

One Act of Sporting Kindness

Event:

Abbey D'Agostino and Nikki Hamlin – 2016 Rio Olympic Games

In the heat and height of competition, sport has always also offered the opportunity to develop friendships and for individuals to show values-inspired acts of respect and generosity of spirit.

Think...

- What values and behaviours do you feel are being shown in this example?
- What inspired it?
- How does it inspire you?
- What can we learn and apply from it to our lives?



One of the most memorable moments from the 2016 Rio Olympic Games did not come from a Gold Medal winning performance. Instead, it came from an act of true sportsmanship. When competing in the heads of the 5000m track event, American Abbey D'Agostino and New Zealander Nikki Hamlin were four and a half laps from the finish when Hamlin tripped and fell to the ground, causing D'Agostino to stumble over her and fall to the track as well. D'Agostino then went over and lent Hamlin a hand, encouraging her to get up and finish the race.

The pair headed down the track until D'Agostino fell for a second time, due to an injury sustained in the earlier mix-up. Hamlin then returned the favour – giving away any chance she had of making the final – to help D'Agostino get back up on her feet. After finishing, they embraced in a hug. The unlikely duo proved the importance of sportsmanship on the greatest of global sporting stages, and both received the International Fair Play Committee Award for their actions.

Thinking further...

- Research more acts of sporting kindness. Create a 'Museum of Sporting Kindness' display in your classroom or school to celebrate the behaviours and values that they show - and how these are also relevant to our behaviour towards one another today.
- Record your own experience of acts of sporting kindness - those shown towards you, and those that you have shown towards other - as a blog, vlog or poster for sharing or display.