

# Creating my Champion GOAL medal!

Olympic athletes are good examples of Champions!

Many Champions demonstrate important values that can be used in sport, at school and in life!

## THE 7 OLYMPIC VALUES ARE:

**Respect** – playing fairly; knowing your own limits; and taking care of your health and the environment

**Excellence** – to give the best of yourself, on the field of play or in life, to take part and progress according to your own objectives

**Friendship** – how, through things like competitions and experiences, you understand others despite any differences

**Courage** – to find the strength to do something that seems difficult or scary

**Determination** – to keep trying or practising, even when it gets tough

**Inspiration** – to be motivated to do something

**Equality** – to treat everyone the same

As you learned from NED, you don't need to be an athlete or win a medal to be a Champion.

You can be a Champion at...

- playing an instrument
- making friends
- helping your parents
- doing your homework

You can be a Champion at anything when you decide to apply your values to your attitude and actions.

The choice is yours.

**What do you want to be a Champion at?**

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**What do you need to do to reach your goal?**

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1. Write your name and your Champion Goal on this ribbon.
2. Write what will it take to achieve this goal in this ribbon. You can either write it in sentence form or choose from the Olympic Values list.
3. Design your medal!  
Here are some things you may want to include:
  - A drawing of your goal
  - The date you have set to reach your goal!
  - Your age
4. Display in the classroom, hall, or at home!

