games has Kelly been part of? How many medals has she won?

4. What was Kelly asked to do at the end of the 2004 Athens Olympic Games? Why was she chosen?

5. Explain why Kelly decided to retire from athletics in 2005.

6. Why do we now call her, Dame Kelly Holmes?

7. How does the 'Dame Kelly Holmes Legacy Trust' help at risk children?

8. Why do you think Dame Kelly Holmes is a strong, positive role model for British people?

Dame Kelly Holmes **Answers**

1. Where and when was Kelly born?

Kelly was born in Kent on the 19th April 1970.

2. List the two dreams that Kelly had from a young age.

She always had two dreams in life; to join the British army and to be an Olympic champion.

3. Which Olympic Games has Kelly been part of? How many medals has she won?

Kelly first went to the Olympic Games in 2000 in Sydney, where she won a bronze medal. She then went back to the Olympic Games in Athens in 2004, where she won her two gold medals.

4. What was Kelly asked to do at the end of the 2004 Athens Olympic Games? Why was she chosen?

Kelly was asked to carry the British flag at the closing ceremony of the games. She was chosen because she had become a double Olympic champion in the 800 and 1,500 metres.

5. Explain why Kelly decided to retire from athletics in 2005.

Pupils' responses may include; she had already achieved her main ambitions, she wanted to be herself and relax, and/or she wanted to make the most of her life free from the commitments of athletics.

6. Why do we now call her, Dame Kelly Holmes?

We call her Dame Kelly Holmes because she was given a special award from The Queen in 2005.

7. How does the 'Dame Kelly Holmes Legacy Trust' help at risk children?

They pair up at risk young people with famous athletes to act as mentors in their lives. Their mission is to inspire these teenagers to improve their lives for the future.

8. Why do you think Dame Kelly Holmes is a strong, positive role model for British people?

Pupil's own response which may include; she was a double Olympic champion, she had shown great determination and commitment, she worked hard to fulfil her dreams, and/or she is trying to help at risk children with her charity.

Dame Kelly Holmes

Name:

Dame Kelly Holmes

Born:

19th April 1970 in Pembury, Kent

Childhood

From a young age, Kelly was always a massive fan of sports and her favourite school subject, PE. Her mum and stepdad used to take her to compete in cross-country races all around the country and she says they were a massive part of her success. When she was 12, she joined Tonbridge Athletics Club, where she went on to win the English Schools 1500 metres in 1983 - beating all the best young female athletes in the country. She always had two main ambitions in life; to join the British army and to be an Olympic champion. With great determination and commitment, she went on to achieve both.

Achievements

Kelly served as a sergeant in the army for nine years before taking up athletics full-time in 1997. By 2000, Kelly had qualified for the Olympic Games in Sydney and she made it to the 800 metres final. She went on to win a bronze medal but made a promise to herself that she would be back four years later for another attempt to fulfil her dream of winning a gold medal. In 2004, Kelly qualified for both the 800 and 1,500 metres at the Athens Olympic Games. On 23rd August 2004, Kelly easily took her first Olympic gold in the 800 metres. Then, just five days later, she added the 1,500 metre gold medal. Because she was a double Olympic champion, Kelly was given the honour of carrying the British flag at the closing ceremony of the games.

Olympic Games and Medals

2000 Sydney Games:

1 bronze medal (800 metres)

2004 Athens Games:

2 gold medals (1,500 metres and 800 metres)



Life after the Olympics

After her Olympic success, in December 2005, Kelly announced her retirement from competitive athletics. She was quoted as saying, 'I have achieved everything I wanted to in my life and want to make the most of my life from now on- to relax and be myself'. Then just a week later, in the 2005 New Year's Honours List, Kelly was given a Damehood from The Queen, which is why we now know her as Dame Kelly Holmes. Then, she became President of Commonwealth Games England, and was a leading figure in the successful British Olympic bid to hold the 2012 Olympic Games in London. More recently, she has set up the 'Dame Kelly Holmes Legacy Trust'- a charity that pairs vulnerable young people up with famous athletes to act as mentors in their lives. Their mission is to inspire these teenagers to improve their lives for the future. To add to her list of achievement, in 2016, Kelly was awarded with the prestigious Mirror and TSB Pride of Sport Lifetime Achievement Award.

Amazing Fact!

You would never imagine it, but Kelly is actually an expert at driving trucks and still holds a heavy goods vehicle licence. In the Army, she was a lorry driver in the Women's Royal Army Corps!

