

For Our Younger Karatekas

DISCOVER THE SPIRIT OF SPORT IN THE

# ANTI-DOPING ACTIVITY PACK



Complete the following activities and sign the Pledge:

**Play True: Snakes & Ladders**



**Play True: Pairs**



**WADA's Card Game**



**Play True Pledge**



## LEARN HOW YOU



## CAN PLAY TRUE



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**WADA**  
play true



# ANTI-DOPING ACTIVITY PACK

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## Introduction

As many of us around the World are currently staying safe by staying at home, we at the WKF have put together several anti-doping activities to both educate and entertain the younger athletes amongst us.

This short activity pack\*, which focuses on the “Spirit of Sport” and its core values, has been created with the help of WADA’s very useful [Teacher’s Tool Kit](#) and we hope that young athletes, aging from 8 to 14, as well as parents and teachers alike will enjoy and benefit from its use.

\*Images used throughout this activity pack are provided by Canva, ClipArt and Pixabay.

## How to Play True?

In order to play true, it is important to recognise and follow certain values that protect the “Spirit of Sport”.

The Spirit of Sport is the celebration of the human spirit, body and mind.

Doping goes completely against the Spirit of Sport.

So, what are the 11 core values of the Spirit of Sport?

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other participants
- Courage
- Community and solidarity



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The following activities in this pack focus on these 11 core values in order to help young athletes recognise and understand how to put them into practise in both sport as well as their everyday lives.

## 1. Core Value Examples – taken from [WADA's Teacher's Tool Kit](#)

- Spirit of Sport Values
- Spirit of Sport in Everyday Life

## 2. Play True: Snakes & Ladders

This version of the popular board game “Snakes & Ladders” has been adapted to help young athletes recognise behaviour in sport that either: upholds the Spirit of Sport or goes against its values.

To play, you will need a counter for each player and one die.

Players take it in turns to roll the die, moving their counter around the board, starting in the bottom left-hand corner at number 1.

Ladders: if a player lands on a square containing the bottom of a ladder, they read the sentence aloud and match the positive action in sport to one of the 11 core values. This player then climbs to the top of the ladder and starts their next turn from here.

Snakes: if a player lands on a square containing the head of a snake, they read the sentence aloud and match the negative action in sport to one of the 11 core values. This player then slides down to the bottom of the snake and starts their next turn from here.

The winner is the first player to reach the final square – number 80, in the top left-hand corner of the board.



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## 3. Play True: Pairs

This activity focuses on how young athletes can demonstrate Spirit of Sport values in their everyday life.

The activity can first be used as a worksheet where athletes must match each value to its positive action.

Athletes can then cut the cards out and play Pairs.

To play, shuffle the cards and lay them out, face down and at random.

Players take it in turn to pick two cards of their choosing.

If the chosen cards are a core value and its matching positive action, the player keeps the pair and takes another turn.

If not, the cards are returned to their face-down position and it is the next player's turn.

Play until all the cards have been matched up and the player with the most pairs wins.

## 4. WADA's Play True Card Game - taken from [WADA's Teacher's Tool Kit](#)

## 5. A Play True Pledge – adapted from [WADA's Teacher's Tool Kit](#)

Once a young athlete has completed the activities in this pack and can identify the good behaviour that upholds the 11 core values of the Spirit of Sport in both sport as well as in everyday life, they can now fill in their Pledge to Play True.

The young athlete should write their name at the top of the Pledge and colour and decorate their promise.

# Spirit of Sport Values

## What does the Spirit of Sport mean?

Included in the table below are examples of good Spirit of Sport behaviours and acts that would be contrary, or the opposite of the Spirit of Sport.

