



Express Yourself Essay Competition Grade 4-6 Winner:

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What moral values or life lessons can be learned from basketball?

Grade 4

St. Vincent



I am learning that the actions I do each day can be bad or good. My bad actions are punished and my good actions are praised or rewarded. My everyday actions show others what my moral values or standard of good and evil are.

Moral values are taught to me at home, school, church and even at play. These moral values according to my parents teach us to build a good character for life.

Each culture has different moral values which can divide us. However, in the game of basketball each of us learn the same moral values which help to unite us.

Some of the moral values learned from basketball are:

1. **Respect:** This respect is shown for fellow team members, members of the opposing team and even the supporters.
2. **Humility:** A good basketball player is not proud but gracious in victory and defeat.
3. **Perseverance:** Like Adonal Foyle said even if you are not good the first time, keep working hard and believe in yourself.
4. **Fearlessness:** Never have doubts, don't be afraid. In other words, you can if you try.
5. **Discipline:** Obeying the rules of the team and game help to keep you orderly.
6. **Love:** In basketball we learn to show love to everyone, no matter who they are.
7. **Tolerance:** We have to be willing to accept other people's behavior and encourage them to do better.
8. **Co-operation:** Teamwork is very important, so each person must co-operate in order to win a game.

These are just few of the moral values I learn when enjoying a fun game of basketball. These and other moral values are helping to impart lifelong values which help to make this world a better place.