

Simone Biles - P3LM

- Simone Biles is a very famous and successful gymnast.
- Simone was identified as having ADHD - sitting still, listening and being able to focus were some of her challenges.
- She loved doing exercises and moving her body to help her to learn. Some examples included jumping, running, balancing, skipping and throwing. She loved doing flips on the sofa!
- Simone was very young when her Mum was unfortunately not able to look after her - she went to stay with her grandparents.
- Simone was determined to succeed in her gymnastics skills and worked very hard. She has been fortunate in winning lots of medals and in 2016 she won four gold medals. In 2020 she won 2 gold and 2 bronze medals.
- Her parents wanted to help her get a job - she copied her sister doing some gymnastics and so their coaches told her to sign up and try it out and that was the very start of her hugely successful career!



We really enjoyed reading about what ADHD is and how everyone can have very different experiences. We know that we all learn differently, and Simone has helped us realise that everyone can be very successful! ☺

We have loved watching clips to learn more about Simone Biles!

We have been reading for information and asking and answering questions about Simone using our Blooms higher order thinking skills.