Spirit of Sport Values	Good Spirit of Sport Behaviours	Acts Contrary to the Spirit of Sport
Ethics, fair play and honesty	I play within the rules even though I know that I will not get caught if I cheat.	I do not respect the rules of the game. I lie when I am caught cheating.
Health	I listen to my body. I eat well, get enough sleep and I do not over do it.	I take risks when I do sport. I play even when I am hurt or am tired.
Excellence in performance	I always try my best. I am happy when I win, but do not make my opponent(s) feel badly.	I give up when I am losing or not playing well. If I am not playing well, I become aggressive towards my team mates and opponents.
Character and education	I show a good example to my team mates about playing fair. I am a good role model for younger players. I always stay in control even when I am losing or not playing well.	I encourage others to cheat with me or not to play fair.
Fun and joy	Playing my favourite sport makes me happy. I always have fun, whether I am winning or losing.	I often get aggressive when I am playing, which makes sport less fun. I get angry and sad. I sometimes hurt others (physically or emotionally). I play to win. I don't find playing fun any more.

Spirit of Sport Values	Good Spirit of Sport Behaviours	Acts Contrary to the Spirit of Sport
Teamwork	I know that I cannot win alone. We win as a team and we lose as a team.	I do things on the field that make me look good but isn't really good for the team. I get mad at team mates because they aren't as good as me.
Dedication and commitment	I am dedicated to my sport and team. I go to all practices and games. I help younger kids play.	I only play in games. I do not practice or train. I don't play unless I think we are going to win.
Respect for rules and laws	I know the rules. I respect the rules and the officials.	I yell at officials and coaches. I challenge calls made by referees. I do not respect authority.
Respect for self and other participants	I don't let others treat me badly. I help my team mates and opponents up if they fall.	I yell at my team mates and opponents. I am rude. I am aggressive.
Courage	I speak out when I know that my team mate or opponent is not playing by the rules.	I do not say anything when I see a team mate or opponent breaking the rules or cheating.
Community and solidarity	I leave the competition on the field. I am friends with my opponents off the field. I speak out when I see something that isn't right.	I discriminate against other players who are different from me. I do not play with people who are not as skilled as me. I do not talk to opponents off the field.



# Spirit of Sport in Everyday Life

## What does the Spirit of Sport have to do with everyday life?

In the first column of the table below you will find examples of how you can demonstrate the Spirit of Sport Values in your everyday life (not sport related). In the next column, you are given examples of what others can do to demonstrate the Spirit of Sport Values. Finally, there are examples of consequences of not following the Spirit of Sport Values.

Spirit of Sport Values	What can I do?	What do I expect of others?	What are the consequences of not having these values?
Ethics, fair play and honesty	I do not cheat on tests.  I keep promises that I make to my friends and family.	I expect others not to cheat.  I expect others to keep promises made to me.	If everyone cheated on a test no one would know how much they had actually learned.
Health	I take care of my body.  I get enough rest.	I expect others to take care of themselves.	If everyone was tired and sick all the time, nothing would get done.
Excellence in performance	I try my best at school.  Even when I do well, I try hard to do even better.	I expect my classmates to do their best.  When I am playing a game with my friends or when I am working on school homework with a school friend, I expect them to try hard.	If no one does their best, work is harder and games are not as much fun.  If no one tries their best, the results are not as good and there is not as much to be proud of.

Spirit of Sport Values	What can I do?	What do I expect of others?	What are the consequences of not having these values?
Character and education	<p>I like to learn new things.</p> <p>I listen to others so that I can learn more.</p> <p>I try to help a classmate who is having trouble understanding school work.</p>	<p>I expect that my friends and classmates will treat me fairly and will help me if I need it, in the same way as I would help them if they needed it.</p>	<p>If you are not curious about learning new things and if you are not willing to share what you know with others, each day will not be as fun and as interesting as it otherwise could be.</p>
Fun and joy	<p>I like to have to fun.</p> <p>Life is more fun when I am happy.</p> <p>I try to look at the positive side of a bad situation.</p> <p>I try to cheer my friends up when they are sad.</p>	<p>I expect my friends to be happy.</p> <p>I expect my friends to be positive.</p>	<p>If there was no happiness or fun, everyone would be angry and sad all the time.</p> <p>Work is easier to do if you are in a good mood.</p>
Teamwork	<p>I like to help my friends when they are in need.</p> <p>I help people in need even if they are not my friends.</p>	<p>I expect my friends to help when I am in need.</p> <p>I expect my friends to help others.</p>	<p>If you do not share and work with others, daily activities and work are harder and not as enjoyable.</p> <p>If people are not able to work together, trying to get anything done would be chaotic, messy and confusing.</p>



