

VALUES AMBASSADORS

TEACHER'S GUIDE TO THE VALUES AWARDS

The Values Awards challenge young people to understand, live, and share the Olympic Values of friendship, excellence and respect and the Paralympic Values of inspiration, determination, courage and equality.

About this guide

This guide introduces the Awards and outlines the activities that young people will undertake as part of the Values Awards.

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About the Awards

The Values Awards are free, curriculum-linked online courses designed to build an understanding of the Olympic Values of friendship, respect and excellence, and the Paralympic Values of determination, inspiration, courage and equality.

The Awards help young people to explore what it means to uphold values, and the importance of modelling values in their own lives and in interactions with others. There are three different Values Awards, each of which explores the Values in a different way.



Values Stars | Suggested age range: 7-11

- Engaging, online activities introducing the Values



Values Champions | Suggested age range: 11-14

- Practical and online activities encouraging students to live the Values



Values Ambassadors | Suggested age range: 14-19

- Celebrating and rewarding young volunteers

The Awards are designed to be flexible to best suit you and your students' needs. While there are suggested age groups for each Award, the Award materials themselves do not mention age so you are able to decide which Award might be most suitable for your students. Students can complete the Awards independently at home or during spaces in the school day (though internet access will be required for completing tasks).

More information on each of the Awards can be found later in this guide.

The Values Quiz

The Values Quiz is a free, interactive, online quiz designed to help young people understand more about the Values. The quiz is easy to start – you can run it as a quick class activity via the quick-start mode, or let students to go head-to-head by launching the multiplayer student mode.

Challenge students to take this quick-fire quiz to test their knowledge and understanding of the Olympic and Paralympic Values.

Start the Values Quiz: values-awards.getset.co.uk

Curriculum relevance

The Values Awards support students' personal and social growth, and the development of key life skills. The Awards support the delivery of PSHE, PSE, Personal Development & Mutual Understanding, Health and Well-being, Citizenship and other related subjects, as well as the broader delivery of values-based education.

Introducing the Awards

While the Values Awards are designed for students to complete independently, you may want to introduce the Awards as a whole-class activity. The ideas below suggest some ways to introduce the Awards and the Olympic and Paralympic Values.

- Use the online, interactive Values Quiz to start students thinking about the Values in different contexts. The quick-start mode allows you to jump straight into the quiz as a group, or you can ask students to log in with their Values Awards accounts and start the multiplayer student mode - allowing students to go head-to-head, answering the questions independently. Results will be displayed once everyone has completed the quiz.

Start the quiz: values-awards.getset.co.uk

- Watch the Values video as a class or group and discuss what each of the Values mean. Encourage the students to write down their own definition of each Value and share their ideas with a partner or small group. Ask students to keep their Values definitions safe, ready to return to after completing the Values Awards to see how they might update or refine their ideas.

Watch the video: values-awards.getset.co.uk

- The Values assemblies in the Get Set resources area can also be used to introduce or compliment young people's individual journeys on the Awards. The presentations can be used in assemblies or the classroom to help students reflect on their learning.

Download the assemblies: getset.co.uk/resources

- Collect images or story cuttings from the media (both sportspeople and others) and place them around the classroom. Introduce each of the Values and ask students to consider each image, writing the Value they think best represents each on a sticky note to place under/ on the image. Older students may benefit from searching for their own images, focusing on representations of one of the Values to share with the class or group.

Using the Values Awards

Getting started on the Values Awards is simple. You will need to register to Get Set as a teacher/ group leader in order to sign your students up for the Values Awards.

1. Sign up to Get Set: getset.co.uk/signup

Once you have chosen the Award that is best suited to your students (the activity grids on pages 6-20 provide an overview of each Award), you will need to set your students up with accounts.

2. Create a class group and enter students' details:
values-awards.getset.co.uk/admin/tool/studentaccess/index.php

Students can complete their Award at their own pace, using their log in details.

You can monitor students' progress as they go, using the course report. The reports are listed beneath each of the Awards in the right-hand main menu.

The course reports also allow you to review any written/ creative work uploaded by students as part of the Values Champions or Ambassadors Awards. If you are happy with a student's work, select the teacher check box to release the Award badge to the student's account, and the certificate for you to download and present.

VALUES STARS AWARD

UNDERSTANDING THE VALUES



The Values Stars Award is a series of short, thought-provoking online activities, each designed to help students understand the Values. Before starting the Stars Award, students will watch the Get Set Values video which introduces each of the Olympic and Paralympic Values.

THEME

Know your Values

The Know your Values theme introduces young people to each of the Values and how they might apply in sport or life.

