



Guidelines for Promoting Clean Sports through Value-Based Education



"Doping is cheating, and cheating is against the spirit of sports."



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*DOPING is synonymous to cheating, and cheating is against
the integrity of sport*

INTRODUCTION

Sports play a vital role in the lives of children, education, families, and society. Participating in sports can help develop essential life skills in children, including teamwork, leadership, communication, and discipline. It also allows them to learn how to deal with success and failure, which fosters self-esteem and confidence. In addition, participating in sports promotes physical health, cognitive function, and better academic performance in children.

Research indicates that students who participate in sports tend to have higher attendance rates, better grades, and lower chances of dropping out of school. Sports can also build a sense of community within schools and promote positive social interactions among students.

Sports also play an important role in society by providing opportunities for individuals from different backgrounds to come together. Sports promote social cohesion and community building in addition to being a platform for promoting positive values such as fairness, respect, and teamwork, helping to create a more inclusive and supportive society.



“Teaching values and sportsmanship is just as important as teaching skills and tactics.” Mia Hamm

THE PURPOSE OF THE GUIDELINES:

The purpose of these guidelines is to establish a framework that promotes ethical behavior and values in sports through education. The guidelines aim to foster a culture of clean sports by emphasizing the importance of positive values like integrity, fairness, respect, and responsibility, and by teaching children, youth, and other sports stakeholders how to embody these values in their sporting activities and daily lives.

Objectives :

1. Introduce to anti-doping program.
2. To promote positive values to create a culture of clean sports
3. Provide suggestive strategies and activities to promote ethical and value-based sports.



BRIEF INFORMATION ON ANTI-DOPING

Doping in sports refers to the use of banned substances or methods by athletes to gain an unfair advantage over their competitors, which undermines the principles of fair play and can harm an athlete's health. Common doping substances include anabolic steroids, hormones, stimulants, beta-blockers, and diuretics, as well as performance-enhancing methods like blood doping and gene doping. Additionally, technology can also be used to gain an unfair advantage in sports.

To combat doping, United Nations Educational, Scientific, and Cultural Organization (UNESCO) collaborates with governments to develop policies and programs that promote ethical behavior, social inclusion, and fair play in sports. The World Anti-Doping Agency (WADA) establishes and monitors the



World Anti-Doping Code, working with national anti-doping organizations to implement it, advocating for clean sport and ethical behavior, and conducting research to improve anti-doping methods. Both organizations strive to create a fair and equitable sporting environment while coordinating anti-doping efforts globally.

To prevent doping and promote clean sports, it is essential to educate athletes, test for banned substances, and enforce anti-doping regulations. By doing so, the integrity of sports can be preserved, and athletes can compete on a level playing field while protecting their health.

CONSEQUENCES OF DOPING?

Doping in sports can have detrimental effects on an athlete's health, reputation, and career, resulting in disqualification, forfeiture of medals and prizes, and suspension from competition. It also undermines the principles of fair play, honesty, and respect for opponents, which are integral to the spirit of sports. Upholding the values of sportsmanship and fair play is essential to ensuring that sports remain a harmonious activity that promotes ethical and respectable living. If we extend the sportsmanship spirit to other spheres of life, we shall make our lives smooth.



“Promoting clean sports is not just about catching cheats; it’s about cultivating a culture of integrity through value-based education.” (World Anti-Doping Agency)

PROMOTING CLEAN SPORTS THROUGH VALUE-BASED EDUCATION

Promoting education, particularly value-based education, is crucial in preventing doping in sports by creating awareness and understanding among children, youth, athletes, coaches, and other stakeholders about the risks and consequences of doping and the importance of fair play and ethical behavior.

Value-based education encourages the use of sports activities and experiences to impart important ethical values and principles to athletes and sports stakeholders. This approach promotes clean sports, which are free of unethical practices such as doping, cheating, and match-fixing. It emphasizes positive values like fairness, respect, and responsibility that can be instilled in sports participants. By adopting this approach, athletes and sports stakeholders are motivated to uphold ethical behavior and integrity both on and off the field.



The benefits of promoting clean sports through value-based education extend beyond the sports arena, as the values and principles learned through sports can be applied to other areas of life, leading to the development of responsible and ethical citizens. This approach also fosters teamwork, effective communication, and the development of leadership and decision-making skills among athletes.

