

# Olympic Values Cards

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- Olympic values: Friendship, respect and excellence
- Paralympic values: Inspiration, courage, equality and determination

Photocopy both pages, back to back, on card.

The idea is that children (and staff) can nominate other children when they see one of the seven values displayed. There's room for the person nominating to write a brief comment about how that person displayed the value and sign and date it.

Feel free to save and adapt for your year group!

**Friendship**

It takes more than being a brilliant sports man or woman to become an Olympian or Paralympian. Top class athletes try to live according to a set of beliefs and ideas that help them to be the best they can be, and to respect other competitors.

**Determination**

**Respect**

**Olympic &  
Paralympic  
values**

**Courage**

**Excellence**

**Inspiration**

**Equality**

