

THE TRUE SPORT PRINCIPLES IN ACTION



TRUE SPORT

KEEP IT FUN

Behavioural indicators of someone who lives the Keep It Fun principle include expressing enjoyment through laughter, smiling, and creativity, and demonstrating hustle through effort and eagerness.

A PARTICIPANT WHO LIVES THE KEEP IT FUN PRINCIPLE:



- › Is eager to participate.
- › Smiles and laughs.
- › Hustles.
- › Is confident.



- › Is motivated.
- › Fosters positive relationships.
- › Feels as though sport is a highlight of their day.

A TRUE SPORT ENVIRONMENT THAT EXEMPLIFIES THE KEEP IT FUN PRINCIPLE:



- › Fosters positive conversations.
- › Fosters feelings of competence and self-worth.
- › Has spectators and participants that are encouraging and supportive.
- › Allows time for unstructured activities so participants can explore new skills.



- › Is inspired to push themselves and try new things.
- › Is immersed in the activity.
- › Problem solves when faced with challenges.

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