

LET'S CELEBRATE OUR WEEKLY VALUES

Working with someone at home, over the next week look out for examples of the following qualities and values shown. These can be everyday examples from friends, or examples from the news, sport or media. Next to each word, write down this example.

LET'S CELEBRATE OUR WEEKLY VALUES

Complete the table noting examples of each value that you see during the week.

Person 1 Name:

Quality/ Value	Date/ Time	Example
BRAVERY		
HONESTY		
EMPATHY		
GENEROSITY		
RESPECT		
RELIABILITY		
KINDNESS		
TRUST		

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Complete the table noting examples of each value that you see during the week.

Person 2 Name:

Quality/ Value	Date/ Time	Example
BRAVERY		
HONESTY		
EMPATHY		
GENEROSITY		
RESPECT		
RELIABILITY		
KINDNESS		
TRUST		

LET'S CELEBRATE OUR WEEKLY VALUES

At the end of the week come together with your partner and compare and contrast the examples you both have. Do you have similar examples, or different ideas? Together discuss how you will show each of these qualities/values in the following week and complete the table below to set your weekly values' goals. Tick each value when you have completed your goal.

Quality/ Value	What will you do to show this quality/value?	Complete
BRAVERY		
HONESTY		
EMPATHY		
GENEROSITY		
RESPECT		
RELIABILITY		
KINDNESS		
TRUST		

Play by the Rules

ACTIVITY GUIDE

Explore fair play with this artistic challenge.

HOW TO PLAY

1. Working with a partner, sit back to back, both with a pen and paper.
2. Decide who will be the speaker and who will be the artist.
3. The speaker describes step-by-step a sports item/object (you can use examples from the list below, or your own ideas). They must not name the item/object.
4. The artist follows the directions and draws the object as best they can.
5. Once the speaker has finished, the artist shows the image they have drawn.
6. Swap roles and pick a new object for the new artist to draw.
7. After you have both drawn an object, try and answer the following questions.

THE ARTIST

- How did you find drawing the object described?
- Was it easy to listen to and follow the instructions?
- Thinking about your drawing, name two things you did well?
- Did you enjoy the task?
- Within your drawing did you draw something that wasn't described to you?
- Did you understand the rules of the game? And did you follow them all?
- What would have happened if you didn't follow any of the rules?
- Do you think you showed fair play during the game? Why/why not?

THE SPEAKER

- How did you find describing the object?
- Was it easy to give instructions?
- Did you alter your instructions to help the artist?
- Thinking about your instructions, name two things you did well?
- Did you enjoy the task?
- Did you understand the rules of the game? And did you follow them?
- What would have happened if you didn't follow any of the rules?
- Do you think you showed fair play during the game? Why/why not?

LIST OF SPORT ITEMS/ OBJECTS

- Football goal
- Tennis racket
- Basketball ball
- Swimming pool
- Hockey stick
- A bike
- Skateboard
- Frisbee
- Fishing rod
- Golf club
- A rugby ball
- Cricket bat



TEAM GB



GET
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ParalympicsGB





What are Values?

The dictionary definition of values is:

Moral principles or beliefs, or a set of standards upheld by a group of people.

So, for example, when you take part in school sport competitions, you probably believe that everyone should show fair play. In this example, fair play would be a value.

The Olympic and Paralympic Values

The Olympic and Paralympic Values are shared by athletes all over the world. They put the Values into action in competitions, training, and everyday life.

The Olympic Values

- Respect
- Excellence
- Friendship

The Paralympic Values

- Determination
- Inspiration
- Courage
- Equality





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The Values and the Games:

At the Olympic and Paralympic Games athletes star in the greatest sporting show on Earth.

Before reaching the Games, however, any athlete must be focused on their preparation – and driven by the Olympic and Paralympic Values.

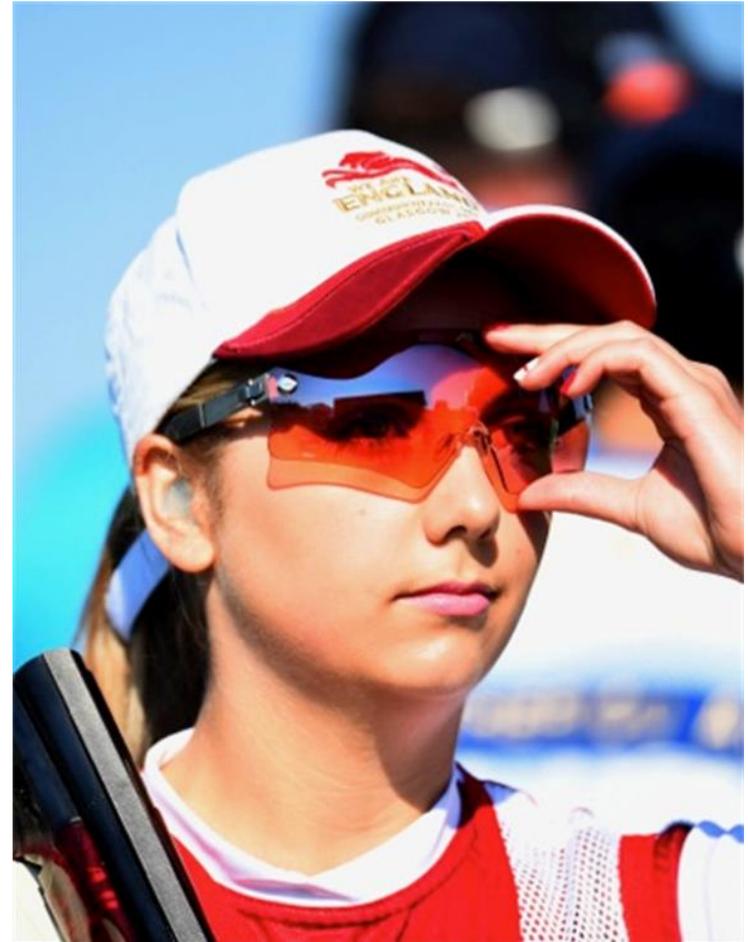
Watch this slideshow to find out more about some of the athletes who competed at previous Games. Which of the Values do they demonstrate?

