



# SPORTS VALUES

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**Friendship** - The important qualities of friendship in terms of how to be a good friend and how we can make things better when things go wrong.

**Respect** - Focus on listening to other's view and opinions. Thinking and talking about the environment and how to look after it. Encouraging fair play when playing a range of games.

**Excellence** - The importance of always trying their best to ensure they reach their full potential. Our school ethos encourages our children to always 'have a go' and work to the best of their ability.

**Determination** - We always encourage our children not to give up if they can't do something the first time. If we practise and keep trying, goals can be reached and new things can be achieved.

**Inspiration** - The importance of being a good role model and why. Looking at previous Olympians and how they inspire other people to follow their dreams!

**Courage** - Thinking about being brave and what to do when faced with a difficult situation. Talking about situations where you need physical courage for example riding a bike again after you have fallen off and hurt yourself.

**Equality** - Recognising the benefits of celebrating 'difference' and gaining an understanding of the need to treat all people with equity, fairness and respect.



Use the Get Set Website to access a range of exciting free opportunities and resources from the British Olympic Association and the British Paralympic Association. [www.getset.co.uk](http://www.getset.co.uk)