



# Values and principles

As Catholics, we are called to love one another and work together for justice and fairness, in all aspects of our life, including through sport. We learn about these values in scripture and through the Church and the principles of Catholic Social Teaching. Here are some of the key values and principles in the stories.

**Solidarity**

All people are God's children. That makes us brothers and sisters. We need each other and we must work together in solidarity. Even though there are huge differences between us, we are still one family – the family of God.

In Kenya, different children come together in the St John's Sports Society. They work in solidarity following their motto 'Pamoja Tunaweza! Together We Can!'

**Reflect: What is solidarity?**  
Discuss: What is your school motto and what does it mean?  
Activity: Produce a class motto to show solidarity.

**Dignity**

God made each of us, which means each of us is very special. We must treat others in a caring way because they were made by God too.

Munny and the other children in the Happy Happy Club are special – they are treated with dignity and care.

**Reflect: What is dignity?**  
Discuss: When are you treated with dignity and care? How can you treat others with dignity and care?  
Activity: Write an acrostic poem using the word dignity (KS2) or care (KS1).

**Living as family and community**

Jesus knows that people can only be happy if they have families and friends. He tells us that we can let these important people help us. He asks us to help them too.

Maria enjoys the friendship of her dance group. Playing sports together give Maria and the other children a sense of belonging to the group, which helps them to live as a community.

**Reflect: What is family and community?**  
Discuss: What groups do you belong to? How does belonging to a group make you feel?  
Activity: Plan ways you can live as more of a family and community in your class or school.

**Promotion of peace**

When we fall out with our friends we must say sorry, try to put things right and then try to be even better friends. We must always try to live in peace and get on with everyone. This is not easy but Jesus wants us to keep on trying.

Sport is bringing people together in Ian's community, helping people to live together in friendship and peace.

**Reflect: What is peace? What is conflict?**  
Discuss: When have you and your friends fallen out? How did you feel? How were things put right?  
Activity: Set up a school club, similar to Lucky's Peace Club.

## Try out these cross-curricular activities and go the distance with your class

**Early Years and Key Stage 1**

- RE/PSHE CURRICULUM LINK** Organise a circle time about what peace means. Discuss times when people may not be at peace, drawing on children's own experiences, as well as local and global examples for Key Stage 1. Discuss examples of not living peacefully at home or at school e.g. arguments over toys or games in the playground. Explore ways of finding solutions to different conflicts, and discuss why this is important.
- ART CURRICULUM LINK** Create a mural/sculpture inspired by one of the stories to reflect the theme of sport and peace.
- NUMERACY CURRICULUM LINK** Count how many days, weeks or months it is until the next big international sporting event e.g. the Olympic and Paralympic Games. You could count down the days on a class calendar.

