Encouragement

Co-operation

Communication

Trust Respect

Gratitude Empathy Fairness

Gratitude

I

• show my thanks

• appreciate what I have

YOUTH SPORT TRUST

YST MY PERSONAL BEST

For example

In PE...

I enjoy the opportunity to be active.

In school...

I congratulate class mates when they do well.

In life...

I thank my family for their support.