



**Developing character through sport –
True Sport
with the
Ottawa REDBLACKS, Ottawa 67's and
Ottawa Fury FC**

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Developing character through sport – Junior Divisions

Lesson Title:	Developing character through sport – True Sport with the Ottawa REDBLACKS, Ottawa 67's and Ottawa Fury FC
Time:	Two to three periods or two periods and a take home assignment
Curriculum Links:	Character Education & Visual Arts
Resources:	<ul style="list-style-type: none"> • True Sport Principles *Appendix 1 • Who are the Ottawa REDBLACKS, Ottawa 67's and Ottawa Fury FC? • Provincial and School Board Character Education Resources (ex. OCDSB, OCSB) • #WEARETRUESPORT Poster – Your Favourite Ottawa Teams Live True Sport *Appendix 2 • True Sport Principles in Action *Appendix 3 • Three posters: “Looks Like,” “Sounds Like” and “Feels Like” – each poster will include the seven True Sport Principles as headings of sections to be filled in by the students *Appendix 4 • Make Your Mark: Football, Hockey and Soccer Jersey templates *Appendix 5 • Additional Resources * Appendix 6

Lesson 1: Outline

Before: (Mental Set/“Hook”)

- 1) Display the [True Sport Principles](#) poster (**Appendix 1**) and/or Board Specific Character Education Resources (**Appendix 2**) for students to see and take a moment to provide a brief overview
- 2) You may choose to show the class the [True Sport Video](#) to emphasize the power of True Sport and help inspire the students

- 3) Hang the posters provided in **Appendix 4** - “Looks Like,” “Sounds Like” and “Feels Like” around the classroom and provide a set of markers with each

During:

- 4) Separate the class into three groups and assign each group to a poster where they will discuss and then fill in what True Sport “looks like, sounds like or feels like” in their school, classroom, bus, hallways, etc. – encourage students to use real life examples and to be as specific as possible
- 5) Have student rotate from one poster to the next, providing them time to add anything that might be missing (less time will be required for the last two rotations)

Closing:

- 6) Discuss the feedback provided on the posters with the classroom and challenge students to continue to act in ways that will provide more examples that can be added to these lists throughout the rest of the school year

Lesson 2: Outline

Before: (Mental Set/“Hook”)

- 1) Take a moment to review the [True Sport Principles](#) (**Appendix 1**) that were discussed previously

During:

- 2) Introduce the sports of football, hockey and soccer and engage the students to find out what they already know about them
- 3) Review the **#WEARETRUESPORT** and **True Sport Principles in Action** posters that highlight examples of Ottawa’s favourite teams (Ottawa REDBLACKS, Ottawa 67’s, Ottawa Fury FC) living True Sport just like the students (**Appendix 2 and 3**)

Closing:

- 4) Handout jersey templates (**Appendix 5**) to each student (extras for practice) and explain that they are now going to get a chance to express their own True Sport values and principles while designing their own jersey

Extension:

- 5) **Make Your Mark:** the jersey design can be done in class if time permits or as an activity to be completed at home

Appendix 1 – True Sport Principles

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True Sport Principles

Go For It

Rise to the challenge - always strive for excellence.
Discover how good you can be.

Play Fair

Play honestly - obey both the letter and spirit of the rules.
Winning is only meaningful when competition is fair.

Respect Others

Show respect for everyone involved in creating
your sporting experience, both on and off the field.
Win with dignity and lose with grace.

Keep It Fun

Find the joy of sport.
Keep a positive attitude both on and off the field.

Stay Healthy

Place physical and mental health above all other
considerations - avoid unsafe activities.
Respect your body and keep in shape.

Include Everyone

Share sport with others.
Ensure everyone has a place to play.

Give Back

Find ways to show your appreciation for the community
that supports your sport and helps make it possible.

truSPORT.ca

#WEARE67S
#WEAREFURY
#WEAREREDBLACKS
#WEARETRUESPORT

GO FOR IT
Our teams always rise to the challenge and put their best efforts forward in order to win. We work hard, never give up and know that winning feels best when you earn it.

PLAY FAIR
Following the rules makes the game fair for everyone. We appreciate the officials who help keep our games on track and we hope you do too.

RESPECT OTHERS
Both on and off the field, we respect each other, our opponents, the officials and most of all you, our FANS!



KEEP IT FUN
Have you met our mascots Big Joe, Riley and Sparky? These guys come out to the games to lead the cheer. When you see them starting a cheer, stand up and join in!

