

Values In Action

Fill in the following template to show how you can demonstrate the Olympic and Paralympic values.

Value	In Class	In School	In the Community	At Home
Friendship				
Respect				
Excellence				
Determination				
Courage				
Equality				
Inspiration				

Values In Action

	PE	School Physical Activity	Physical Activity in my Family or Community
What do I do well?			
What could I do better?			
What do I need to do?			
What do I need to overcome?			
From today I will...			
What do we do well as a family?			
What could we do better?			