



# CHARACTER MATTERS

## SUMMER OF SPORT

Developed by Joe McDowell,  
Catherine O'Leary, and  
Andrew Maile



# CONTENTS

Welcome .....	3
Plan Your Own Sports Day .....	4
The Olympic Pledge .....	5
Get Curious About Culture .....	6
Role Model Reflection .....	7
Top of the Table .....	8
Top of the Table Reflection Space .....	9

# PAGE TEMPLATE

Title

Context  
and  
Explanation  
of  
Activity

Suggested Core  
Activity

*Virtues Developed*



Celebrating the character-building potential of sport and sports participation for young people, this suite of resources presents five activities for parents, carers and guardians to enjoy with their children.

The activities are aimed primarily at those in Key Stage Two (aged 7 - 11), but can be adapted for children of all ages.

Alongside each activity, you will find a list of the positive character traits it aims to develop, many of which are drawn from the Jubilee Centre's *A Framework for Character Education in Schools*.

Recent work by the Jubilee Centre has demonstrated the character-building potential of both participating in sport and the consumption of sport as part of a broader culture. This is in addition to highlighting the importance of athletes, coaches, and sports men and women as role models of good character, all of which is outlined in the Statement on Character and Sport which has fed in to the development of this resource set.

These activities also draw on nature and encourage people to get active, whilst also creating opportunities for sharing and collaboration.

The Jubilee Centre looks forward to seeing the results; please do share them with the Centre on social media using the details provided below.

Please share your finished activity and picture sheets with us, on twitter.

@JubileeCentre1  
#Charactermatters

The virtues cultivated through each activity are highlighted in the darker box below it.





## Plan Your Own Sports Day

Summer is a time to be outdoors, to get active and to have fun with your friends and family.

Together with those around you, plan out a weekend of activities to compete in, making use of what you have available at home and in your local area.

Create a schedule, share with your friends, and get ready to compete!

*Teamwork,  
Confidence,  
Determination,  
Perseverance,  
Resourcefulness*

You could host the event(s) in your local park or in your garden. Why not make use of any outdoor areas, public exercise equipment or fields nearby?

Could you:

- race down your road?
- make a hurdle course using garden furniture?
- have a 'swimming gala' at your local pool?
- play a cricket match at a field nearby?







## The Olympic Pledge

In Summer 2021 the Olympic and Paralympic Games take place in Tokyo, Japan.

An important part of these events opening ceremonies is the reading of the Olympic and Paralympic pledge by athletes, officials, and coaches.

This affirms or reaffirms their commitment to the Olympic and Paralympic values such as Honesty and Fairness.

Before your sports day, write your own pledge.

*Respect, Compassion,  
Judgement, Civility,  
Curiosity*

As you write your own pledge, reflect on the following questions:

- Why is a pledge like this important?
- What values will you focus on in your own sports day pledge?
- Why have you chosen these values?
- Why are these important to you?
- How will you remind yourself of this as you go through your activities?

*“ We promise to take part in these Olympic Games, respecting and abiding by the rules and in the spirit of fair play. We all commit ourselves to sport without doping and cheating. We do this - for the glory of sport, for the honour of our teams and in respect for the Fundamental Principles of Olympism. ”*

## Get Curious About Culture

Hosting any major sporting event is a great honour for a city or country, providing a rare chance to showcase who they are to billions of people around the world.

Pick a city or country hosting a major sporting event this summer, such as Tokyo with the Olympics and Paralympics, Brazil with the Copa America, France with the Tour de France, London with Wimbledon and the Euro's Finals or South Africa hosting the British and Irish Lions Test series.

What can you learn about their traditions, people, and beliefs? What role has sport played in encouraging a sense of community?

*Curiosity,  
Respect,  
Community  
Awareness,  
Civility,  
Independence*

Create a presentation or poster to outline what you have learnt about your chosen city or country and share this with your family and friends.

Could you:

- prepare a meal themed around their cuisine?
- plan a day out to visit your chosen city?
- undertake a cultural craft activity such as creating Japanese paper cranes?
- explore traditional food, such as a South African Braai / BBQ?
- host a mini South American carnival?
- share your presentation digitally?





## Role Model Reflection

This summer has seen the England football team have great success in the *UEFA Euro 2020*. Scotland, Northern Ireland, and Wales have also performed well in recent years, each qualifying for major tournament finals.

As well as these sporting successes, the teams – and many of the players – have also been celebrated for their good sportsmanship and recognised as examples of good character.

Reflect on these teams, or a sports person from another sport, including their achievements, obstacles they may have faced, and the positive character traits that they exhibited along the way.

How could you show the same traits in your own life?

*Judgement,  
Compassion,  
Critical Thinking,  
Respect, Humility*

What are the positive character traits these sports people exhibited:

- as individuals?
- as a team?
- when things were not going as well?

*(Hint: Look through this pack to find virtues listed and draw from these in your examples.)*

Reflect on the preparation it will have taken for them to get to that point?

Who do you think makes a great role model from the world of sport and why?

How will you apply similar lessons to your life?







## Top of the Table

You have completed all the activities. You've topped the table, the trophy is yours, you have won the gold medal!

**Congratulations!!!**

You now need to get ready for your awards interview.

*Reflection,  
Gratitude, Integrity,  
Humility,  
Teamwork*

In the space on the next page, think about the following questions:

What would you say, who would you thank, and why?

What virtues helped you reach this point? (*Hint: Look through this pack to find virtues listed and draw from these in your examples*).

How will you thank the person or people who helped you complete the activities, such as your 'coach'?





## Top of the Table

REFLECTION SPACE







UNIVERSITY OF  
BIRMINGHAM



THE JUBILEE CENTRE  
FOR CHARACTER & VIRTUES

---

[www.jubileecentre.ac.uk/parentsresources](http://www.jubileecentre.ac.uk/parentsresources)  
[jubileecentre@contacts.bham.ac.uk](mailto:jubileecentre@contacts.bham.ac.uk)