Spirit of Sport Values	What can I do?	What do I expect of others?	What are the consequences of not having these values?
Dedication and commitment	I try to finish something that I have started, even if it is hard to do or requires a lot of time and effort.	I expect others to finish something that they have started.  I expect others not to give up when something is hard to do.	If others did not finish what they have started, it would be difficult to get things done.
Respect for rules and laws	I follow the rules at school.  I follow the rules at home.  I follow instructions from my teachers and parents.	I expect my friends to respect the rules.  I expect my classmates to respect the school rules.	If I don't respect the rules, I could get punished.  If the rules are not followed, it will be unpleasant to take part in the activity.
Respect for self and others	I am polite with others.  I wait for my turn to speak in class.  I wait my turn when I play a game.	I expect my friends to be nice to me.  I expect people to respect me.	There is a saying that 'Respect is a two-way street'.  If I do not respect others, they will not respect me and, if others do not respect me, it will make it difficult for me to respect them.
Courage	I stand up for someone smaller or younger who is being picked on.  I am not afraid to defend what is right and fair, even if others do not agree.	I expect people to stand up for what is right and fair.  I expect my friends to help me if someone is unfairly picking on me.	If no one has the courage to stand up for what is right and fair, bullies may get away with behaviour that is harmful and makes it difficult to get work done or to enjoy group activities.



# PLAY TRUE: SNAKES & LADDERS

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80 <b>FINISH</b>	79	I play to win. I don't find playing fun anymore	77	76	75	74	73	72	71
61	62	63	64	65	68	67	I yell at my team mates and opponents. I'm rude and aggressive.	69	70
60	59	58	I do not respect the rules of the game. I lie when I am caught cheating.	56	55	54	53	52	51
I speak out when I know that my team mate or opponent is not playing by the rules.	42	43	44	45	I listen to my body. I eat well, get enough sleep and I do not overdo it.	47	48	49	50
40	39	38	37	36	35	34	33	32	31
21	22	I only play in games. I don't practice or train. I don't play unless I think we will win.	24	25	26	27	28	29	30
20	19	18	17	I always try my best. I'm happy when I win, but do not make the other team feel badly.	15	I encourage others to cheat with me or not to play fair.	13	12	11
1 <b>START</b>	I know that I cannot win alone. We win as a team and we lose as a team.	3	4	5	6	7	8	9	I know the rules. I respect the rules and the officials.



# PLAY TRUE: PAIRS

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Can you match the core Spirit of Sport values with the positive actions that you can do in everyday life?

**Ethics,  
Fair Play &  
Honesty**

I am polite with others. I wait for my turn to speak in class. I wait my turn when I play a game.

**Health**

I try my best at school. Even when I do well, I try hard to do even better.

**Excellence  
in  
Performance**

I like to help my friends when they are in need. I help people in need even if they are not my friends.

**Character &  
Education**

I take care of my body. I get enough rest.

**Fun & Joy**

I do good things for my community. I help my teacher. I help my friends. I help out at school. I like to help younger students. I share what I know and have with others in need.



# PLAY TRUE: PAIRS

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## **Teamwork**

I try to finish something that I have started, even if it is hard to do or requires a lot of time and effort.

## **Dedication & Commitment**

I do not cheat on tests. I keep promises that I make to my friends and family.

## **Respect for Laws & Rules**

I like to have to fun. Life is more fun when I am happy. I try to look at the positive side of a bad situation. I try to cheer my friends up when they are sad.

## **Respect for Self & Other Participants**

I stand up for someone smaller or younger who is being picked on. I am not afraid to defend what is right and fair, even if others do not agree.

## **Courage**

I like to learn new things. I listen to others so that I can learn more. I try to help a classmate who is having trouble understanding schoolwork.

## **Community & Solidarity**

I follow the rules at school. I follow the rules at home. I follow instructions from my teachers and parents.



# How to Play WADA's Anti-Doping Card Game

**Object of the game:** The object of the game is to be the first person to discard all his/her cards, without being banned for life for doping.

