



## The POWER of SPORT



### CASE STUDY;

#### Weightlifting - Sir Ben Helfgott

Ben Helfgott is the only known survivor of a Nazi concentration camp to compete in the Olympic Games. He captained the British Olympic Weightlifting Teams of 1956 and 1960.

He was the only member of his family to survive the Buchenwald concentration camp. He has received a Pride of Britain Award and a Lifetime Achievement Award from the Jewish Sport Heritage.

Sir Ben Helfgott is, by any standard, a remarkable and inspiring man. As a child, he witnessed the horror of the Holocaust in his hometown of Piotrkow Trybunalski. He was evacuated to the UK where he used his passion for sport to develop his inner strength and sense of fair play.

He is an extraordinary story of talent and human endurance. His life after sport is one of education and reconciliation providing vital insight into a period of history that no man, woman or child should ever forget.

#### Interested to read & learn more?

- Visit the link to read about Holocaust Memorial Day 2021 - [HMD-2021-Theme-vision.pdf](#)
- Search Sir Ben Helfgott to explore how he has used the power of sport throughout his life story.
- Research other athletes linked by the Holocaust and acts of genocide – Agnes Keleti, Gretel Bergmann, Eva Szekely, Gino Bartali, Bela Guttmann, Henri Levee, Logie Bruce-Lockhart, Eric Murangwa, Predrag Pasic.

#### YOUR PE CHALLENGE THIS WEEK

- Read the case study of Sir Ben Helfgott, take a moment to reflect on his story
- Using Sir Ben Helfgott and his sport of weightlifting as inspiration we would like you to base your physical activities in PE this week on strength by lifting, curling, squatting and lunging
- If you can't think what to do, try a home fitness workout - <https://www.youtube.com/c/TheBodyCoachTV>
- Log your exercise on your miMove app
- Take a picture of you completing your PE challenge and either share it with your PE teacher through SMHK or if you can tweet @RWBAPEDept using the #HolocaustMemorialDay

**'Be the light in the darkness'**

**#HolocaustMemorialDay**  
**@RWBAPEDept - @RWBAHolocaust - @HMD\_UK**