**Key Stage 2**

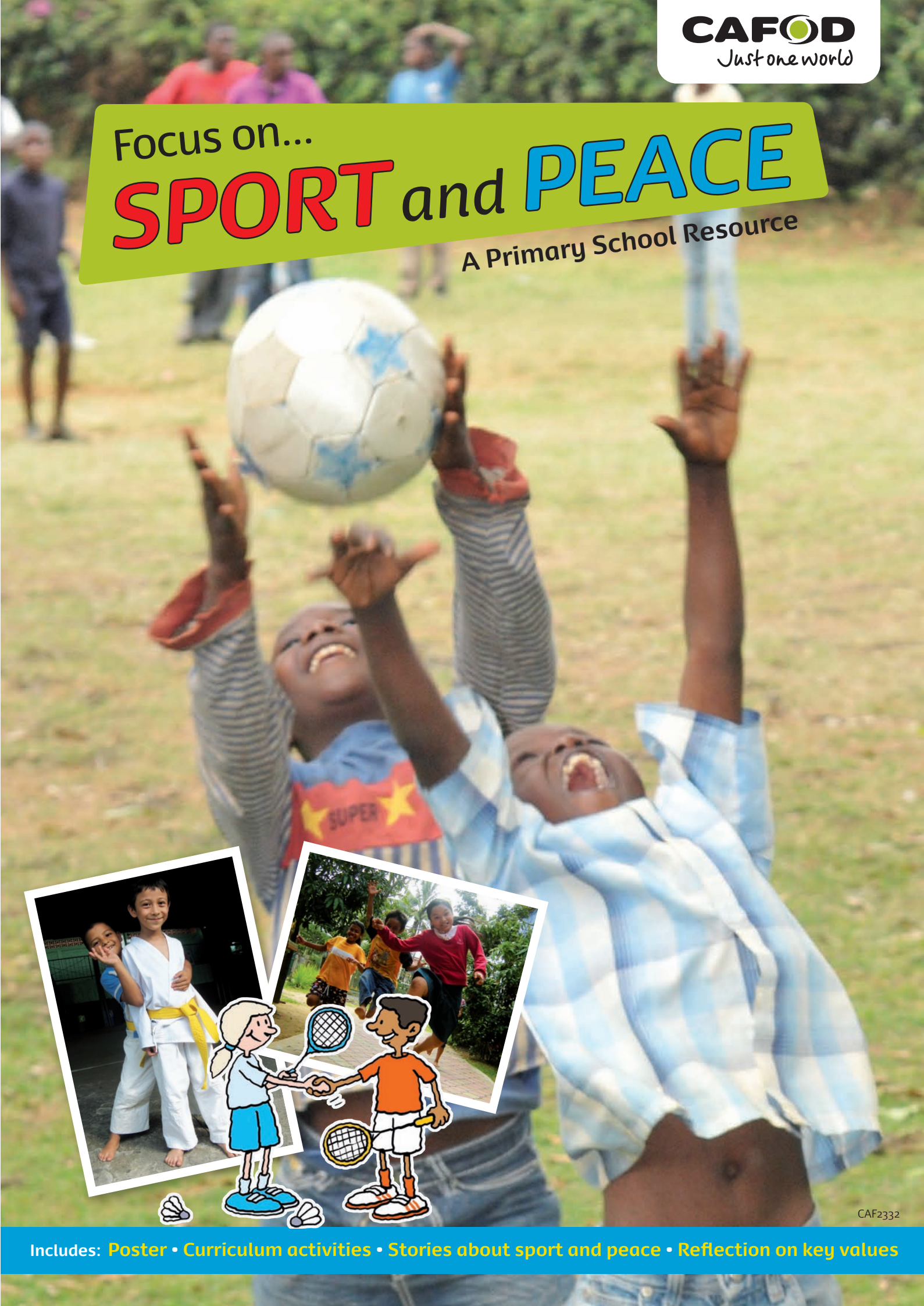
- RE/PSHE CURRICULUM LINK** Organise a circle time about what is meant by peace, conflict, and reconciliation. Discuss the meaning of these words. Explore different ways of resolving conflict; discuss how the 'Sports for Peace' project is helping children like Ian. Take time to reflect on a country that is not living in peace or a country that is building peace following a conflict.
- HISTORY CURRICULUM LINK** Research the history of the Olympic Games and find out how the peace truce enabled Olympic athletes to travel to the Games in safety. Try to find other examples of how sport has been, or is being used to promote peace, for example: in local and national newspapers.
- GEOGRAPHY CURRICULUM LINK** Research what life is like for people living in Kenya, El Salvador, the Philippines, or Cambodia. Create a fact file for a chosen country.
- NUMERACY CURRICULUM LINK** Research different sporting data e.g. medal tables or world records. Children could develop their data handling skills by finding their own ways to record the information through things like graphs or pie charts.

**Whole School**

- RE/PSHE CURRICULUM LINK** Make a peace calendar. You could do this as a class. Alternatively, encourage members of the school council to collect ideas from children to produce a whole-school peace calendar. Here are some ideas of things to include:
  - school sporting events e.g. tournaments, matches, sports day
  - actions for peace e.g. a school peace week, making a peace garden or peace display
  - prayer opportunities e.g. school liturgies/ worship around the theme of peace
  - key dates and seasons in the liturgical year that focus on peace and reconciliation.

Download more sport and peace activities, including an assembly as well as curriculum and whole-school activities at [cafod.org.uk/primary/sport](http://cafod.org.uk/primary/sport)

What other key values and principles can you find in the stories?



# Focus on... SPORT and PEACE

A Primary School Resource



## Focus on the facts

It is amazing how sport can help to develop peace. The promotion of peace is one of the key principles of Catholic Social Teaching. Sport can also help to tackle many other issues related to poverty and injustice. Using the theme of sport is an extremely powerful way for children to find out more about what goes on in the world. As children hear stories of inspirational sport projects around the globe, they will learn how sport can be used to make a real difference to people's lives.

## Why CAFOD and sport?

All around the world, sport can bring hope to people and it has the potential to bring about change. CAFOD supports inspirational sports projects because sport can help people to:

- learn and/or to put into practice key values such as honesty, fair play, respect and teamwork
- develop confidence and promote their God-given talents
- get together with different types of people and challenge discrimination
- make friendships and build peace
- HAVE FUN! This is especially important for people living with an illness or with violence.



*"As a real instrument of reconciliation... (sport) brings people together... the ideals of fair play, honesty, friendship, collaboration and mutual respect... are the building blocks of a new civilisation of peace."*

(Pope John Paul II, 1986)

## Olympic and Paralympic values:

The Olympic and Paralympic Games are about much more than sporting excellence. Underpinning the Games is the philosophy of Pierre de Coubertin, the founder of the Modern Olympic Movement. He saw in the Games an ideal opportunity to develop a set of values:

- respect • excellence • friendship.

