

Group	Subject	Topic
G3: Class 6, 7 & 8	Sports	Values in Sports



Values	
1. Team Spirit 2. Unity 3. Honesty 4. Sportive Spirit	5. Play fair 6. Resilience 7. Integrity/Mind Control

### 1. Team Spirit:

Team spirit is showing the feeling of oneness with the team with loyalty and pride. It is the willingness to co-operate as part of the team. This helps the members of the team to work more productively and reach the goal easily. Team members need good understanding and coordination between each other.

Championships are won through the efforts of talented individuals who work together towards a common purpose. A team player is the one who places his/her team before individual gain.

#### Example:

We can quote this incident as an example.

DeeDee Trotter is an American athlete who had won her first Olympic gold medal at the 2004 Olympics and returned to the 2008 Games in hopes of winning another gold in the 4×400-meter relay.

However, DeeDee was suffering with a knee injury at the time, and just as the team was moving from the warm-up area to the track, she decided to

withdraw from the event. She felt that it would hurt her team's chances of winning by trying to run when she wasn't physically fit.

She let one of her other teammates run in her place. It wasn't the easiest decision but she had to make it for the team. This selfless action allowed her teammates to record a season-best time and win the gold medal.

### **Questions:**

1. What is the value shown by Dee Dee when she gave up her place to compete in the relay? (courage, team spirit)
2. What would have happened if she had not given up her place?

### **Activity:**

1. Please name any other player who has exhibited such a quality/value. Explain the incident related to them.

## **2. Unity:**

All the team members should feel united to show team spirit. They should have the feeling of oneness among themselves. It then creates a work environment, where they can reach their goal easily.

### **How to get this concept of unity/oneness?**

- By having an understanding of each other's weakness and strengths.
- By sharing ideas and suggestions.
- Supporting each other / help each other in difficult times.
- Open to making mistakes and learning from their mistakes.
- Try to improve each other.
- Compassionate towards other team members.
- Share mutual respect.
- Mutual trust and faith.
- Mutual admiration.
- Good and open communication.
- Appreciate other team members for their good performance.
- Award the hard work and dedication of other team members.

**Example:**

We can quote this incident as an example.

During the 1980 Winter Olympic Games in Lake Placid, the USA team was playing an ice hockey match against the then Soviet Union. The result of the game was clear to everyone as the US team comprised college amateurs who were underdogs against the Soviets, who had previously won four consecutive Olympic gold medals. The Soviet team were favourites to win as they had dominated their opponents in the previous group stage.

But the U.S. team was bound by unity and they faced technically superior opponents with a united goal of winning. The U.S. team scored with ten minutes remaining to take a 4-3 lead, which it held until the final siren. The legendary victory became a cultural treasure, especially in the USA. This match that upheld the true spirit of unity was called "Miracle on Ice" and various documentaries and films are still dedicated to this great exhibition of unity.

In group sports like hockey or football, unity is a must since everyone has to pass the ball irrespective of focussing on individually scoring a goal. So, if players don't work unitedly then the team can't win. All the team players should know strengths and weaknesses of each other, accept and respect it and play accordingly. Then only the team can win.

**Questions:**

1. What are the obstacles that avoid players from getting united? How to overcome it?
2. What are the values that lead the team towards unity?

**Activity:**

1. Please name any other team which has exhibited such a quality/value. Explain the incident related to them.

### 3. Honesty:

All the members of the team should be honest towards their sports and towards their teammates. They should be honest about their strength, opinions and strategies that they make or have about the sports. If the team is playing for the country the players should be patriotic, honest and loyal towards the country.

#### **Example:**

We can quote this incident as an example.

In the 2016 Asian Men's Hockey Championship, Bharat was playing against their all-time rivals Pakistan and it was crucial for Bharat to win the match as they would regain the title after five long years and also in the last edition Bharat had suffered an embarrassing defeat at the hands of Pakistan.

During the play, Pakistan's Bilal Aleem was looking to cross the ball to his teammates with 8 minutes left to play. However, the ball touched Bharatiya player Birendra Lakra's leg. The Pakistani team immediately appealed the decision, claiming the penalty corner.

The referee wasn't so sure about the corner and he was going to contact the review umpire. But, Lakra came running up to him and told that the ball indeed touched his leg and it was a penalty corner and not to use up the opposing team's last referral.

The referee realized his mistake and immediately halted the review process. The Pakistani team did gain the penalty corner but it did not yield a goal for them. However, the honesty shown by Birendra Lakra during a match with really high stakes stood above the rivalry and victory. It was highly appreciated by the Pakistan team as well.

#### **Questions:**

1. Is it advisable to lose a game at the cost of being honest? How does a person who shows honesty feel?

2. If a player does not show honesty, do you think he can enjoy the victory?
3. How should society treat a person with honesty?

**Activity:**

1. Please name any other player who has exhibited such a quality/value. Explain the incident related to them.

#### 4. Sportive Spirit:

The team members should have a sportive spirit about winning or losing in the game. Sports is such an event, where everybody will have to lose one or the other time. So, the participants should not take winning or losing seriously or personally. They should not hold a grudge on each other. Sports are played for the sake of entertainment and for the sake of happiness and creating a good environment. Sport is played for the sake of showing skill and physical fitness of human beings. It is not a war that always one has to win.

There are two aspects to a sporting spirit.

##### A. Win with Humility

Humility teaches to avoid overconfidence and arrogance in a sports event. It can also help to build trust, rapport and cooperation with teammates, coaches and opponents and to handle criticism and praise with grace and dignity.

**Example:**

We can quote this incident as an example.