Dame Kelly Holmes Questions

Answer the following questions using full sentences that give as much detail as possible.

1. Why does Kelly say that her mum and stepdad were a massive part of her success as a young athlete?

2. List Kelly's two main life ambitions.

3. Which were the first Olympic Games that Kelly attended? What did she win there and what promise did she make to herself about the future?

4. What honour was given to Kelly at the end of the 2004 Athens Olympic Games? Why was she chosen?

5. Explain why Kelly decided to retire from athletics in 2005.

6. What does it mean that Kelly was 'a leading figure' in the successful British Olympic bid to hold the 2012 Olympic Games in London?

7. What is the main aim of the 'Dame Kelly Holmes Legacy Trust'? Why do you think Kelly set up the charity?

8. Why do you think The Queen made Kelly a 'Dame'?

Dame Kelly Holmes **Answers**

1. Why does Kelly say that her mum and stepdad were a massive part of her success as a young athlete?

Her mum and stepdad used to take me her to compete in cross-country races all around the country.

2. List Kelly's two main life ambitions.

She always had two main ambitions in life; to join the British army and to be an Olympic champion.

3. Which were the first Olympic Games that Kelly attended? What did she win there and what promise did she make to herself about the future?

Kelly first went to the Olympic Games in 2000 in Sydney, where she won a bronze medal. She made a promise to herself that she would be back four years later for another attempt at winning the gold medal.

4. What honour was given to Kelly at the end of the 2004 Athens Olympic Games? Why was she chosen?

Kelly was given the honour of carrying the British flag at the closing ceremony of the games. She was chosen because she had become a double Olympic champion in the 800 and 1,500 metres.

5. Explain why Kelly decided to retire from athletics in 2005.

Pupils' responses may include; she had already achieved her main ambitions, she wanted to be herself and relax, and /or she wanted to the make the most of her life free from the commitments of athletics.

6. What does it mean that Kelly was 'a leading figure' in the successful British Olympic bid to hold the 2012 Olympic Games in London?

She was one of the main / significant people trying to convince the Athletics Board to hold the Olympics in her home country.

7. What is the main aim of the 'Dame Kelly Holmes Legacy Trust'? Why do you think Kelly set up the charity?

The 'Dame Kelly Holmes Legacy Trust' is a charity that pairs vulnerable young people up with famous athletes to act as mentors in their lives. Their mission is to inspire these teenagers to improve their lives for the future.

Pupil's own response for the second part of the question, which may include- Kelly wants to give something back to her community; she knows that she's a positive role model for others or reference to her caring /determined character.

8. Why do you think The Queen made Kelly a 'Dame'?

Pupil's own response which may include; she is a fantastic role model for British people, she was a double Olympic champion, she had shown great determination and commitment, or /and she was a very popular person with the British public.

Dame Kelly Holmes

Name:

Dame Kelly Holmes

Born:

19th April 1970 in Pembury, Kent

Childhood

From a young age, Kelly was always a massive fan of sports and her favourite school subject, PE. Her mum and stepdad used to take her to compete in cross-country races all around the country and she says they were a massive part of her success. When she was 12, she joined Tonbridge Athletics Club, where she went on to win the English Schools 1500 metres in 1983 - beating all the best young female athletes in the country. Her hero was British middle distance runner Steve Ovett, who she saw win a gold medal in 800m in the 1980 Olympic Games. From that point, she always had two main aspirations in life; to join the British army and to be an Olympic champion. With great determination and commitment, she went on to accomplish both.

Achievements

Kelly served as a sergeant in the army for nine years before devoting herself to athletics full-time in 1997. By 2000, Kelly had qualified for the Olympic Games in Sydney and she made it to the 800 metres final. She made a determined bid to win the race by taking the lead on the last lap but was sadly overtaken in the final few metres, and went on to win a bronze medal. She celebrated her bronze position with her famously wide smile, but made a promise to herself that she would be back four years later for another attempt to fulfil her dream. In 2004, Kelly went to the Athens

Olympic Games and Medals**2000 Sydney Games:**

1 bronze medal (800 metres)

2004 Athens Games:

2 gold medals (1,500 metres and 800 metres)



Olympic Games as one of the favourites to win the Women's 800 metres and 1,500 metres and she didn't disappoint. On 23rd August 2004, Kelly easily took her first Olympic gold in the 800 metres. Then, just five days later, she added the 1,500 metre gold to her medal haul. Subsequently, Kelly was given the honour of carrying the British flag at the closing ceremony of the games.

