

# How Can I Be a Good Sport?

There are lots of ways you can be a good sport. Here are some ideas:

- Keeping a positive attitude.
- Putting in 100% effort.
- Shaking hands with your opponents after the game.
- Supporting your teammates by saying, 'Good shot!' or 'Good try!' You should never criticise a teammate for trying.
- Accepting the referee's decision - arguing with officials does not show good sportsmanship.
- Treating your opponent or the other team with respect.
- Taking pride in winning while also being modest and humble.
- Accepting if you lose, without moaning or making excuses.

Being a good sport shows strong self-control and highlights the respect you have for others.

These skills are important in other aspects of your life.



Have you ever heard someone say, 'He or she is such a good sport'?

