**Spirit of the Games, Inspiration through Sport**

The *Spirit of the Games* Values focus on personal excellence through competition and were developed by young people to identify what the experience of school sport should be built around. There are six values which have been designed to:

* Provide a set of sporting values which can be embedded in school sport (e.g in the School Games and Change4Life sports clubs)
* Use sport as a tool to encourage children to develop their personal values and ethos
* Achieve excellent standards of sporting conduct in the context of school sport

These values have been successfully applied by schools to developing a range of behavior’s, qualities and inter-personal skills with their students based on sporting experiences, scenarios and attitudes.

**Honesty**.

With others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation

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**Teamwork**

Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other’s’ success. Be a good friend and a positive team player in school, sport and life.

**Respect**

Treating others politely and with understanding. Accepting life’s ‘ups and downs’ with grace. Respect every day, in everything you do and for everyone around you.

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**Self belief**

You’ve got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



**Passion**

Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.

**Determination**

Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline toovercomeobstacles, commit to your goals and keep working every day to become the very best you can be. Don’t hold back!