Life after the Olympics

Relatively shortly after her Olympic success, in December 2005, Kelly announced her retirement from competitive athletics after the death of a close friend made her re-evaluate her life. She was quoted as saying, 'I have achieved everything I wanted to in my life and want to make the most of my life from now on- to relax and be myself'. Then just a week later, in the 2005 New Year's Honours List, Kelly was given the ultimate accolade from The Queen: a Damehood, which is why we now know her as Dame Kelly Holmes. She became President of Commonwealth Games England, and was one of the driving forces behind the successful British Olympic bid to hold the 2012 Olympic Games in London. More recently, she has set up the 'Dame Kelly Holmes Legacy Trust' to bring together vulnerable young people with famous athletes, who act as mentors in their lives. Their mission is to inspire these teenagers to improve their skills, knowledge and self-belief through support from sporting champions. In recognition of all that she has, and continues, to achieve in sport, Kelly was awarded with the Mirror and TSB Pride of Sport Lifetime Achievement Award in 2016.

Amazing Fact!

You would never imagine it, but Kelly is actually an expert at driving trucks and still holds a heavy goods vehicle licence. In the Army, she was a lorry driver in the Women's Royal Army Corps!

Dame Kelly Holmes Questions

Answer the following questions using full sentences that give as much detail as possible.

1. Why does Kelly say that her mum and stepdad were a massive part of her success as a young athlete?

2. List Kelly's two main life ambitions.

3. Which were the first Olympic Games that Kelly attended? What did she win there and how did she feel about her achievement?

4. What honour was given to Kelly at the end of the 2004 Athens Olympic Games? Why was she chosen?

5. Give two reasons why Kelly decided to retire from athletics in 2005.

6. In the final paragraph, it says Kelly was given 'the ultimate accolade' from The Queen. Explain what this means. Use a dictionary if you need to.

7. Why do you think that Kelly was chosen to be one of the driving forces behind securing the British Olympic bid to hold the 2012 Olympic Games in London?

8. What are the main aims of the 'Dame Kelly Holmes Legacy Trust'? Why do you think Kelly set up the charity?

Dame Kelly Holmes **Answers**

1. Why does Kelly say that her mum and stepdad were a massive part of her success as a young athlete?

Her mum and stepdad used to take me her to compete in cross-country races all around the country.

2. List Kelly's two main life ambitions.

She always had two main aspirations in life; to join the British army and to be an Olympic champion.

3. Which were the first Olympic Games that Kelly attended? What did she win there and how did she feel about her achievement?

Kelly first went to the Olympic Games in 2000 in Sydney, where she won a bronze medal. She celebrated her bronze position with her famously wide smile, but made a promise to herself that she would be back four years later for another attempt to fulfil her dream.

4. What honour was given to Kelly at the end of the 2004 Athens Olympic Games? Why was she chosen?

Kelly was given the honour of carrying the British flag at the closing ceremony of the games. She was chosen because she had become a double Olympic champion in the 800 and 1,500 metres.

5. Give two reasons why Kelly decided to retire from athletes in 2005.

Pupils' responses may include; the death of a close friend made her re-evaluate her life, she had already achieved her main ambitions, she wanted to be herself and relax, and /or she wanted to the make the most of her life free from the commitments of athletics.

6. In the final paragraph, it says Kelly was given 'the ultimate accolade' from The Queen. Explain what this means. Use a dictionary if you need to.

'Ultimate accolade' means the top / most prestigious award that can be given from Her Majesty - a damehood or knighthood.

7. Why do you think that Kelly was chosen to be one of the driving forces behind securing the British Olympic bid to hold the 2012 Olympic Games in London?

Pupils' responses may include; she is a very recognisable figure from British athletics, she is a great role model for the country, she was passionate about bringing the games to Great Britain or / and she is a very determined character.

8. What are the main aims of the 'Dame Kelly Holmes Legacy Trust'? Why do you think Kelly set up the charity?

The Trust aims to bring together vulnerable young people with famous athletes, who act as mentors in their lives. Their mission is to inspire these teenagers to improve their skills, knowledge and self belief through support from sporting champions.

Pupil's own response for the second part of the question, which may include- Kelly wants to give something back to her community; she knows that she's a positive role model for others or reference to her caring /determined character.