

SPAR Lancashire School Games

Pledge Participant

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Welcome to the 2020 Virtual Spar Lancashire School Games.

At these most difficult times we must remember what is important when we think about what we would do in the Lancashire School Games.

There is no point in winning if you cheat because it is not fair on other people, you haven't actually won and you will make others sad and upset so what is the point?

*Always be **HONEST!***

It will make you feel a winner even if you lose.

*You should always try your hardest and have **DETERMINATION** even if you don't win it is all about having fun and working hard, laughing and helping friends will get you through.*

*At first, I was not a fan of competing but now I love it and have a **PASSION** for it and I love sport (especially tennis). So, I say give it a go, you will definitely love something you try.*

*To be good at sport you have to have **TEAMWORK** and work together, not argue then you will get somewhere but if you don't work together then you won't get very far at all. It is so much better when you help one another.*

*You should always have **RESPECT** for others.*

For example, if a friend came last in a race, say well done. You did great and say that you couldn't have done it either because it would make them feel better than if you made fun of them. You should always have respect for the officials even if you disagree. You wouldn't be there if it wasn't for them to organise everything, would you?

You should always believe in yourself; it will make you feel stronger even if you didn't think you were good, there is no such thing as coming last as long as you try hard. That's what matters!

Always have self believe, it will get you far in life.

Lastly, I would like to say a big thank you to all of the sports officials and teachers for being so friendly and supportive.

Thanks a million!

SCHOOL GAMES

