

Courage



- **confronting barriers and pushing beyond them**

Demonstrating courage is about showing that you can confront things that would otherwise become barriers to success.

Physical courage is about facing your fears, or giving something a go when you are unsure about how it will turn out or whether it will result in pain or injury.

Moral courage is about doing the right thing, even if others encourage you not to, or when you think that you might be teased or humiliated for doing it.

Someone demonstrating this value will be sufficiently brave and self-confident to do what they think is right, and they will show the willpower needed to keep going and to overcome barriers that stand in their way. They will show a quality of character that will make others stop and take notice.

Courage is...

- **Confidence to confront fear, pain, risk, danger or intimidation**
- **Standing up for what you believe in**
- **Strength and determination not to give up despite difficulty**
- **Dependability to 'do the right thing'**
- **Being certain about what you want to achieve or believe in**
- **Being brave and accepting the reality of a situation**

Examples of opportunities in sport where you will find Courage:

- Demonstrating self-belief and being brave enough to take risks, as Bethany Hamilton has to fulfil her dream of becoming a professional surfer, despite losing an arm in a shark attack when she was just 13 years old
- Working hard at what is obviously a very difficult challenge for you
- Bouncing back when you've been beaten to try just as hard, if not harder
- Not giving in to pressure from other competitors or from another team

Determination



- **showing strength and persistence to succeed**

This value is about believing in yourself and continuing to do the best you can, even if things get difficult.

Determination is about purpose and the dedication to work hard to reach a particularly difficult target. It will mean being prepared to reach your goal even if things don't go well (for example if you get an injury or illness or if you simply don't perform as you hoped to).

Someone demonstrating this value will always see tasks to the end, they will make decisions and set goals which they fully intend to achieve, and they will not be distracted or put off when the going gets tough.

Determination is...

- **The drive and persistence to succeed**
- **Digging in when things are hard and never giving up**
- **Avoiding distractions and overcoming any barriers**
- **Seeing things through to the end**
- **Making a decision with purpose**

Examples of opportunities in sport where you will find Determination:

- Persevering and not giving up in a game when you aren't doing well
- Trying again (and again and again) at something if you don't succeed the first time around
- Overcoming illness or injury to perform well or to meet your goal



Equality

- promotes equal chances

This value is about recognising that everyone should have an equal opportunity to reach their potential.

Specifically in sport, it is about taking action to encourage competition or games that everyone can take part in; are played by the rules; and are fair.

Someone demonstrating this value will recognise that different peoples' needs will be met in different ways and they will actively encourage everyone to be included without giving any unfair advantages.

They will also promote respect for all sports, focussing on the potential achievements and skills of the sport rather than its popularity.

Equality is...

- **Recognising that everyone has potential**
- **Encouraging everyone to be involved**
- **Making sure that everyone has an equal chance to compete and succeed**
- **Recognising that different people's needs are met in different ways**

Examples of opportunities in sport where you will find Equality:

- Games that treat all participants fairly
- Promotion of opportunities for everyone to get involved in sport and activity
- All participants playing by the same rules
- Not giving anyone an unfair advantage (or disadvantage)
- Promoting new and less popular or well known sports with absolute respect for the skills involved and for the potential enjoyment to be had from taking part



Excellence

- being the best that you can

This is about giving your best, whether it is in physical activity or in life.

Sometimes it is about a talent or quality which is so good that it is exceptionally better than anyone else. Good examples of this in sport would be athlete Usain Bolt or swimmer Michael Phelps.

It can also be about personal excellence in achieving a goal that originally seemed out of reach.

It is not only about winning, but also about taking part, about setting stretching personal goals and working towards them.

Someone demonstrating this value will constantly strive to be and to do their best in daily life, and they will benefit from having a healthy combination of a strong body, a strong mind and strong willpower.

Excellence is...

- **Doing the best you can**
- **Achieving outstanding goals**
- **Aiming high and having high expectations of yourself**
- **Taking part and making good progress**

Examples of opportunities in sport where you will find Excellence:

- Demonstrations of personal achievement (e.g. improving upon a personal best)
- Meeting targets or goals and exceeding your own or others expectations
- Dedication and commitment to taking part and giving your very best
- Bringing out the best in the performances of others and working well as a team

Friendship



- understanding others despite differences

The Olympic and Paralympic Games inspire people to overcome political, economic, gender, racial or religious differences and to forge friendships in spite of those differences.

Someone demonstrating this value will be playing their part in building a more peaceful and better world around them. They will build on team spirit, joy and positive thinking. They will look to find common goals with others and to find ways in which others might be encouraged to join in.

They will see sport as an opportunity for working well as part of a team, and will support their teammates with care, trust and by showing that they understand what their teammates are going through.

Friendship is...

- **Wanting the best for someone and for them to succeed**
- **Being honest and truthful to yourself and others**
- **Being someone who others can depend upon**
- **Sharing common interests and goals**
- **Being understanding and not judging others**
- **Putting other people first**

Examples of opportunities in sport where you will find Friendship:

- Providing encouragement and cheering another player on
- Getting the most out of team sports and activities
- Communicating well, listening well and co-operating with teammates
- Recognising other people's strengths and making decisions based on 'the good of the team' rather than thinking of yourself



Inspiration

- **achieves amazing things and encourages others to do the same**

The Olympics and Paralympics have delivered very many inspirational stories, and as one of the most amazing competitions on earth, are themselves an inspiration.

Someone who shows inspirational behaviour has been filled with enthusiasm by someone else's achievements or ideas, or by their own creativity, drive or brilliance, and has acted upon it. The result of this is achievements that amaze others and that can, in turn, inspire them.

In sport, as in life, these people will have achieved something out of the ordinary, often against the odds, and they will have done it in a way that encourages others to set and strive to meet their own amazing goals.

Inspiration is...

- **Something or someone that motivates you to try to achieve something new**
- **Having a brilliant idea that directly leads you, or others, to take positive action**
- **A creative influence that encourages you or others to do something positive**
- **Finding something that allows you to do something special**

Examples of opportunities in sport where you will find Inspiration;

- Sports people who have achieved amazing things having overcome adversity, like Oscar Pistorius, 'The Blade Runner' who has overcome disability to run for his country. Also, Muhammed Ali who used his World-class boxing in the 1960s to fight and overcome racism, then in 1996 when he overcame the debilitating effects of Parkinson's disease to light the Olympic flame in Atlanta.
- The creative influence behind an amazing dance routine or gymnastics display

Respect



- **demonstrates fair play and respect for themselves and others**

This value includes respect for yourself and your body; for others; for rules and regulations; and for the environment.

Respect is about admiring someone or something (like a nation or a sport or a campaign) and about showing that in a very positive way. Someone demonstrating this value will think carefully about how their behaviour might affect others and will do all that they can to look after things that are important to them, like their fitness, health, equipment and surroundings.

In sport, someone demonstrating this value will show respect by playing fairly and honestly and encouraging others to do the same; by accepting officials' decisions; and by appreciating the role and performances of others.

Respect is...

- **Being considerate towards other people and their feelings**
- **Keeping an open mind about things and not judging others**
- **Being reliable and honest**
- **Looking after your own body and health**
- **Taking care of your environment**

Examples of opportunities in sport where you will find Respect:

- Listening to instructions from a teacher or activity leader
- Accepting decisions from officials without question
- Appreciating an individual's role in a team and recognising their contribution and/or a good performance regardless of the end result
- Shaking hands with an opponent before/after a game
- Making an example of and confronting, unsportsmanlike behaviour
- Helping fallen or injured players
- Wearing your country/ school/ club/ team kit with pride
- Using equipment properly and not damaging or breaking it