The Ashes series is one of the prestigious series in the cricket world where all-time rivals Australia and England face each other in a 5 match test series. It was 2005 and Australia had dominated the Ashes series since 1989. First test was won by Australia and were on the verge of winning the second test as well with Australian player Bret Lee playing at 43 which is a great score for a bowler. They needed just 2 runs to win the match and were highly

confident of the same. But exactly at that moment the other Australian batsman got out and the Australian dream of winning was shattered and Bret Lee's efforts went in vain and he fell to the ground with great disappointment.

All England players started celebrating this victory but the all-rounder Andrew Flintoff didn't go to his team but came to Bret and sat beside him on the pitch and shook his hand and consoled him about their loss. No matter how much they tried they couldn't get Bret out to celebrate.

This incident shows the great sportsman spirit and how one can win with dignity. It's the quality of a great sportsman to always appreciate the efforts of the losing team and raise their spirits.

### **Questions:**

1. What do you feel about Andrew Flintoff's gesture towards Lee?
2. How do you think Bret Lee could have acted differently?

### **Activity:**

1. Please name any other player who has exhibited such a quality/value. Explain the incident related to them.

## **B. Lose with Grace**

One of the most important and difficult lessons in playing sports is how to lose gracefully and accept disappointment. Everybody loves winning. But in sports, nobody wins all the time.

### **Example:**

We can quote the following incident as an example:

Michael Jordan is an American basketball player.

He was removed from his high school team as he couldn't meet the expectations. It could have destroyed any teenager's dream who wanted to play professionally. But giving up was never an option for him so he practiced until he was good enough. He decided failure doesn't define a person but the power to get up and try again. Even when he made it to the

professional NBA team, he didn't win his first title until his seventh NBA season. He always said, "I can accept failure, everyone fails at something. But I can't accept not trying."

Ultimately, Jordan won six National Basketball Association (NBA) championships with the Chicago Bulls and went on to become the greatest basketball player of all time and the question remains what if he agreed with his school coach and decided he wasn't good enough for the game.

### **Questions:**

1. What are the values that can be learnt from this incident?
2. (hard work, endurance, patience etc)
3. How do you define Jordan's behaviour? (positivity, optimism)

### **Activity:**

1. Please name any other player who has exhibited such a quality/value. Explain the incident related to them.

## **5. Play Fair:**

Fair Play is all about respect for the rules, respect for your opponent and respect for the officials and acceptance of their decisions. It's about giving everybody an equal chance to play and maintaining your self-control.

### **Example:**

We can quote this incident as an example.

In the 1984 LA Olympics, Japan's Yasuhiro Yamashita was favourite to win +95 kg judo gold. However, in only his second match, the athlete tore a muscle in his right calf. Despite the pain, the Japanese athlete managed to reach the final where he faced Egyptian Mohamed Ali Rashwan.

The Japanese champion won the final, but it was only later that the full story of the final bout was revealed. Rashwan explained that he had deliberately not attacked his opponent's injured leg because doing so would have been against his principles and it wasn't fair play. Even if he

had won by attacking Yamashita's injured leg, he couldn't have enjoyed his victory.

**Questions:**

1. How do you review the behaviour of Mohamed Ali Rashwan?
2. How do you think the Japanese player would have felt?

**Activity:**

1. Please name any other player who has exhibited such a quality/value. Explain the incident related to them.

**6. Resilience:**

Resilience helps in building self-esteem, motivation and determination. Resilient sportsmen can face challenges positively and believe they can overcome them.

**Example:**

We can quote this incident as an example.

Arunima Sinha was a volleyball player and used to play at the national level. In 2011, she was thrown off a moving train by thieves for refusing to hand over the gold chain she was wearing. She lost her left leg when a train went over it. Her one leg was amputated, but she took an impossible vow. She decided that she will not just practice walking with a prosthetic leg but climb the highest point in the world – Mount Everest. In 2013, she became the first Indian female amputee to achieve it. This not only brought back her self-confidence but made her an inspiration for everyone. In 2015, she was awarded the Padma Shri, the fourth highest civilian award in India.

**Questions:**

1. Can you review the way Arunima Sinha handled her accident?
2. What are qualities you can identify in Arunima Sinha to have overcome such a disaster?(optimism, courage, never give up)

**Activity:**

1. Please name any other player who has exhibited such a quality/value. Explain the incident related to them.

**7. Integrity/Mind Control:**

The name, fame and money that the sportsman receives by winning may sometimes deviate them from their goals in sports and attract them towards unnecessary distractions, because of which finally they may lose focus on sports.

**Example:**

We can quote this incident as an example.

Hansie Cronje was a South African international cricketer and captain of the South African national cricket team in the 1990s. He has led the South African cricket team in hundreds of matches and holds the record for winning the greatest number of matches for the South African team.

In 2002, it was revealed that Cronje was involved in a match fixing racket. Though he declined all the charges initially, it was discovered that he had taken huge amounts of money from different bookies to fix the matches and also for involving different players from his team to perform poorly.

Cronje was banned from playing or coaching cricket for life. It was revealed that he had more than 70 undeclared overseas accounts to deal with match fixing.

Even after being the most successful captain of the South African team, he compromised his integrity for materialistic pleasures. Also, it washed away all the reputation he earned throughout his career. He is still remembered for his immoral behaviour and not for being the successful captain.

**Questions:**

1. How do you define integrity? What are the other values related to integrity?
2. How can one control their mind from falling for materialistic pleasures?

**Activity:**

1. Please name any other player who has exhibited such a quality/value.  
Explain the incident related to them.

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