RECOMMENDED STRATEGIES FOR A CLEAN SPORTS EXPERIENCE

To establish a strong foundation for ethical and clean sports experiences, schools are recommended to implement the following strategies and approaches:

1. Develop and guidelines that promote clean sports initiatives such as good dietary habits and a drug-free environment.
2. Ensure that sporting experiences are enjoyable, participatory, and developmentally appropriate and value all students, regardless of their gender, race, or athletic ability
3. Provide awareness and education programs to students, teachers, school sports instructors, and parents about the dangers of abusing drugs.
4. Integrate and implement character education programs that focus on values associated with clean sports, such as honesty, integrity, respect, and sportsmanship, into different subjects and educational programs.
5. Foster positive sports culture by celebrating sportsmanship, fair play, and ethical conduct.
6. Prohibit negative behavior such as bullying, cheating, and unsportsmanlike conduct.
7. Implement corrective actions to improve lifestyles and value systems of individuals who demonstrate conflicting mindsets or actions.
8. Ensure that all sports competitions adhere to established regulations and guidelines.
9. Continue evaluation and monitoring to study effectiveness of programs, and use the results to make improvements and adjustments as necessary.

Brief tabulation of the values, attributes and descriptions:

Values	Attributes	Descriptions
Integrity	<ul style="list-style-type: none"> • Honesty • Transparency • Accountability • Trustworthiness • Consistency • Courage • Self-awareness 	<p>Integrity refers to being honest, ethical, and upholding strong moral principles in both life and sports. It involves abiding by rules, competing fairly, and upholding the spirit of the sport while respecting the safety and well-being of all involved.</p> <p>Learning integrity in life and sports is essential for developing strong moral principles, promoting ethical decision-making, and fostering positive relationships. It also instils personal responsibility, accountability, and a willingness to learn from mistakes.</p>
Respect	<ul style="list-style-type: none"> • Courtesy • Inclusivity • Care • Gratitude • Open mindedness • Tolerance • Politeness • Acknowledgement 	<p>Respect involves valuing and admiring important things, treating everyone with dignity, and promoting equality and social justice. In clean sports, respect means upholding principles of fair play, honesty, and integrity by following rules, avoiding performance-enhancing drugs, and competing with sportsmanship while showing respect to fellow competitors, coaches, officials, and fans.</p> <p>Respect is essential in life to cultivate positive relationships and promote social harmony through treating others with kindness and dignity. In clean sports, respect is crucial to ensure fair play and uphold the integrity of athletic competition by adhering to principles of honesty, respecting others, and following rules.</p>

<p>Responsibility</p>	<ul style="list-style-type: none"> • Leadership • Volunteerism • Resilience • Self-discipline • Reliability • Accountability • Adaptability • Diligence • Enterprising 	<p>Responsibility entails being accountable for one’s actions and decisions in life, fulfilling obligations and commitments, and making choices based on values and principles. In sports, it involves upholding rules and regulations, respecting others, and maintaining integrity. Athletes, coaches, and officials have specific duties to ensure safety, fairness, and sportsmanship, and to foster a positive and respectful environment.</p> <p>Responsibility is crucial in life and in Clean Sports. It is vital to ensure fair play, maintain the integrity of athletic competition, promote safety and mutual respect, and prevent cheating and unfair advantages. Responsible behavior in Clean Sports creates a positive and respectful sporting environment that upholds the values of sportsmanship and fair competition.</p>
<p>Fairness</p>	<ul style="list-style-type: none"> • Fair play • Equality • Equity • Transparency • Consistency • Objectivity • Empathy • Open minded-ness 	<p>Fairness is a crucial aspect of life that involves recognizing and respecting diversity and providing everyone with an equal opportunity to succeed and reach their full potential. In Clean Sports, fairness is essential to uphold the rules and regulations of the sport, prevent cheating and unfair advantages, and treat all athletes, coaches, officials, and fans with respect and dignity.</p> <p>Promoting fairness in Clean Sports is necessary to advance equality, justice, and social responsibility. It ensures equal opportunity, prevents cheating, promotes safety and respect, and maintains the integrity of athletic competition. By upholding principles of fairness, we create a positive and respectful sporting environment that encourages sportsmanship, healthy competition, and excellence.</p>