STAY HEALTHY
Our teams stay away from performance-enhancing drugs and so should you. Eat healthy, drink lots of water and stay active playing your favourite sports!

INCLUDE EVERYONE
Everyone should get the chance to be involved in sport. We welcome everyone at our games because more fans means MORE fun!

GIVE BACK
We do our best to give back to the communities where we play. We love getting out to meet fans, to support charities and are really thankful for our great fans!

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Appendix 3 – True Sport Principles in Action

Go For It	The Ottawa 67's captain Jacob Middleton “goes for it” and gives 100% both on and off the ice. He works hard and trains hard at everything he does.
Play Fair	Following the rules makes the game fair for everyone. We appreciate the officials who help keep our games on track and we hope you do too.
Respect Others	Both on and off the field, we respect each other, our opponents, the officials and most of all you, our FANS!
Keep It Fun	Have you met our mascots Big Joe, Riley and Sparky? These guys come out to the games to lead the cheer. When you see them starting a cheer, stand up and join in! Join our Big Joe & Friends Kids Club and get FREE tickets, prizes and exclusive invites to FUN and exciting kids club events.
Stay Healthy	Our teams stay away from performance-enhancing drugs and so should you. Eat healthy, drink lots of water and stay active playing your favourite sports! Do you walk to school? Eat veggies? Get enough sleep? Check out the 67's healthy active living tool to find out how healthy you are, and what you can do to improve!
Include Everyone	The Ottawa Fury FC is committed to growing the sport of soccer and sharing their passion with their community. The Fury Fanatics Program is designed to decrease financial barriers associated with attending Ottawa Fury FC games at TD Place through free admission for local youth soccer players.
Give Back	Future Hall of Famer Henry Burris knows the importance of sport and its impact on his community. Henry can be seen lending his time and name to various charities and minor football organizations. Like all of our athletes, we “Give Where We Live!”

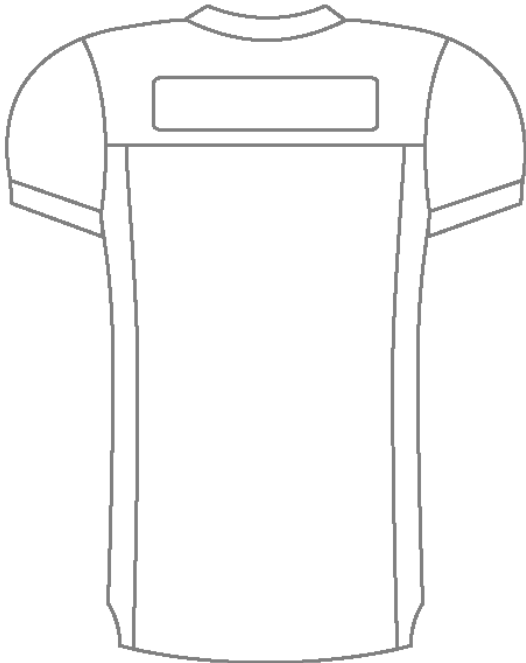
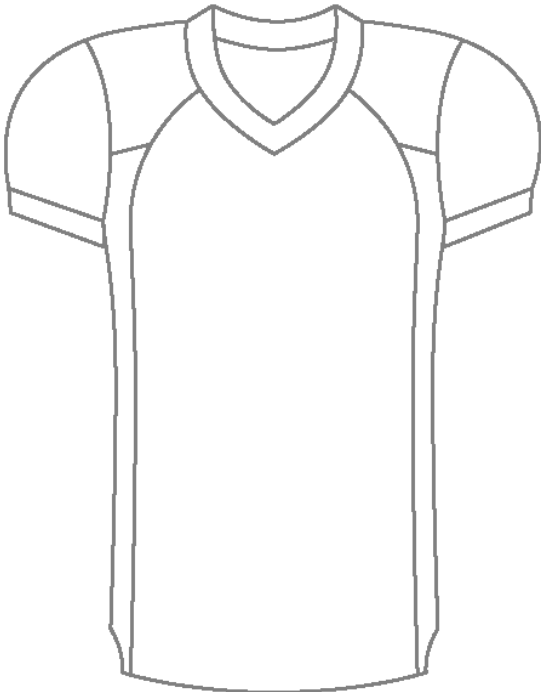
Appendix 4 – Looks, Sounds and Feels Like

