

One Act of Sporting Kindness

Event:

Matthew Rees and David Wyeth – 2017 London Marathon

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?



It became the defining image of the 2017 London Marathon: Matthew Rees stopping 300 metres short of the finish line to help David Wyeth, a complete stranger on the verge of collapse, finish the race. Matthew said afterwards:

"I was just about to sprint to the finish when I saw David. His legs were completely jelly-like and he collapsed in front of me. So I decided to forget my race. He had come so far and after 26 miles of running I wanted to help him to make the finish."

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.