<p>Sportsperson-ship</p>	<ul style="list-style-type: none"> • Graciousness • Leadership • Team-spirit • Resilience • Dedication • Discipline • Perseverance • Open minded-ness • Acceptance 	<p>Sportspersonship is the embodiment of the principles of fair play, respect, and compassion in sports and life. It entails following the rules of the sport, demonstrating respect, showing grace in victory and defeat, and acknowledging the significance of teamwork and fair play. Clean Sports is instrumental in fostering a positive and respectful sporting environment that upholds the values of fairness, integrity, and respect for all participants.</p> <p>Sportspersonship plays a crucial role in life and Clean Sports by promoting ethical and moral behavior, respect for oneself and others, and fair play. It cultivates integrity, respect, and compassion in individuals and ensures a level playing field for all competitors. In Clean Sports, sportspersonship ensures that athletes, coaches, officials, and fans adhere to the values of fair play, respect, and integrity, which creates a positive and respectful sporting environment. Ultimately, sportspersonship builds character and promotes positive social and personal development.</p>
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<p>Teamwork</p>	<ul style="list-style-type: none"> • Altruism • Collaboration • Communication • Commitment • Trust • Inclusion • Enterprising 	<p>Teamwork is the coordinated effort of a group to achieve a shared objective. It involves cooperation, idea sharing, and support to foster a positive and encouraging sporting environment. Clean Sports similarly promotes ethical and equitable athletic competition, acknowledging each other’s abilities, and upholding sportsmanship, fair play, and integrity.</p> <p>Teamwork is essential in both life and Clean Sports since it fosters collaboration, communication, and mutual support among individuals working towards a common goal. In life, teamwork enables individuals to achieve more together than they could alone, promoting personal and professional growth. In Clean Sports, teamwork promotes fair play and ethical behavior, fostering a positive and supportive sporting environment that encourages healthy competition and the pursuit of excellence.</p>
<p>Wellness</p>	<ul style="list-style-type: none"> • Fun • Safety • Fitness • Nutrition 	<p>Wellbeing is a state of being healthy, happy, and prosperous, encompassing all aspects of a person’s life. Values shape a person’s beliefs and attitudes towards wellbeing. Clean sports are free from performance-enhancing drugs and uphold integrity, respect, and fairness. Clean sports promote physical wellbeing, reduce risks of injury, and support mental and emotional wellbeing. Clean sports foster a culture of health, honesty, and fair play, which supports overall wellbeing.</p> <p>Wellbeing promotes a healthy and fulfilling lifestyle by prioritizing physical, mental, emotional, social, and spiritual health. Clean sports ensure fair competition and protect athletes’ health and safety. They promote honesty, respect, and fairness, providing a positive and enjoyable experience for athletes and spectators while inspiring a healthy and active lifestyle.</p>

IMPARTING VALUE EDUCATION FOR FOSTERING CLEAN SPORTS CULTURE:

It is recommended to use the TEAM (teaching, education, application, and modeling) approach to teach values or sports values as it is an effective method that combines different strategies to promote a comprehensive learning experience.

The first element, teaching, involves imparting knowledge and skills related to values education. Teachers or coaches use various teaching methods, such as lectures, discussions, and simulations, to help students understand the importance of values and how to apply them in different situations. The second element, education, provides opportunities for students to learn from different sources, encouraging them to explore diverse perspectives and develop critical thinking skills. The third element, application, engages students in practical activities that allow them to apply the values they have learned in real-life situations, helping them to develop empathy, problem-solving skills, and a deeper understanding of the consequences of their actions. Finally, the fourth element, modeling, involves demonstrating the values that are being taught. Teachers, coaches, and other adults in the school community can model positive behavior and attitudes that reflect the values being taught, helping students internalize the values and see them as relevant and valuable in their own lives.

By using the TEAM approach, students can develop a deeper understanding of values and learn to apply them in different contexts, leading to positive personal and social outcomes. This approach provides a comprehensive learning experience that is effective in shaping students into responsible and ethical members of society.

Values : **Integrity**
Attributes : **Honesty, Transparency, Accountability, Trustworthiness, Consistency, Courage, Self-awareness**

Integrity plays a crucial role in promoting clean sports for children as it fosters fairness, respect, and ethical behavior. When children learn values like honesty, accountability, trustworthiness, and self-awareness, they are more likely to develop positive attitudes and succeed in sports and other areas of life. It also helps build trust and respect among children, coaches, and parents, creating a positive and safe environment. In essence, teaching children about integrity in sports can lead to their personal growth and positive contribution to society.

Approach	Strategy	Primary School (PP-VI)	Middle School (VII -X)	High School (XI and above)
Teaching	Lecture Storytelling Discussion Research	<p>Use books and stories that teach honesty, respect, and fairness. Example: "The Boy Who Cried Wolf" or "The Honest-to-Goodness Truth"</p> <p>Discuss with students the importance of telling the truth and keeping promises.</p>	<p>Provide students with real-life examples to illustrate the significance of integrity.</p> <p>Organize presentations or show videos that highlight the concept of integrity and its importance.</p> <p>Encourage group discussions where students can express their views on ethical issues.</p>	<p>Teach about academic integrity, plagiarism, citing sources, and other ethical academic practices.</p> <p>Conduct debates to give students an opportunity to practice defending their views on ethical issues.</p> <p>Encourage critical thinking about ethical issues and the development of personal ethical frameworks.</p>
Education	Storytelling Case studies Research	<p>Explore the role of integrity in sports and its impact on athletes and the sports.</p> <p>Play games that promote honesty, such as "Two Truths and a Lie."</p> <p>Use storytelling as a tool to teach about integrity. For example, use this video https://www.youtube.com/watch?v=BG1Huzgufhc</p>	<p>Encourage self-reflection on personal values and beliefs.</p> <p>Integrate ethics and integrity discussions across all subjects.</p> <p>Use case studies to teach about real-life situations and ethical decision-making.</p> <p>Collaborate with parents and community members to reinforce the message of integrity in all aspects of life.</p>	<p>Assign research projects on the impact of integrity in society, the workplace, and other fields.</p> <p>Use interactive tools like WADA's online game to teach about ethical decision-making and integrity in sports.</p> <p>Collaborate with local organizations and experts to bring real-world examples and perspectives on integrity to the classroom.</p>