	What does True Sport LOOK like in your school/classroom/community?			
Go For It	Trying something new			
Play Fair				
Respect Others				
Keep It Fun				
Stay Healthy				
Include Everyone	Asking someone new to join your game			
Give Back				

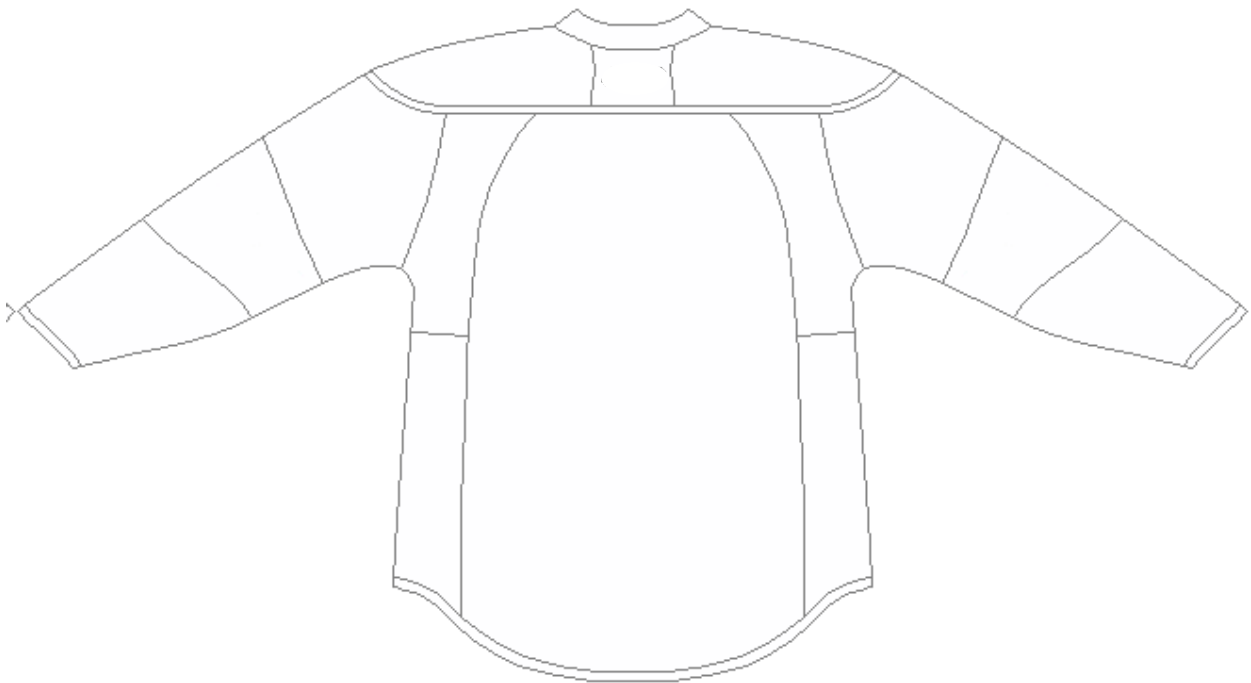
	What does True Sport FEEL like in your school/classroom/community?			
Go For It				
Play Fair				
Respect Others	Feeling like my opinion matters			
Keep It Fun				
Stay Healthy	Having lots of energy			
Include Everyone				
Give Back				

	What does True Sport SOUND like in your school/classroom/community?			
Go For It				
Play Fair				
Respect Others				
Keep It Fun	I love hanging out with you!			
Stay Healthy				
Include Everyone				
Give Back	Let me help you			

