



## RESOURCE

# School and Olympic Values

## LESSON PLAN

**TOPIC:**

School and Olympic Values

**TIME:**

30 minutes, approximately

**AGE:**

Years 3 to 10

**CURRICULUM AREAS:**

Social Studies, English, Critical Thinking

### Introduction

At the start of each year it is important to remind students about the school values and discuss with them how they might show those in their behaviours. With the Milano Cortina 2026 Olympic Winter Games starting on February 6th and receiving a lot of media coverage, this activity means you can use the context of the Games as a means to discuss your school values and compare them to the Olympic values.

The Olympic Values – *Excellence, Respect, and Friendship* – guide the spirit of the Olympic Movement and encourage people to be their best on and off the field. *Excellence* is about striving to achieve personal goals and taking pride in giving your best effort. *Respect* asks us to value ourselves, others, and the world around us by playing fair, showing integrity, and honouring diversity. *Friendship* celebrates the relationships built through sport, reminding us that shared experiences, teamwork, and understanding bring people together across cultures and communities. Together, these values inspire young people to lead active, positive, and connected lives.

### Activities

1. Identify and discuss both your school values and the Olympic Values with the students.
2. Ask them to write their school values on to the worksheet. Ask them to try and explain what these values mean to them. This could be done individually, in groups, or as a class.
3. Match the Olympic values as best they can with their school values. Discuss why they have matched them the way they have.

## Some Key Questions (in no particular order)

---

- What are our school values?
  - Why do we have values?
  - What are the Olympic values?
  - How might we see New Zealand Olympic athletes showing those values at the Milano Cortina 2026 Olympic Winter Games which start on February 6th?
  - What things might we do to put our school values into action?
  - How do our school values match to the Olympic values?
- 

## Useful Links for the Milano Cortina 2026 Olympic Winter Games

[The Official Milano Cortina 2026 website](#) | [The Official New Zealand Team website](#)

---

## Full New Zealand Team athletes selected for Milano Cortina 2026 Olympic Winter Games

### **Ruby Star Andrews**

Women's Freeski Slopestyle and Big Air

### **Lucas Ball**

Men's Freeski Slopestyle and Big Air

### **Ben Barclay**

Men's Freeski Slopestyle and Big Air

### **Lyon Farrell**

Men's Snowboard Slopestyle and Big Air

### **Lucia Georgalli**

Women's Snowboard Slopestyle and Big Air

### **Ben Harrington**

Men's Freeski Halfpipe

### **Luca Harrington**

Men's Freeski Slopestyle and Big Air

### **Luke Harrold**

Men's Freeski Halfpipe

### **Rocco Jamieson**

Men's Snowboard Slopestyle and Big Air

### **Gustav Legnavsky**

Men's Freeski Halfpipe

### **Cam Melville Ives**

Men's Snowboard Halfpipe

### **Fin Melville Ives**

Men's Freeski Halfpipe

### **Dane Menzies**

Men's Snowboard Slopestyle and Big Air

### **Alice Robinson**

Women's Alpine Skiing

### **Zoi Sadowski-Synnott**

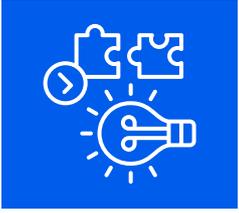
Women's Snowboard Slopestyle and Big Air

### **Mischa Thomas**

Women's Freeski Halfpipe

### **Sylvia Trotter**

Women's Freeski Slopestyle and Big Air



ACTIVITY SHEET



**EDUCATION**  
EXCELLENCE | RESPECT | FRIENDSHIP

# School and Olympic Values

Write your school values and what they mean. Match to the Olympic Values.

## SCHOOL VALUES:

### EXCELLENCE

Excellence means giving one's best, in sport and in life, by striving to reach personal goals with determination and effort. It is not only about winning but about participating, improving, and pushing personal limits, supported by the balanced development of body, will, and mind.

### RESPECT

Respect means showing integrity and doing what you as an athlete and a person know is right and honest. It means playing fairly, respecting the referee, your opponents and your teammates. It also means respecting your body and the environment you play and live in.

### FRIENDSHIP

Friendship places human relationships at the centre of the Olympic Movement, encouraging solidarity, understanding, and peace among people and nations. It emphasises team spirit, joy, optimism, and the ability to form genuine bonds – even with opponents – regardless of political, cultural, or social differences.