Students read the story of Shanaze Reade, a BMX rider and Olympian, and identify what good qualities she showed in competition.

ACTIVITY

Activity name

What do the Values look like in sport?

Estimated time to complete

5-10 mins

Activity description

In this activity students are shown various images of athletes at the Olympic and Paralympic Games. Students must drag and drop the Values onto the image that they think best illustrates it.

There is no right or wrong way for students to match the Values and images, but students must choose a word for each of the images to proceed to the next activity.

Optional teaching idea

Once students have completed the task individually ask them to compare and discuss their answers with a partner or small group. What Value did they match with which image, and why? Did everyone get the same answers? Why/why not?

Theme: Know your Values *continued*

ACTIVITY

Activity name

What do the Values look like in your life?

Activity description

In this activity students read various everyday scenarios in which they might show the Values. They must drag and drop the Value they think is best represented onto each.

There is no right or wrong way for students to match the Values and images, but students must choose a word for each of the images to proceed to the next activity.

Estimated time to complete

10 mins

Optional teaching idea

In pairs ask students to write their own scenario showing an example of positive behaviour, either reflecting a given Value or to give to another pair to decide which Values it best represents.

ACTIVITY

Activity name

Can you sort the Values?

Activity description

Students must recognise and sort the Olympic from the Paralympic Values.

Students must sort the Values correctly to proceed to the next activity.

Estimated time to complete

5 mins

Optional teaching idea

Use the Olympic and Paralympic websites to find out more about the official mascots from past and future Games:

<https://www.olympic.org/mascots>

<https://www.paralympic.org/mascots>

Ask the students to create their own mascots to represent some (or all) of the Olympic and Paralympic Values.

Theme: Know your Values *continued*

ACTIVITY

Activity name

Do you know your Values?

Activity description

This activity is a true/false quiz. Students are presented with a statement describing each Value. They must decide if it is a true (T) reflection of the Value or not (F).

Students must answer correctly to proceed to the next theme.

Estimated time to complete

10 mins

Optional teaching idea

As a homework task, ask students to select one of the Olympic or Paralympic Values and find or draw their own image to represent it and write a sentence or short paragraph to explain their choice.

THEME

Community

The Community theme underlines how people come together as communities.

Students begin by looking through images that show the essential role of volunteers at the London 2012 and Rio 2016 Olympic and Paralympic Games, and consider the simple ways that they can help others in their daily lives.

ACTIVITY

Activity name

Community at home

Estimated time to complete

15 mins

Activity description

Students read the story of Sam, Mrs Lee and her dog and select five Values that they believe best represent the action.

Some of the words from the options clearly do not match the story, however, some students may need to use a dictionary to help them decide on their answers.

Optional teaching idea

Building on the story and language used, develop students' literacy by exploring synonyms of the Values using a dictionary or thesaurus. Use these to create a Values word wall.

ACTIVITY

Activity name

Community at school

Estimated time to complete

15 mins

Activity description

Students read the story of school playground buddies and drag the missing words into the gaps. The missing words relate to the Olympic and Paralympic Values.

Students must put each word into the correct place to proceed to the next theme.

Optional teaching idea

Select a number of Values-type words linked to helping others. Involve the pupils in creating badges/labels of these words. Students award a badge to another pupil when s/he has helped someone in class/school.

THEME

Healthy active lifestyles

The Healthy, active, lifestyles theme encourages young people to think about the many different sports of the Olympic and Paralympic Games and the different Values that are shown in each sport.

Students begin by reading some facts about the Rio 2016 Olympic and Paralympic Games and considering the Values shown by different competing athletes.

ACTIVITY

Activity name

Do you know your Olympic and Paralympic sports?

Activity description

This activity is a simple drag and drop quiz. Students must match first the sport with its equipment and then a selection of Team GB and ParalympicsGB athletes with their sports.

Students are unlikely to know all the athletes. There are clues in the photos or pupils can do some extra research if required to help them move forward to the final theme.

Useful links:

<http://rio.paralympics.org.uk/meet-the-team>

<https://www.teamgb.com/athletes>

Estimated time to complete

10-20 mins

Optional teaching idea

Encourage students to share what sports and physical activities they do and explain why they enjoy them. Draw out personal, social and emotional benefits as well as physical ones.

Get active by asking students to mime athletes performing different sports, with their 'audience' guessing the answer. Students then combine and refine their mimes, working together to create an active sequence based on movements from the sports.

THEME

Make a pledge

In this theme students are asked to make a pledge to put the Values into action in their own lives.

To get started, students read the Olympic and Paralympic oaths presentation, finding out more about how athletes pledge to uphold the Values at each Games.