<p>Application</p>	<p>Game-based learning, Role Play, Inter-active, Reflective learning</p>	<p>Promote the values of honesty, trustworthiness, and consistency in the classroom.</p> <p>Use the “Integrity Tree” activity to encourage students to reflect on and display their personal values in the classroom.</p> <p>Incorporate role-playing activities where students are faced with ethical dilemmas and must choose between telling the truth or lying, to practice decision-making and integrity.</p>	<p>Encourage students to set personal integrity goals and track their progress towards them.</p> <p>Hold discussions and debates on integrity in the context of current events.</p> <p>Use interactive games such as “Play for Integrity” (Crime, 2019)</p> <p>Encourage students to apply their knowledge of ethics and integrity in real-world situations.</p> <p>Invite guest speakers to bring diverse perspectives on integrity.</p>	<p>Let students create and write their own personal code of ethics, and encourage them to use it as a guide in their personal lives.</p> <p>Hold discussions and debates on integrity in the context of current events.</p> <p>Provide opportunities for students to participate in internships and reflect on the importance of integrity in professional contexts.</p>
<p>Modelling</p>	<p>Role model Rewards.</p>	<p>Create opportunities for teachers and parents to model ethical behavior in everyday situations, such as demonstrating honesty in communication or showing respect for others’ opinions.</p> <p>Recognize and reward students who demonstrate integrity in both academic and non-academic settings.</p>	<p>Encourage peer mentoring programs that allow older students to model ethical behavior.</p> <p>Teachers and administrators should consistently model integrity in their interactions with students and the school community, serving as positive role models for ethical behavior.</p>	<p>Invite community leaders to speak about their experiences with ethical leadership and the importance of integrity in their professions.</p> <p>Teachers and administrators should model integrity and ethical behavior in their interactions with students, colleagues, and the school community.</p>

Value : Respect

Attributes : Courtesy, Inclusivity, Care, Gratitude, Open mindedness, Tolerance, Politeness and Acknowledgement

Respect is crucial for fostering clean sports for children because it promotes positive relationships among teammates, coaches, and others involved in sports activities. It encompasses important aspects such as care, gratitude, open-mindedness, tolerance, politeness, and acknowledgement. Demonstrating care for others creates a supportive and positive community, while gratitude encourages appreciation for the contributions of others. Open-mindedness and tolerance promote understanding and acceptance of diverse perspectives and differences. Politeness and acknowledgement foster respect among all participants. By promoting these values, we can create an inclusive and positive environment where everyone feels valued and supported.

Approach	Strategy	Primary School (PP-VI)	Middle School (VII -X)	High School (XI and above)
<p>Teaching</p> <p>Lecture Discussion Presentation Storytelling</p>		<p>Teach basics respect by using age-appropriate language. Examples, using polite language.</p> <p>Have students learn about the importance of respecting the rules of the classrooms and games. https://www.youtube.com/watch?v=0JVTJhIk48</p>	<p>Engage students in a dialogue about respect in sports and its impact on the relationships among teammates.</p> <p>Use videos to illustrate examples of respectful behavior and the benefits that it brings. : https://www.youtube.com/watch?v=R4G-GwDQLbLU</p>	<p>Facilitate discussions on the importance of respect in a broader context, such as human rights and global citizenship, using age-appropriate language and examples.</p> <p>Organize a panel discussion about respect, inviting speakers from diverse backgrounds to share their experiences and perspectives on respect. https://www.educationworld.com/a_lesson/lesson/lesson329.shtm</p>