**What you will need to play:** All you need in order to play WADA's anti-doping card game is the special deck of cards.

## How to play:

- To start the game, choose a dealer by having each player pick a card from the deck. The person with the highest number is the dealer. When selecting a dealer, the wild cards and the Life-Time Ban card count as zero.
- The dealer will give each player seven cards and put the remaining cards face down in the middle of the table. This is the draw pile.
- Turn the top card of the draw pile over to form the discard pile.
- Take turns beginning with the player to the left of the dealer and go clockwise around the table.
- When it is your turn, place a card on the discard pile. Your card must have the same number, color or wording as the top card of the discard pile – or be a wild or draw 4 card.
- If you cannot play a card, you must draw a card from the top of the deck. Play the drawn card if you can. If you cannot play the card that you drew, keep it in your hand. It's the next person's turn.
- You can play a wild card or draw 4 card any time it is your turn.
- If you are dealt or draw the Life-Time Ban card, you are instantly out of the game. The Life-Time Ban card should then be placed in the discard pile, under the card that is currently at the top of the discard pile.
- Say "Play True" when you have one card left in your hand. If you forget to say "Play True" and another player catches you, you must draw two (2) cards.

	<p style="text-align: center;"><b>Regular cards</b></p> <p>The main playing cards look like this one – in green, red, blue and yellow with numbers from 1-9.</p>
	<p style="text-align: center;"><b>Miss a Turn</b></p> <p>When this card is played, the person playing after the one who played this card misses his/her turn. There are green, red, blue and yellow "Blamed your Teammates: Miss a turn" cards.</p>





### Draw 2

When this card is played, the person playing after the one who played this card must pick up two cards from the deck. There are green, red, blue and yellow “pick up 2” cards. Once the player has picked up his/her cards, his/her turn is over.



### Didn't Play True!

This card changes the direction of play (from clockwise to counter-clockwise). There are green, red, blue and yellow change direction cards.



### Wild Card

This card is used to change the colour or suit of play. When this card is played, the person who put the card down chooses what suit will be played.



### Draw 4

This card is used to change the colour or suit of play. When this card is played, the person playing after the one who played this card must pick-up four cards from the deck. The person who played the card chooses what suit will be played.



### Life-Time Ban

When a player had this card in his/her hand, he/she is automatically “banned” from the game. The player can no longer play during the game. He/she can play in subsequent games.

### Tournament Play:

If you are planning on playing a series of games, players can keep track of their points. The object of Tournament Play is to be the first player to reach 500 points. At the end of each game (when a player has played all his/her cards) the **winner** gets points for cards left in **all** opponents' hands.

Card	Number of points
1-9	Face value
Draw 2	20 points
Reverse Direction	20 points
Miss a turn	20 points
Wild card	50 points
Draw 4	50 points

If a player draws a Life-Time Ban card during Tournament Play, the player is only banned for the game in which he/she is banned.