The Paralympic values are based on the history of the Paralympic Games and the tradition of fair play and honourable sports competition.

They are:

- courage • determination • inspiration
- equality.

## How to play your part with your class?

Your class will have their own personal experiences of sport, ranging from PE lessons, playground games and school sports days to extra-curricular sports classes, clubs or teams. Whatever their experience, sport offers children a valuable opportunity to engage with global issues, as it is something that they are able to identify with. Through their own experiences of sport, children will be able to relate to stories about how sport is used around the world to promote peace and development.



# Sport and peace stories

## Lucky's story KENYA

Lucky is 11 and lives in Kenya in Africa. Her favourite sport is football. Lucky lives in Kibera, which is one of the largest slums in Kenya. CAFOD is helping to run an after-school 'Peace Club' in Lucky's primary school. At Peace Club, children come together to sing songs, write poetry and practise drama around the issue of peace. Going to Peace Club is important to Lucky: she says, **"It tells me how peace is very important and it makes us be united"**.

Nearby, in a slum called Korogocho, CAFOD is supporting the use of sport to give children hope for a brighter future. Life is difficult in Korogocho – there is little electricity or running water. There are not many jobs here and with only two state primary schools, classes are crowded and there are few books.

St. John's Sports Society is helping children and young people change their lives through sports – it teaches them about teamwork, commitment and hard work. St John's motto is 'Pamoja Tunaweza! Together We Can!' Young leaders teach children how to play sports such as basketball, volleyball, football, karate and athletics.

Find out more about the work of CAFOD's partners in Kenya by watching the film at [cafod.org.uk/primary/sport](http://cafod.org.uk/primary/sport)



## Maria's story EL SALVADOR

Maria is 10 and lives in El Salvador in Central America. She has one younger sister. Her mum and dad both work. At school, Maria studies lots of subjects. She wants to get ten out of ten in everything.

There is a lot of poverty where Maria lives. There is also a lot of violence and CAFOD's partners, the Sisters of St Clare, are helping the community to develop more peaceful ways of living with each other.

One way of doing this is through sport, music and dance activities for the children. The gangs frighten Maria, but sport helps to keep her away from the violence.

Every Saturday, Maria goes to her local school to take part in sport and dance activities. At the school, children can join in sports like karate, basketball, volleyball and football. Playing sport together gives the children a sense of belonging and a chance to develop their talents.

Maria learns to dance at her school. She says, "I have learned about discipline and how to work as part of a group. **And I have learned that, if we get on well, we can live in peace and be far away from the violence**".

Maria loves dancing, and has been learning for three and a half years.

At the dance classes, Maria enjoys the friendship of her group and feels safe. "I like dancing" she says, "because it's really fun and it keeps us away from the violence and all the bad things that might happen to us."

Download a powerpoint of Maria's story (especially suitable for Key Stage 1) at [cafod.org.uk/primary/sport](http://cafod.org.uk/primary/sport)



## Ian's story THE PHILIPPINES

Ian comes from the Philippines, in South East Asia. He is 11 years old. Ian lives in an area where there is conflict. CAFOD is supporting a project called 'Sports for Peace' to help improve understanding between different groups of people living there. This project helps Ian and children like him to play with other children from different groups and faiths. It is bringing people together and is helping to build peace in the community.

Through the project, Ian plays basketball. This has helped him to learn new skills and become more confident. Sport is very important to Ian and other children in his community. Ian says, **"playing sports can help restore peace in our area as we become friendly and more united."**

One of the principles of the project is that if children can play together peacefully when they are children, then they can also play or work peacefully as adults. "Sport can give us a chance to recognise each other, not only as opponents, but as fellow human beings," says Abel Moya, who is managing a CAFOD programme to help build peace in the Philippines.

Find out more about how sports have helped Ian by watching the film at [cafod.org.uk/primary/sport](http://cafod.org.uk/primary/sport)



## Munny's story CAMBODIA

Munny is 11 years old. He lives in Cambodia, in South East Asia. He loves dancing and music and wants to be a DJ when he grows up. Life has been difficult for Munny – his mother died two years ago. Sport is helping Munny and other children like him.

CAFOD is supporting the 'Happy Happy Club' where Munny and other children come together to dance and play games and sports such as basketball and football. At the club children make friends, learn new skills, build confidence, share experiences and give each other support.

Going to the Happy Happy Club is fun for the children. For many of them, it is a high point in their lives and gives them a chance to be happy. Munny really enjoys going to the Club. He says:

"I like the Happy Happy Club because it makes me laugh! My mum died two years ago and I felt very sad for a long time. **But here, with my friends, we can have fun and be happy.**"

To find out more about what life is like in Cambodia visit Picture my World, CAFOD's website for children [cafod.org.uk/picturemyworld](http://cafod.org.uk/picturemyworld)