<p>Education</p>	<p>Explorative learning, Analytical learning, Experiential learning, Debate</p>	<p>Reinforce the concept of respect through interactive activities. Create posters with pictures of different sports and ask the students to write or draw examples of respectful behaviors they can display during the game. Song of Respect: https://youtu.be/1g4b_rIGBL8</p>	<p>Teach students about the importance of respect in sportsmanship, and how it affects not only themselves but also their team, opponents, and officials. Encourage students to speak up for themselves and others when they witness cheating or unsportsmanlike behavior, and provide them with strategies to handle these situations appropriately.</p>	<p>Assign readings or articles on respect in sports and ask students to summarize what they learned and how they can apply it to their own lives. Students conduct research and present a case study where disrespectful behavior in sports led to negative consequences for the athlete or team. Organize a debate where students discuss the ethical considerations involved in sports, including issues such as performance-enhancing drugs, fair play, and respect for opponents and officials.</p>
<p>Application</p>	<p>Role-play Practice Journaling</p>	<p>Provide opportunities for students to practice respect in different contexts, such as in the classroom, during sports activities, and in social situations. Assign students roles in a scenario that requires respect, such as playing the role of a player, coach, or parent, and have them demonstrate respectful behavior in that context.</p>	<p>Provide opportunities for students to practice respect in different contexts. Assign students roles in a scenario that requires respect, such as a debate or a group project.</p>	<p>Have students create a role-play where they take on the roles of athletes, coaches, and reporters and practice displaying respect in various scenarios. Organize a classroom or school-wide event, such as a cultural fair, where students can learn about and appreciate different cultures and traditions, fostering respect and understanding.</p>

<p>Modeling</p>	<p>Peer role modeling Adult role modeling</p>	<p>Lead by example and showcase respectful behavior in the classroom, playfield and school setting.</p> <p>Provide positive reinforcement. https://drstankovich.com/the-importance-of-coaches-modeling-positive-behaviors-to-kids/</p>	<p>Parents, peers, teachers, coaches and trainers role model the verbal and behavioral forms of respect in the classroom, school setting, and play field.</p> <p>Highlight professional athletes who demonstrate good sportsmanship.</p> <p>Modelling Respect and Equality (MoRE) program: https://www.colacotway.vic.gov.au/Community-services/Modelling-Respect-and-Equality-MoRE-program</p>	<p>Parents, peers, teachers, coaches and trainers, and officials model respect in the classroom, school setting, and play field.</p> <p>Encourage students to be role models for their teammates and younger athletes.</p> <p>Shining a light on inspiring role models: https://www.worldathletics.org/women-in-athletics/news/international-womens-day-2022-updates</p>
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Value: Responsibility

Attributes: Leadership, Volunteerism, Resilience, Self-discipline, Reliability, Accountability, Adaptability, Diligence and Enterprising

Responsibility is a crucial value in promoting clean sports for children. It teaches them to be accountable for their actions, understand their impact on themselves and others, and take ownership of their mistakes. Volunteerism encourages giving back to communities and contributing to the team's success. Resilience promotes perseverance through challenges and setbacks. Self-discipline and reliability help develop consistency for success. Additionally, accountability, adaptability, diligence, and being enterprising promote responsibility by taking action, adapting to change, working hard, and pursuing opportunities. By promoting responsibility, children develop positive character traits and essential life skills that benefit them both on and off the field.

Approach	Strategy	Primary School (PP-VI)	Middle School (VII -X)	High School (XI and above)
Teaching	Lecture and Discussion Question & Answer	Explain in simple language responsibilities of students and when they play. Lead a discussion about how to keep oneself responsibly healthy. Show the video via the link: https://www.youtube.com/watch?v=a-084pqI05U	Lead a discussion about how to keep oneself responsibly healthy. Video Lesson: Watch the video on “Being Responsible” https://www.youtube.com/watch?v=Myzd2-UXUlk https://www.youtube.com/watch?v=RGJpO2qHUbQ	Instruct children to explore information and documents on responsibility. Question and answer session after watching the video from the given link- https://www.youtube.com/watch?v=-jqra3BcqWM

Education	Interactive Learning Reading Fun Game Guest Speaker	Read books "Always Picked Last" by R.A. Montgomery, A Dragonlark Book Publication, 2009 Children will be asked to play the "Water Tag Game". Refer page no. 23 to 24 of "HPE suggested Activities" Stage II Make children responsible for keeping class rooms and play field clean.	Organize inter-house art competition based on volunteerism Invite a guest speakers to deliver a speech on the topic "Self-discipline". Assign a project to reduce waste in the school or community. Ask children to write their responsibility as a student and to practice.	Orient student leaders on their roles and responsibilities in running the everyday school activities. Let students define and write articles what responsibility means to them as student and athletes. The teacher and the students set goals for their class for the year. Let children take responsibility in organization and conduct of activities in schools. Acknowledge children who take extra initiatives.
Application	Role Play Project Work Fun Game	Let children play Nest Egg , page no. 42-44 https://www.paralym-pic.org/sites/default/files/2021-01/Sport%20values%20in%20every%20classroom.pdf ,	Encouraging children and adults to lead by example and demonstrate responsible behaviour in school. Giving students the opportunity to take on leadership roles in school activities. For example, students can be responsible for organizing a school event or leading a school club.	Encourage students to participate in community service activities such as creating awareness on health and environmental issues. Engag students in reflective activities, such as journaling or group discussions where they reflect on their actions and take responsibility for their choices.
Modelling	Observation Reflection Project	Teachers to be responsible for whatever they do and do responsibly. Assign students different classroom jobs such as line leader. Rotate the jobs weekly to give all students a chance to be responsible for different tasks.		