1  
Training  
**Respect**  
Respect  
Training  
1

2  
Training  
**Fair Play**  
Fair Play  
Training  
2

3  
Training  
**Fun**  
Fun  
Training  
3

4  
Training  
**No To Drugs**  
No To Drugs  
Training  
4

5  
Training  
**Rest**  
Rest  
Training  
5

6  
Training  
**Positive Living**  
Positive Living  
Training  
6

7  
Training  
**Dedication**  
Dedication  
Training  
7

8  
Training  
**Healthy Living**  
Healthy Living  
Training  
8

9  
Training  
**Honesty**  
Honesty  
Training  
9

Training

Cheated

+2

Training

Training

Cheated

+2

Training

Training

Blamed your  
Teammates

Miss a  
turn

Training

Training

Blamed your  
Teammates

Miss a  
turn

Training

Training

Didn't  
Play True



Change  
Direction

Training

Training

Didn't  
Play True



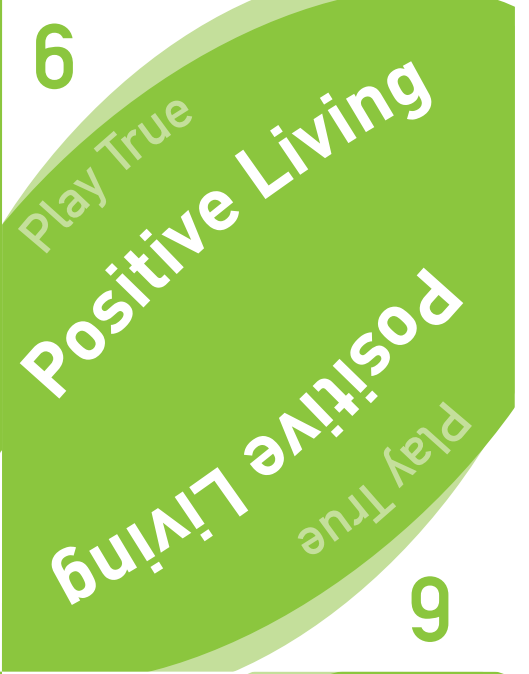
Change  
Direction

Training

+4

Change  
Color

Change  
Color



Play True

Cheated

+2

Play True

Play True

Cheated

+2

Play True

Play True

Blamed your  
Teammates

Miss a  
turn

Play True

Play True

Blamed your  
Teammates

Miss a  
turn

Play True

Play True

Didn't  
Play True



Change  
Direction

Play True

Play True

Didn't  
Play True



Change  
Direction

Play True

+4

Change  
Color

Change  
Color



Lifestyle

Cheated

+2

Lifestyle

Lifestyle

Cheated

+2

Lifestyle

Lifestyle

Blamed your  
Teammates

Miss a  
turn

Lifestyle

Lifestyle

Blamed your  
Teammates

Miss a  
turn

Lifestyle

Lifestyle

Didn't  
Play True



Change  
Direction

Lifestyle

Lifestyle

Didn't  
Play True



Change  
Direction

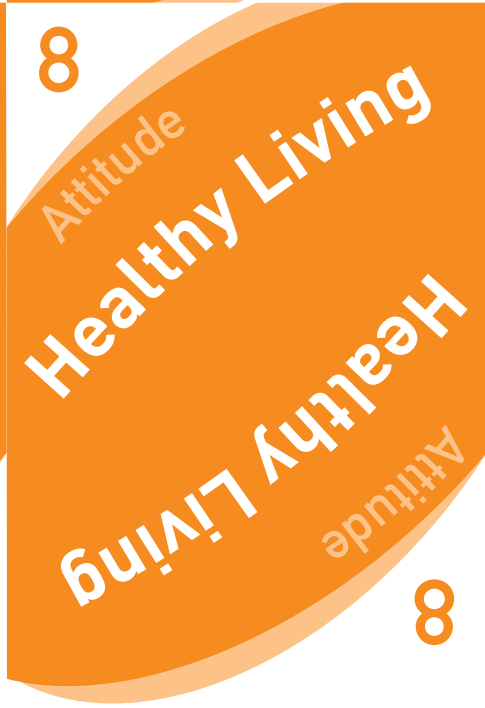
Lifestyle

+4

Change  
Color

Change  
Color





Attitude

Cheated

+2

Attitude

Attitude

Cheated

+2

Attitude

Attitude

Blamed your  
Teammates

Miss a  
turn

Attitude

Attitude

Blamed your  
Teammates

Miss a  
turn

Attitude

Attitude

Didn't  
Play True



Change  
Direction

Attitude

Attitude

Didn't  
Play True



Change  
Direction

Attitude

+4

Change  
Color

Change  
Color

# A Pledge to Play True

I \_\_\_\_\_ pledge to always Play True. I will Play True by –

## Respecting the rules

I will respect the rules of the game, sport and my class.

## Making sure the game is fun

I will not do anything that will take away the fun from the game.

## Having the courage to speak out

I will speak out when I see someone doing something that is against the spirit of Playing True.

## Doing my best

I will be happy with my performance even when it is not perfect as long as I am trying my best.

## Showing good teamwork

I will cooperate and support my teammates.

## Being dedicated

I will not give up when things get difficult.

**This is my pledge.**

**These are my goals.**

**I am committed to living by this pledge.**