ACTIVITY

Activity name

Make a pledge

Estimated time to complete

15-20 mins

Activity description

Students download and complete the pledge form, then upload their finished pledge back to the challenge page for review. The pledge the students to consider the Values, what they wish to achieve and what their pledge might look like in action.

Following submission of their pledge, teachers can release a student's Award badge and certificate.

Optional teaching idea

Ask students to consider how pledges are made and upheld in society more generally, for example, in law or as part of a faith.

VALUES CHAMPIONS AWARD

LIVING THE VALUES



The Values Champions Award involves a mix of online challenges and practical activities that encourage students to think more creatively about and action ways of living the Values every day. The Healthy, active lifestyles theme also challenges students to get active and increase the amount of physical activity they do over a suggested time period.

THEME

Know your Values

In this theme students learn about the Values and how they might apply them to sport and in their own lives.

Students begin by reading short introductions to the stories and journeys of a selection of Team GB and ParalympicsGB athletes and thinking about the Values they show.

ACTIVITY

Activity name

Do you know your Values?

Estimated time to complete

5 mins

Activity description

Students are shown a list of Values-related words and asked to identify the official Olympic and Paralympic Values and drag them onto the corresponding logo.

Students must sort the Values correctly to proceed to the next activity.

Optional teaching idea

Ask students to think further about each of the Values. Why do they think that the International Olympic and Paralympic Committees selected these particular terms/ ideas?

Theme: Know your Values *continued*

ACTIVITY

Activity name

What do the Values look like in your life?

Estimated time to complete

5-10 mins

Activity description

Students are presented with seven scenarios, based in school, home and community settings. Each scenario has three options for ways to respond. Students must select the option that best shows the Value stated.

Students must select the correct responses to proceed to the next activity.

Optional teaching idea

Working individually or in pairs/small groups, ask students to write or act out their own a scenario and demonstrate how they would best use the Values to deal with that situation. This activity could be used for pupils' real life encounters, or to explore incidents from history, literature, politics and science.

ACTIVITY

Activity name

What do the Values look like in sport?

Estimated time to complete

15 mins

Activity description

Students are presented with various statements about athletes, volunteers and organisers at past Olympic and Paralympic Games. For each statement students are asked to decide which Value is reflected. When they have decided, they write a short sentence explaining why they chose that Value.

There are no right or wrong answers for this task, but students must answer each question to proceed to the next activity.

Optional teaching idea

Ask pupils to work in small groups to find out and/or imagine more about the other people involved in the Games. Give each group a 'type' of person to explore. This could be a stimulus for a range of subjects, for example, English, drama, art or ICT and the feedback presented accordingly.

Theme: Know your Values *continued*

ACTIVITY

Activity name

What do the Values mean to you?

Activity description

Students are asked to choose one Olympic and one Paralympic Value and create a piece of work that explains how those Values have helped them to achieve success in their life. Students must choose the best way to present their ideas – for instance a short story, essay, storyboard or poster.

Once uploaded, students' work can be reviewed using the Values Champions course report.

Estimated time to complete

1-2 hours

Optional teaching idea

Ask students to choose a different Value and research a figure from the past who they feel embodied this Value. Students could then present their chosen figure to the class/group, or create a poster or fact sheet for a class Values display.

THEME

Community

In this theme, students will find out more about the Olympic and Paralympic sports and share their knowledge with other people.

Students begin by looking through a presentation of various athletes, thinking about the different sports and Values shown.

ACTIVITY

Activity name

A guide to Olympic and Paralympic sport

Activity description

Students are challenged to make a video tutorial that explains one Olympic sport and one Paralympic sport to other people. They can present their tutorial either as a finished video, or storyboard.

Once uploaded, students' work can be reviewed using the Values Champions course report.

Estimated time to complete

1-5 hours

Optional teaching idea

Challenge students to add subtitles to their video, or translate their script, thinking about different audiences for their film.

Use the videos as part of an inter-school sports competition or festival. For example, they could support pupils in learning and practising new sports prior to the competition, or be featured during the competition as entertainment for spectators and athletes waiting to compete.

THEME

Healthy active lifestyles

This theme challenges pupils to increase the amount of physical activity they complete over three weeks. Students should work to improve their personal best, rather than competing against each other.

Students read about the benefits of exercise and three case studies from Team GB and ParalympicsGB athletes talking about how they kept active at school.

ACTIVITY

Activity name

Healthy, active lifestyles challenge

Activity description

Students track the amount of physical activity they complete over a three-week period, with the aim of increasing the amount, or intensity of the activity. At the end of the three weeks,, students upload a record of their activity to complete the challenge.