Value : **Fairness**
Attributes: Fair play, Equality, Transparency, Consistency, Objectivity, Empathy, Open mindedness

Fairness is a critical value in promoting clean sports for children. It guarantees equal opportunities for all players regardless of their background or abilities. Fairness encompasses equality and equity, ensuring that everyone has access to the same resources and opportunities. Consistency, transparency, and objectivity promote fairness by consistently applying rules and holding everyone accountable for their actions. Empathy and open-mindedness are also essential, promoting understanding and respect for others' perspectives and experiences. By promoting fairness, we create an inclusive and positive sports environment that encourages respect, inclusivity, and sportsmanship.

Approach	Strategy	Primary School (PP-VI)	Middle School (VII -X)	High School (XI and above)
Teaching	Lecture Discussion Quiz Debate Peer learning Group work	Deliver lecture on the definition and importance of fairness, using age-appropriate language. Insist children follow practices to ensure fairness, Example: lining up, job distribution, playing with same number of players, etc.	Have students work in pairs or small groups to define fairness. Host quizzes, debates, and group discussions to emphasize the importance of fair play and the negative impact of cheating in sports. Lecture on proper and ethical use of medicines in life and in sports	Define fairness and discuss its importance in a broader context, such as social justice, human rights, and democratic values. Discuss how fairness affects others in life and in sports. Host quizzes, debates, and discussions on the importance of fair play and the negative impact of cheating in sports. Provide awareness on doping in sports and its consequences.

<p>Education</p>	<p>Reading Group work Self realization or self reflection</p>	<p>Educate on importance of playing by the rules. Introduce to Equality and Equity and show examples. Do <i>Paper Toss</i> game to show and discuss on fair play and equity. (Ref: Sport value in every classroom, a quick guide)</p>	<p>Encourage open discussions and questions about fairness. Provide group work on importance of playing by the rules. Discuss on equality and Equity and conduct group activity where each group finds an example of equity and equality</p>	<p>Encourage open discussions and questions about fairness Encourage student-athletes to reflect on their own behavior and seek feedback from coaches, teammates, and opponents on how they can apply fairness in their sports activities. Discuss on equality and equity and conduct group activity.</p>
<p>Application</p>	<p>Group work Role play Peer mentoring</p>	<p>Encourage children to apply fairness in their daily inter-actions. Set clear rules for fairness and give class activity where children can set rules like classroom rules. Art competition to develop posters on fairness and fair play in games.</p>	<p>Encourage students be fair in life and sports. Involve children in setting rules to develop their sense of responsibility and ownership of the classroom Art competition to develop posters and banners on fairness and fair play.</p>	<p>Analyze game footage and use it as a teaching tool to highlight examples of fair play and unsportsmanlike behavior. Encourage students to reflect on their own behavior and consider the impact it has on their teammates, opponents, and the game. Conduct quizzes and debates on fairness, equity and equality</p>
<p>Modelling</p>	<p>Role model Guest speakers Video demonstration</p>	<p>Model fair behavior in your own actions and interactions with others and be consistent in your own fair behavior Show videos of athletes exhibiting good sportsmanship and fair play</p>	<p>Model fair behavior in your own actions and interactions with others and be consistent in your own fair behavior Show videos of athletes exhibiting good sportsmanship and fair play</p>	<p>Model fair behavior in your own actions and interactions with others and consistent in your own fair behavior Show videos of athletes exhibiting good sportsmanship and fair play Invite guest speakers (popular sportsperson) to talk on fairness</p>

Values : Sportspersonship

Attributes: Graciousness, Leadership, Team-spirit , Resilience, Dedication, Discipline, Perseverance, Open mindedness and Flexibility

Sportpersonship is a critical value that promotes clean sports for children. It teaches leadership, teamwork, and cooperation towards a common goal. Resilience, dedication, discipline, perseverance, and open-mindedness are essential values for mental toughness and success in sports. Sportspersonship teaches respect for opponents, fair play, and handling both winning and losing gracefully. It creates a positive and supportive environment where children can overcome challenges, build relationships with teammates, and develop a lifelong love of sports. By instilling these values, we can create a clean and positive sports environment that benefits everyone involved.

