

Sporting and Gospel Values

The Olympic and Paralympic Games are about much more than sporting excellence. Pierre de Coubertin, the founder of the modern Olympic Movement, saw in the Games an ideal opportunity to develop a set of universal principles – or values – that could be applied not only to sport, but to education and to society.

Aim: To reflect, in the light of scripture and Catholic social teaching, on the Olympic and Paralympic values alongside Gospel values and to take action.

Duration: 45-60 minutes

Year: upper Key Stage 2

You need: Olympic and Paralympic values (see resource 1 below), Gospel values (see resource 2 below), pens and paper.
In advance: Print and cut out sets of the Olympic and Gospel values, one set per group.



Activity

Introduction

As a class/or in groups discuss each value to make sure the children understand them. You may want to choose a selection of the Gospel values, depending on the understanding and ability of the class. In groups, give the children a set of cards (from resource 1 and 2) with each of the values you want them to use. Don't forget to mix up the cards!



VALUES

The **Olympic** values are:

- **respect** – for yourself and others; taking part fairly; knowing your own limits; and taking care of your health and the environment
- **excellence** – giving of your best; and striving to meet your own goals
- **friendship** – sharing understanding and support with others, however different they may be.



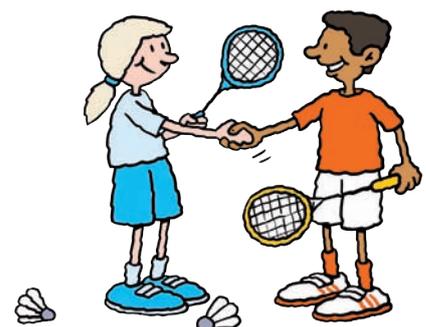
The **Paralympic** values, based on the history of the Paralympic Games and the tradition of fair play and honourable sports competition, are:

- **courage**
- **determination**
- **inspiration**
- **equality.**

The **Gospel** values are numerous and are grounded in the experience of Christian faith.

As Christians we believe these values are important in helping children to realise their full Christian potential. Some of the values are:

- **joy**
- **truth**
- **faith**
- **hope**
- **love**
- **justice**
- **peace**
- **community**
- **solidarity**
- **compassion**
- **prayer**
- **dignity.**



Choose from the following group activities:

- Ask the children to sort the values into two groups – Olympic and Gospel. Afterwards discuss how easy this task was. What made it easy/difficult? Does it matter which value is in which group?
 - Extend this activity by asking the children to think about whether there is any overlap between Olympic and Gospel values. Give each group two hoops to make a Venn diagram and invite the children to sort the value cards into Gospel or Olympic values. Explain that any values that seem to fit into both categories can be placed in the overlapping area/ intersection.
- Ask the children to select a value and tell a story (real or imagined) to illustrate this value being used or not being used. To make it harder, ask the other children in group to guess which value they are talking about.
- Ask children to choose one or two of the values and write about a time when they demonstrated that value. They could choose from either Olympic or Gospel values.

Plenary/class discussion

Bring the groups back together. Discuss what they learned/found out from the activities.

Key questions:

- Was it easy/difficult to sort cards into Olympic and Gospel values?
- Were there any differences between the groups? If so, why do you think this is?
- Are the Gospel values (e.g. peace, justice, love etc.) more or less challenging than the Olympic and Paralympic values? How?
- Are any of the values easier/more difficult to demonstrate than others?
- What other values (not already discussed) are important, for example generosity?



What next?

Further activities: Check out *Focus on...Sport and Peace* (a primary school resource) to find out more about CAFOD's work and how communities around the world are using these values to gain a better life for themselves. Read the 'SPORT and PEACE' stories with your class and discover how the Olympic and Gospel values are being lived out. Challenge your class to see how many values they can find in the stories.

To order *Focus on...Sport and Peace* call 0300 011 5680 or find it online at cafod.org.uk/primary/sport

Taking action: How can you live out the values in your everyday life?

Discuss what values are important to the children. Think about ways of living out the values in class, in school and in everyday life. Make a *Guide to life*, either individually or as a class. Choose the values that are considered the most important and include examples or ways to live out these values. Encourage the children to think about how to live out the values both on a local and global level. For instance, ways of living in solidarity might include:

- working together in solidarity with others in the class to solve a problem
- joining in solidarity with other members of the community e.g. Church, other schools etc to find out about/campaign on a local issue
- joining with others more widely to campaign about an issue affecting our sisters and brothers in other parts of the world. See our ['take action'](#) pages for more ideas and to find out about CAFOD's latest campaigns.

Don't forget to implement the *Guide to life* in your classroom!

Resource 1: Olympic and Paralympic values

Respect	Equality
Courage	Determination
Inspiration	Friendship
Excellence	

Resource 2: Gospel values

Love	Faith
Hope	Truth
Community	Solidarity
Joy	Justice
Compassion	Prayer
Peace	Dignity
