



Celebrating Olympic Day & Olympic Values

OLYMPIC VALUES AWARDS



EDUCATION

EXCELLENCE | RESPECT | FRIENDSHIP



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OLYMPIC DAY AND AN OLYMPIC RUN

One of the main goals of the Olympic Movement is to use sport to encourage people to play and live by the Olympic Values of **Excellence, Respect and Friendship**. One way the NZOC would encourage schools to do this is by celebrating Olympic Day which is held on the 23rd of June every year. This is the date that the Olympic Movement was founded by Baron Pierre de Coubertin in 1894.

One really inclusive yet simple way for your class or school to join in with the rest of the world in celebrating Olympic Day is to organise an Olympic run. This doesn't have to be on June 23rd – around that date is just fine. The length of the run is decided by each school according to the age of their students and the space available.

OLYMPIC VALUES AWARDS

Awarding students with an Olympic Values Award is a great opportunity to recognise and reward them for their positive behaviour. You may like to use these Awards in connection with an Olympic Run or Olympic Day, however you can use them at any time to acknowledge and promote **Excellence, Respect and Friendship**.

THE BEHAVIOURS OF THE OLYMPIC VALUES

EXCELLENCE

Excellence is not about winning but about being the best you can be, not just on the sports field, but in life itself. It is about taking part and improving. We all have different abilities, strengths, and weaknesses both in sport and in life, and excellence is about challenging yourself to make the most of those abilities. Excellence gives a purpose to our performance and efforts. It is about showing perseverance, grit, determination, and not giving up. It is about being able to cope with disappointment and failure and being resilient enough to carry on.

RESPECT

Respect is all about integrity and what you know is right and honest. Fair play is a critical part of respect. This means obeying the rules and respecting the referee, and also the traditions of the game. Respecting your opponents is an important part of fair play. You also need to respect yourself. Respect your body by taking care of yourself and looking after yourself. Feel good about yourself for what you have done in training, nutrition, and skill development and absolutely avoid doping with drugs or chemicals that illegally boost performance.

FRIENDSHIP

Friendship is at the heart of sport and should be one of the main reasons we play sport. It helps break down barriers between people, races, and nations and promotes understanding and tolerance. The Olympic Games inspire humanity to overcome political, economic, gender, racial or religious differences and forge friendships in spite of those differences. Friendship has a wonderful long-term gain. Once the competition is over you can have the friends you made while playing sport for life. You have all the shared experiences, successes and failures to share and talk about.