Approach	Strategy	Primary School (PP-VI)	Middle School (VII -X)	High School (XI and above)
Teaching	Lecture Discussion Research Debate	Make a simple visual presentation to introduce the concept of Sportspersonship. Present an appropriate videos on sportspersonship and let students identify the characters of good sportsperson.	In a group make students to discuss values that good sportsperson shall poses and make them present to others. Organize poster competitions to promote sportspersonship.	Show videos of a model athletes on and of the field. Ask children to read biography of exemplary athletes.
Education	Interactive Learning Online resources Guest speakers Collaborative learning	Reading books or stories that emphasize good sportspersonship. “The Berenstain Bears and the Big Spelling Bee” or “A Winning Goal.” and let the children’s derive morals values	Invite exemplary athletes for the panel discussion and provide opportunities for the students to raise questions relating to sportspersonship. Collaborate with relevant stakeholders and organize sports camp in the school.	Organize essay competition for the students to demonstrate the attributes of good sportspersonship that helps in fostering the clean sports. Organise sports exchange program for the students.

Application	<p>Practical Activities</p> <p>Sports tournaments</p> <p>Role-play activities</p>	<p>Participation in community service activities that promote sportspersonship, such as organizing a charity event or volunteering at a sports camp.</p> <p>Promote sportspersonship and fair play, and enforce fair play rules and policies.</p>	<p>Organizing sports events that emphasize sportspersonship and respect, and enforcing fair play rules and policies</p> <p>Role-play scenarios that involve decision-making about ethical and fair behavior in sports.</p>	<p>Organize a workshop on conflict resolution and the importance of communication in sports.</p> <p>Host a seminar on the importance of team building and sportspersonship in sports.</p>
Modelling	<p>Observation and Reflection</p> <p>Positive role models</p>	<p>Encouraging athletes to lead by example and demonstrate sportspersonship and respect in sports, including adherence to fair play rules and policies.</p>	<p>Providing opportunities for athletes to reflect on their behavior and the impact of their actions on themselves and others.</p>	<p>Share success stories of athletes who have achieved success through sportspersonship and fair play.</p>

Values : Teamwork

Attributes: Altruism, Collaboration, Communication, Commitment, Trust, Inclusion and Enterprising

Teamwork is a critical value in promoting clean sports for children. It teaches them the importance of collaboration, communication, commitment, trust, inclusion, and enterprising. Collaboration is essential in promoting teamwork, as it encourages children to work together towards a common goal. Communication is also crucial, as it ensures that everyone is on the same page and working towards the same objectives. Commitment and trust are important values that help children to develop strong bonds with their teammates and to rely on each other during competition. Inclusion is also critical, as it ensures that everyone is valued and has an opportunity to participate. Finally, enterprising helps children to take initiative and pursue opportunities to improve their skills and contribute to their team's success. By promoting teamwork, we can create a positive and supportive sports environment for children that promotes inclusivity, sportspersonship, and a lifelong love of sports.

Approach	Strategy	Primary School (PP-VI)	Middle School (VII -X)	High School (XI and above)
<p>Teaching</p> <p>Experiential learning Game-based learning</p>		<p>Teach the importance of teamwork and how it can help achieve success.</p> <p>Encourage group works in class. https://www.youtube.com/watch?v=e6vV2oRALOY</p> <p>Hula Hoop Pass https://www.teachingexperience.com/classroom-ideas/team-building-activities-for-kids/</p>	<p>Teach about importance of teamwork and make students explain it in their own words.</p> <p>Organize group discussions where students can share their thoughts and ideas on a particular topic, and encourage them to listen to each other and work towards a common understanding.</p>	<p>Teach about importance of teamwork and make students explain it in their own words.</p> <p>Organize group discussions where students can share their thoughts and ideas on a particular topic, and encourage them to listen to each other and work towards a common understanding.</p>

