



## Hear my story

### 1. Match them up!

Match the words with the definitions.



racism

a place where you go to learn and practise football, often in the school holidays

Sikh

to be unhappy, angry or worried

a Juda

treating someone unfairly because of the colour of their skin and/or their religious beliefs

a football camp

someone who teaches a sport

a coach

a traditional hairstyle in the Sikh religion

to bully

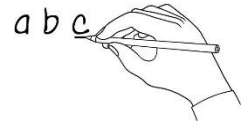
belonging to one of the world's main religions, Sikhism, which originated in Northern India

to be upset

a group of people who try to make sure that everyone is treated fairly and equally

an equality council

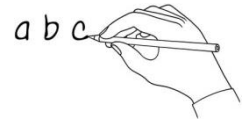
to hurt someone or make them feel bad again and again



## 2. Choose the answer!

Watch the video. Underline the correct answer.

- a. When Balraj went to his first football camp when he was seven, ...  
some older boys said racist things to him and pulled his hair.  
he scored a lot of goals.
- b. When Balraj told the coach about the boys, ...  
the boys stopped bullying him.  
the boys didn't stop bullying him.
- c. Balraj was ...  
excited about going back to the football camp.  
too scared to go back to the football camp.
- d. When Balraj went to another football camp a year later, ...  
he played football and had no problems.  
he experienced racism again.
- e. When someone bullied him at the second football camp, he ...  
talked to the coach straight away and the coach helped.  
didn't talk about the problem.
- f. After the second camp he decided ...  
to stop playing football.  
to join the equality council at his school.
- g. Balraj says if you've stopped playing football because of racism, you should ...  
try a different sport.  
try again.
- h. This year Balraj went ...  
to his third football camp.  
to watch a football match.



3. What's the order?

Watch the video. Put the words in the correct order.

a. racism Experiencing scary. is

Experiencing racism is scary.

b. a Juda of my religion. and I wear because it's part I'm Sikh

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c. surprised. I At first felt

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d. to do. what I know didn't

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e. really upset. was I

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f. all responsibility. have We a

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g. to be more Something done. needs

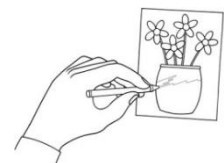
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h. the Racism problem. is racist's

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4. Write and draw!

What can we do to try to stop racism in sports or at school? Write about it and draw a picture.



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