Estimated time to complete

Three weeks

Optional teaching idea

In PE, support students to recognise different intensity levels of activity so they know what moderate or vigorous intensity means to them individually. Do this through a wide range of activities – not just fitness tests – so students recognise the varying impact of activities on their bodies.

Ask students to create an 'active lifestyles' noticeboard through which they can promote clubs, sessions and activities they take part in beyond school. This will help them to share ideas with their peers and increase teachers' awareness of students' wider interests and skills.

THEME

Make a pledge

This theme encourages students to live the Values and keep the spirit of the Games alive beyond the Awards.

Students watch video clips of the London 2012 Olympic and Paralympic Games Oath-taking ceremonies-which form part of the opening ceremonies of each Games-and consider the significance of these promises.

ACTIVITY

Activity name

Make a pledge

Estimated time to complete

15-20 mins

Activity description

Students download and complete the pledge form, then upload their finished pledge back to the challenge page for review. The pledge the students to consider the Values, what they wish to achieve and what their pledge might look like in action.

Following submission of their pledge, teachers can release a student's Values Champions Award badge and certificate.

Optional teaching idea

Ask students to consider how pledges are made and upheld in society more generally, for example, in law or as part of a faith. What different examples and uses for pledges can they find?

After a set period, ask students to report on the progress of their pledges. Have they achieved their objective? Why/why not? How can they adapt and add to the pledges to take it forward?

VALUES AMBASSADORS AWARD

SHARING THE VALUES



The Values Ambassadors Award recognises and rewards young volunteers, challenging students to share the Values with others through their own community project. To complete the Award young people can either record past/ ongoing volunteering activity, or create, run and report on a new volunteering project.

Volunteering experience

The Ambassadors Award volunteering challenge may link to other projects, learning programmes or award schemes in which students are involved, such as Step into Sport, Duke of Edinburgh's Award, Youth Achievement Awards, the John Muir Award, Sports Leaders UK courses or courses from the Youth Sports Trust.

Please note to contribute to a Values Ambassadors Award prior volunteering experience must have been completed within 18 months of starting the Ambassadors Award.

THEME

Volunteering

The Values Ambassadors Award supports students to put the Values into practice through undertaking voluntary work.

Students begin by looking through the Ambassadors Volunteering Handbook, which includes examples from Olympic and Paralympic volunteers and ideas to get started with a new project.

ACTIVITY

Activity name

Volunteering challenge project report

Activity description

The project report includes 11 set questions which ask students to describe their project, reflect on their learnings and explain how they showed the Values.

Completing the project report should help students to identify the soft skills they have developed during the project, building their understanding of how volunteering may support their employability.

Estimated time to complete

30 mins (for the project report)

The volunteering will likely take place over several weeks/ months depending on the scale of the project.

Optional teaching idea

Ask students to think further about the skills and experience they developed during the Award to create a mock application, either to college/university or for a job.

As an extension, students could then role play an interview situation – drawing on their volunteering experience to evidence their skills.

Encourage students to identify their strengths and areas for development and make an action plan to gain further experience. Perhaps the volunteering team could exchange roles (project manager/ treasurer etc.) to continue their project while developing new skills?

Theme: Volunteering *continued*

ACTIVITY

Activity name

Volunteering challenge supporting evidence

Estimated time to complete

1-2 hours

Activity description

Pupils can choose how they add supporting evidence of their volunteering, as long as it (or its web-link) can be uploaded to the website. For example, they might keep a written journal, a blog, a photo diary, video or audio diary. Pupils are encouraged to be creative!

Optional teaching idea

Encourage students to use the supporting evidence they collected during their project to give a presentation in front of their peers, or the broader school community, about their volunteering project.

THEME

Make a pledge

This theme encourages students to live the Values and keep the spirit of the Games alive beyond the Award.

Students begin by reading about Olympic and Paralympic Games-related pledges in the Make a Pledge fact file and considering the role and importance of pledges.

ACTIVITY

Activity name

Make a pledge

Activity description

Students download and complete the pledge form, then upload their finished pledge back to the challenge page for review. The pledge students to consider the Values, what they wish to achieve and what their pledge might look like in action.

Following submission of their pledge, teachers can release a students' Award badge and certificate.

Estimated time to complete

15-20 mins

Optional teaching idea

Build on the GROW and SMART models to support students to set goals and develop action plans for other areas of school life. For example, they could adopt a similar process as they approach revision and exam periods.

Ask the students to consider how pledges are made and upheld in society more generally, for example, in law or as part of a faith.