

TIMELINE OF THE OLYMPIC GAMES

1896

First modern Olympic Games

1900

Women first took part in the Games

1904

Gold, silver and bronze medals first awarded

1916

Games cancelled due to the First World War

1936

Jesse Owens won 4 gold medals in one Games

1972

Swimmer Mark Spitz set 7 world records

2000

Millennium Games were held in Sydney, Australia

2012

London hosted the Olympics for the third time

2020

Tokyo Games postponed due to Covid-19



USAIN BOLT



HOW HAS HE OVERCOME DIFFICULTIES IN HIS LIFE?

Usain Bolt doesn't look like a typical sprinter. He's taller and heavier than his peers. Many believed this would hold him back. Doctors told him he had scoliosis when he was a child. This meant his spine was curving in places it shouldn't have done. This caused him repeated injuries and led to many setbacks. His coach helped him to build his core strength and with a lot of hard work he's not troubled by it any longer.

Did you know?

- He is 1.95m tall so is taller than most sprinters.
- He once broke a 100m record with his shoe untied!
- He claims to have eaten nuggets before winning gold at the 2008 games.

WHY IS USAIN BOLT FAMOUS?

Usain St Leo Bolt is a Jamaican sprinter and the fastest human alive. Many people believe he is the greatest sprinter of all time. He's the world-record holder in the 100 metres, 200 metres and 100 metres relay. He earned the nickname 'Lightning Bolt' after he won eight Olympic gold medals at three Olympic Games in a row in 2008, 2012 and 2016. He always looks like he is having a great time.

"Worrying gets you nowhere. If you turn up worrying about how you're going to perform, you've already lost. Train hard, turn up, run your best and the rest will take care of itself."



HOW HAS HE INSPIRED OTHERS?

Usain Bolt has achieved more than any other sprinter but he has also charmed the world. The crowd love him because he loves them right back. His laps of honour are endless so that everyone can enjoy his success with him. He seems to have time for people and he believes in the importance of manners. Is there any wonder the world loves the 'Lightning Bolt'?

WHAT WAS HIS LIFE LIKE AS A CHILD?

Bolt lived in the small town of Sherwood Content in Jamaica before he was famous. It was a rural town with little electricity or running water. Usain's family weren't wealthy and he helped his parents run their grocery shop. He was the fastest 100-metre runner in his school by the age of twelve. In 2002 Bolt represented Jamaica and won the 200 metres. This made him the youngest world-junior gold medalist ever. He claims he was so nervous he even put his shoes on the wrong feet. Thankfully, he realised before the race began.

MY QUESTION

WHEN DID YOU REALISE HOW GOOD YOU ARE?



1st August 1986

Born in Jamaica

May 1999

Won local church race

June 2002

Won first international gold medal

August 2004

Joined Jamaican Olympic team

May 2008

Broke 100m world record - 9.72 seconds

August 2008

Won 100m and 200m gold in Beijing

August 2009

Broke his own 100m record - 9.58s

August 2012

Wins three Olympic gold in London

August 2016

Wins three Olympic gold in Rio