Amber Hill:

Skeet Shooting

Youngest ever winner of a senior world cup

“My grandad’s influenced me so much. He’s done everything – he comes every week to training, to competitions, he’s just a massive support. Even though he’s not my coach he’s always there, and he got me into the sport. It’s all thanks to him.”



Andrew Osagie:

Athletics

800m runner

Andrew finished last in the 800m final at London 2012 as David Rudisha stormed home in a new world record. However, Andrew ran a personal best that would have won gold at any of the three previous Olympics.



Ali Jawad:

Weightlifting

In 2009, Ali was diagnosed with a form of incurable inflammatory bowel disease known as Crohn's disease. Following doctors' advice, Ali retired from the sport as he felt he could no longer compete at world-class level. However, he had life-saving surgery and made a comeback four months later at the 2010 Commonwealth Games, where he was fifth. He went on to win silver at Rio 2016.



Jodie Grinham:

Archery

“My sporting hero is Danielle Brown. She has achieved so much for archery as well as raising the bar in Paralympic sport. She has shown that para-athletes are as competitive and can shoot on the same level as, if not in some cases better than, able-bodied contestants.”





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Nile Wilson:

Gymnastics

“Especially through school years, I never had time to see and hang out with my friends after school because I was training every night. I have missed out on hundreds of social events over the years, but that is just one of the many sacrifices.”



Joy Haizelden:

Wheelchair Basketball

Wheelchair basketball is the largest and one of the oldest Paralympic sports. Wheelchair basketball players use the same height baskets as ambulant basketball players.



Tom Daley and Dan Goodfellow:

Diving

Dayley and Goodfellow had been diving together for under a year before the Rio 2016 Olympic Games. To help their synchronisation in the run-up to Rio, Goodfellow moved into Daley's London apartment to improve the bond between them. The pair exceeded expectations to win bronze.





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WHAT DO THE VALUES LOOK LIKE IN YOUR LIFE?

The Values are not just for the Games. In your daily life, you can show the Values too. Read each scenario and select the response that you think is the most representative of the Olympic and Paralympic Values.



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You represent your year group on the student council. Recently, a small group of students has asked you to campaign for a change to the school uniform, linked to religious beliefs. You do not share those beliefs and disagree with their views. To best show RESPECT do you:

1. Agree to listen to their views and suggest that they make a presentation themselves at the next council meeting.
2. Tell them you will raise it at the next council meeting – but don't as you know the other students will reject the proposal anyway.
3. Respond truthfully, telling them that you won't raise it because you believe they are wrong.



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You are working on a curriculum project with a group of students. It is one of your best subjects so you know your contribution will be good but you are worried that your group won't win as the other members are much weaker than you. To best show EXCELLENCE do you:

1. Put in extra effort to support the other group members so that everyone's work is as good as it can be.
2. Concentrate on producing your own good work as usual; it might score enough points to compensate for the weaker students.
3. Accept that you won't win so take a more relaxed approach to the whole project.



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At weekends, you and your friends hang out in the local shopping centre as it's the only place to go that is free, warm and dry. Complaints from some of the shoppers, particularly some of the older residents of nearby sheltered housing, have increased. To best show FRIENDSHIP do you:

1. Start to hang out in the park or at the bus stop instead so you're not bothering them at the shopping centre all the time.
2. Contact the manager of the sheltered housing to see if you can offer occasional help as a way to improve relations with the residents.
3. Ignore them as you know they like to complain about everything; it's just what older people tend to do.



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You have just taken a mock-exam in one of your 'weaker' subjects. You thought you had revised enough beforehand but you found the exam difficult and didn't do as well as you expected. You are very disappointed and upset. To best show DETERMINATION do you:

1. Seek advice from your subject teacher on how to improve your revision strategies and recognise that you will have to give it even more time.
2. Recognise that you can't be good at everything and accept that you might get a low grade in your final exam.
3. Talk to your form teacher about dropping or changing the subject so that it doesn't detract from your stronger subjects.



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The news has been full of stories about the plight of refugees fleeing a war-torn country. Many of your friends and family members are pessimistic about the situation, believing nothing can be done to change things. You want to make a difference, no matter how small. To best show **INSPIRATION do you:**

1. Save up your pocket money for a month and donate it to the relevant charity.
2. Spend time arguing with your friends and family to try to change their views.
3. Start recruiting helpers to run a fun, family challenge event to raise awareness of the situation in your local community.



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You know that some of your friends have been using social media to spread gossip about a boy in your class. Your friends claim that it is just for a laugh and that he doesn't care but you feel that it's wrong. To best show **COURAGE do you:**

1. Challenge your friends and encourage them to consider how they might feel if they were being gossiped about.
2. Refuse to get involved and ignore those comments on the social media sites.
3. Try to be extra-friendly to the boy to compensate and show that you don't approve.



**GET
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You are helping to plan a residential trip as part of a school or youth group. You are a member of the committee responsible for organising the logistics including the accommodation, transport, food and activities. One relatively new member of the group is disabled. To best show EQUALITY do you:

1. Assume she will be able to manage everything because she usually gets on fine in the class/group.
2. Consult with the disabled group member to find out her specific requirements.
3. Do additional research online or by phone to check if the arrangements are accessible to disabled people.