Education	<p>Classroom discussions</p> <p>Auditory strategies</p> <p>Game-based learning</p>	<p>Class discussions about the importance of teamwork and how it contributes to achieving goals.</p> <p><i>Example:</i></p> <p>1. <i>Chicken and Eagle game.</i></p> <p>https://www.paralympic.org/sites/default/files/2021-01/Sport%20values%20in%20every%20classroom.pdf page 52.</p> <p>Encourage students to discuss the importance of communication, collaboration, and mutual respect when working as a team.</p>	<p>Discussions about the qualities of effective teams.</p> <p>Ask students to identify characteristics of teams that work well together and achieve their goals.</p> <p>Discuss the roles and responsibilities of team members.</p> <p>https://lepub.uni-muenchen.de/9863/1/9863.pdf</p>	<p>Analysis of successful team dynamics in sports, business, and other fields visit to local sports clubs to learn about their teams' success stories.</p> <p>Divide students into small groups and give each group a simple task that requires teamwork.</p>
Application	<p>Role play</p> <p>Sports competitions</p> <p>Games</p>	<p>Encourage students to play as a team.</p> <p>Make students learn to collaborate and cooperate in while carrying out activities.</p>	<p>Give group project as to encourage team spirit.</p> <p>Make students to form teams for various activities by ensuring fairness and equity.</p>	<p>Encourage team practices and group work in class or in the play field.</p> <p>Make students to form teams for various activities by ensuring fairness and equity.</p>
Modeling	<p>Role-modeling</p> <p>Inquiry-based learning</p> <p>Community involvement</p>	<p>Teachers model teamwork and collaboration through their instructional practices and classroom management.</p> <p>Model positive teamwork behaviors, such as listening, sharing, and respecting others' opinion.</p>	<p>Teachers provide opportunities for students to lead and work collaboratively in the classroom and on projects.</p> <p>Provide examples of successful team collaborations.</p> <p>Work with your students to organize a community service project, such as cleaning up a local sports field.</p>	<p>Teachers involve students in decision-making and planning processes, and model effective communication and conflict resolution skills.</p> <p>Encourage students to identify common traits of successful teams.</p> <p>Organize collaborative training sessions with other coaches or teams to help promote teamwork and collaboration.</p>

Values: Wellness**Attributes: Fun, Safety, Fitness and Nutrition**

Wellness is an essential aspect of clean sports for children, as it encompasses aspects necessary for their overall health and wellbeing. It is critical to ensuring that children remain safe and healthy while participating in sports activities. Safety is the first priority, and it is essential that children are provided with appropriate protective gear and that the playing fields are maintained in good condition. Fitness is also crucial, as it helps children to build strength, endurance, and agility, which are all necessary for success in sports. Nutrition is also vital, as a balanced diet with a variety of foods provides the necessary nutrients for physical and mental health. By promoting wellness, we can help children to develop healthy habits, reduce their risk of injury, and promote their overall wellbeing, both on and off the field.

Approach	Strategy	Primary School (PP-VI)	Middle School (VII-X)	High School (XI and above)
Teaching	Lecture Discussion Storytelling, Role-playing Debate Research	Discussing the importance of healthy eating and exercise. Introducing food groups and basic exercise routines. Teach basic self-care practices, such as hand-washing, healthy eating, and physical activity. Discuss different aspects of wellness (physical, mental, emotional, social, spiritual).	Explore the effects of lifestyle choices, such as sleep and stress management, on overall wellness. Understanding mental health and wellness (e.g. coping strategies, self-care) Discuss the impact of technology on wellness. Introduce the concept of sleep hygiene. Encourage proper hydration.	Examining the impact of lifestyle choices on long-term health outcomes. Teach students about the importance of healthy relationships and boundaries. Discuss the impact of social media on wellness. Show video on anti-doping program. https://www.youtube.com/watch?v=Uhh-Hq1wbTBE Discuss on consequence of misusing drugs.

Education	Storytelling, case studies, research critical thinking and problem-solving skills	Learning about the major body systems and how they work together for overall health Discussions on healthy choices Educate students on the benefits of exercise and healthy eating through games and interactive activities.	Educate students on the dangers of substance abuse and the importance of self-care. Discuss the importance of healthy relationships. Create social media campaigns to promote wellness.	Educate students on mental health issues. Conduct research on the impact of stress on the body. Discuss the importance of work-life balance.
Application	Game-based playing, debate, Experiential learning	Let children take part in physical education, cooking and nutrition and other health-related activities. Practice self-care techniques in class. Play healthy food game, (Council, Ministry of Education, 2020) (Council, Health and Physical Education, Suggestative Activities, 2022) “Food For Go, Grow and Glow”.	Engaging in mindfulness practices, developing stress management techniques, and practicing healthy habit. Practicing self-care techniques in daily life (e.g. deep breathing, meditation). Plan a class field trip to a local nature preserve or park	Participating in community health initiatives, organizing wellness events, and taking leadership roles in promoting health and wellness. Encourage students to communicate effectively and set healthy boundaries in relationships. Practice time-management skills in class
Modelling	Role model, debate, talks, rewards.	Encouraging positive role modelling by teachers and parents, emphasizing the importance of leading by example. Invite guest speakers to talk about wellness and healthy living. Create a wellness corner in the classroom.	Guest speakers sharing personal stories. Model healthy behaviors by using stress management techniques and practicing self-care, such as taking breaks when needed and prioritizing rest. Invite mental health professionals to speak. Create a wellness club at the school	Encourage students to become advocates for health and wellness, promoting positive change in their communities. Model healthy behaviors by maintaining healthy relationships and seeking help when needed for mental health concerns. Invite successful professionals to speak to the class