

Welcome to your Olympic and Paralympic Values ePoster

The Olympic and Paralympic games take place in London in 2012. **INSPIRE>ASPIRE** is about self discovery and personal development, helping you to find the inspiration to develop aspirations for your life. Completing this activity will help you to learn about the values of the Olympic movement, to learn some new things about yourself, about others and about the world. You can use it to share what you think is important in life and what inspires you about the Olympic and Paralympic games. Most importantly, it gives you the chance to think about the values and qualities you'll need to make a success of your future.

How to complete your poster...

Activity | 01-06 | Olympic and Paralympic Values

Each of the Olympic and Paralympic values has a "qualities cloud". Choose one quality which best describes you and write a short statement in the "I am good at" box to explain your choice. Choose one quality which least describes you and write a short statement in the "I need to work on" box to explain your choice.

TIP: Use the website to explore the meaning of values and qualities and don't forget to ask for help if you are still not sure what to do.

Activity | 07 | Inspiration: Faster, Higher, Stronger.

We can get inspiration from the achievements and actions of others that can help show us how to make a success of our own lives. Many sports people become role models because of what they achieve and how they achieve it. They have developed the personal qualities required for success. For this activity **choose any Olympian or Paralympian, past or present**. How do they live up to the Olympic and Paralympic values? Why do you find them inspiring? What is it about this person that you admire? Do they have ideals, values or characteristics that you would like to live up to? Can you tell us why you think they have achieved success? In the final section select some quotations you find inspiring and tell us why.

TIP: Remember it is not just about writing. You could include drawings or pictures to get across what you want to say. Don't forget you can use the resources on the website to help you choose your inspirational figure and find out all about them.

Activity | 08 | Aspiration: Lighting the Torch

By completing this poster you have learned some new things about yourself, about others and about the world. You might have discovered some things that really matter to you. By developing your own personal action plan you can make decisions and act on them so you can begin to take charge of your own future. Think carefully about each of the questions (a-e) and answer as best as you can. You can use the questions in the box as a starting point but don't feel you must answer them all. Don't rush, reflect first before you write and write from the heart!

TIP: It's not just about writing. You can use pictures or drawings to get across what you want to say. We have put in some text boxes to get you started

Support Resources

You will find everything you need to get started on our website but you might find some of these really useful too . . .

www.inspire-aspire.org.uk www.learningforlife.org.uk <http://getset.london2012.com>



your details

Male

Female

name/names: _____

year: _____ school: _____ teacher: _____

| values & qualities | i am good at... | i need to work on... |
|---|-----------------|----------------------|
| <p>01 Excellence</p> <p>Focused <i>Enterprising</i> Ambitious PURPOSEFUL CREATIVE Organised WISE</p> | | |
| <p>02 Respect</p> <p><i>Understanding</i> Open-minded Tolerant PATIENT Reliable CONSIDERATE <i>Good at listening</i></p> | | |
| <p>03 Friendship</p> <p>Cheerful TRUSTWORTHY Forgiving GENEROUS <i>Caring/Kind</i> Appreciative Loyal</p> | | |
| <p>04 Courage</p> <p>Honest <i>Confident</i> RESILIENT POSITIVE Resourceful Fearless OPTIMISTIC</p> | | |
| <p>05 Determination</p> <p>PERSISTENT <i>Decisive</i> Self Disciplined <i>Enthusiastic</i> Hard Working COMMITTED Calm</p> | | |
| <p>06 Equality</p> <p>Selfless <i>Flexible</i> FAIR Co-operative approachable Co-operative MODEST</p> | | |

Inspiring Quotations

08 Aspiration: *Lighting the Torch*

A) What kind of person do you want to be?

[DELETE] What qualities from the list would you like to develop and why? Do you know or admire people who have these qualities? How would you like your friends and family to talk about you? How would you like to be remembered?

B) What do you want to be good at?

[DELETE] What are your passions and aspirations in life? Think of all the things you would like to be good at. Which are the most important and why?

C) What do you want to achieve in your life?

[DELETE] What you would like to achieve in various areas of your life? And when you would like to achieve it? Think of things related to your future studies and career, your relationships, your hobbies and sports.

D) What do you want to contribute in your life?

[DELETE] How do you want to contribute to society, your local community and the wider world? What would you like to be remembered for?

E) How are you going to achieve your goals?

[DELETE] Setting goals is one thing, achieving them is another! How do you plan to achieve the goals you have set out above? What qualities will you need to achieve them?

What Now?

When you have completed your poster please also complete the evaluation below and then send your ePoster by email to podium@inspire-aspire.org.uk . We will send you a digital certificate at awarding you a Gold, Silver or Bronze Medal for your efforts (allow 14 days). When you email the PODIUM - tell us if we can share your poster online with other young people and we'll put a selection of the best ones online for the world to see. Good Luck!

Pupil Evaluation

When you have finished your poster please write a short statement about what you think you have learned and/or achieved by taking part in this project.

Please tell us how you think we could improve the project for next year

Peer Evaluation

Ask a friend to read your poster and write a short paragraph about what they think you have achieved by completing your poster.

Teachers' Comments (if this activity is being completed in schools).

Level Achieved: GOLD SILVER BRONZE

See Teachers' Notes for details about the INSPIRE>ASPIRE learning & assessment framework