

Using SPORT as an acronym with matching hand signals, we can entrench a positive sports culture which we can apply to ages young and old.



Social

handshake



Play for fun

hands in the air



Offer your best

high five



Respect

handshake



Talent

clapping

applaud achievement and effort, clap for reaching goals and a job well done.

make friends with team mates, coaches and opponents. Shake hands and connect.

Sport is for enjoyment. Make time to release energy and enjoy. Put a smile on your face and your hands in the air.

Show up. Try your hardest. Practice being at your best. Give out a high five!

Say thank you. Show respect to yourself, team mates, opposition, coaches and anyone else involved. Shake hands.