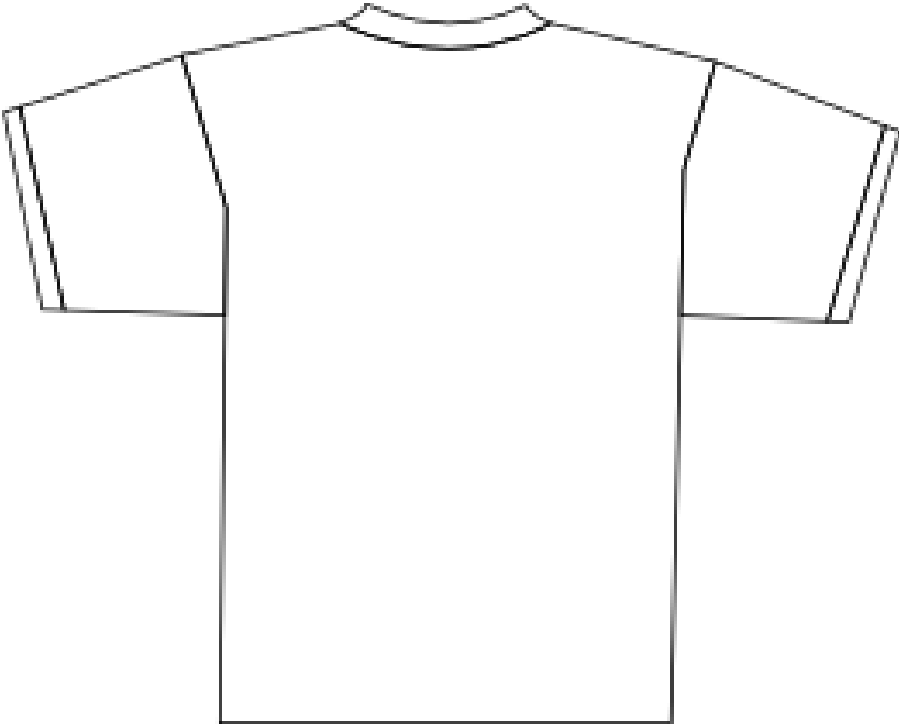
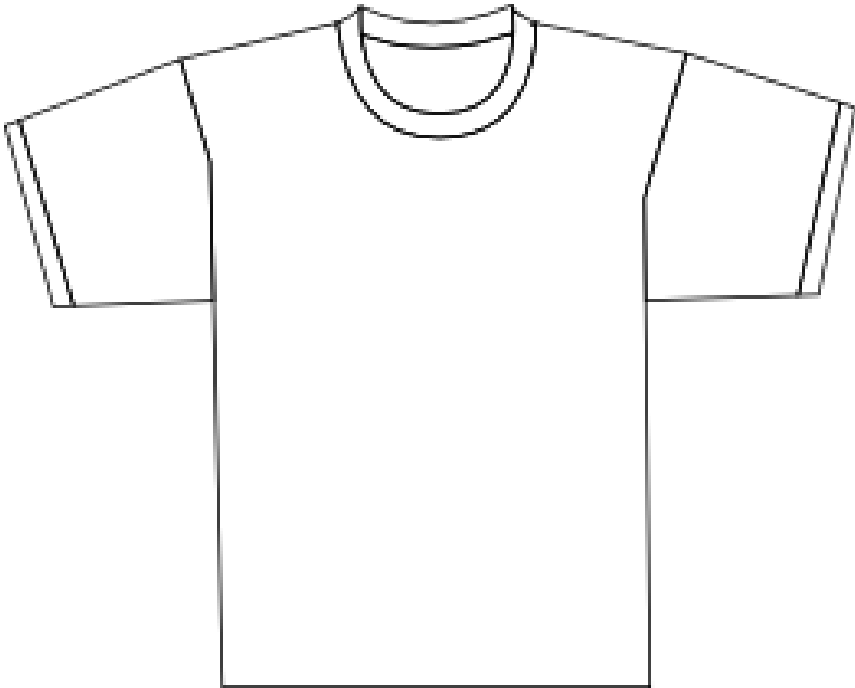
Appendix 5 – Make Your Mark – Football Jersey Design



Appendix 5 – Make Your Mark – Hockey Jersey Design



Appendix 5 – Make Your Mark – Soccer Jersey Design



Appendix 6 – Additional Resources

Join True Sport	If you're not already involved in True Sport and would like to join, find out how you can take the first step .
Sign the True Sport Declaration	Once you have joined, download, sign and post our official member declaration certificate to make a statement about your school's commitment to True Sport. Download our official True Sport Declaration then hang it with pride for all to see.
Subscribe to the True Sport Newsletter	True Sport in Action - Get the latest True Sport news delivered directly via email.
Recognize True Sport	Take a look at the collection of examples of how True Sport Members have recognized and celebrated actions that reflect the True Sport Principles. A simple way to promote the notion that good sport can make a great difference is to recognize it!
Learn more about Character Education and Sport	A series of lesson plans connecting character education and sport. For years, participation in sport has been associated with the development of moral character. By dedicating a few classroom periods, teachers and students will benefit.
Build a True Sport Agreement	This tool is a means of determining a shared set of values within a group. This tool also helps to create an environment for coaches, teachers and leaders to work together to promote the development of young people both as athletes and citizens.
True Sport Engagement Kits	A series of school based Engagement Kits that connect the True Sport Principles to daily school sport activities.