

## JUNIOR PRACTICE WITH PURPOSE BADGE – MEETING 2

**Badge Purpose:** When girls have earned this badge, they will know how to set a sports goal and practice to achieve it.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> <li>Girls recite the Girl Scout Promise + Law.</li> </ul>	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
10 minutes	Warm Up <ul style="list-style-type: none"> <li>Girls warm up and stretch to prepare their muscles for the following activities.</li> </ul>	<input type="checkbox"/> Upper and Lower Body Stretches handout
30 minutes	Drill for Skill <ul style="list-style-type: none"> <li>Girls learn how to improve a specific skill.</li> </ul>	<input type="checkbox"/> Tennis balls (five to ten) <input type="checkbox"/> Hula hoops (two or three) <input type="checkbox"/> Hat or bandana <input type="checkbox"/> Masking tape
15 minutes	Practice Schedule <ul style="list-style-type: none"> <li>Girls create a practice schedule to keep track of their physical activities.</li> </ul>	<input type="checkbox"/> Practice Schedule template (one per girl) <input type="checkbox"/> Writing utensils
10 minutes	Snack Chat <ul style="list-style-type: none"> <li>Girls enjoy a healthy snack while discussing what they have learned.</li> </ul>	<input type="checkbox"/> Healthy snack
10 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends song lyrics poster

### Getting Started

Time: 15 minutes

**Materials Needed:** (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.



## Activity #1: Warm Up

Time: 10 minutes

Badge Connection: Activity links to multiple badge steps

Materials Needed: Upper and Lower body stretches handout

Prep Needed:

- Print out a copy of the Upper and Lower Body Stretches handout.
1. With any activity, you need to warm and stretch before you start. Warming up your muscles with stretches helps improve your range of motion and prevents injuries.
  2. Lead the girls in stretches. Count to 20 for each stretch and assure girls to stop if it hurts. Remind girls to BREATHE as they stretch!
  3. These are also great for a cool-down routine, which is just as important to prevent injury.

## Activity #2: Drill For Skill

Time: 30 minutes

Badge Connection: Step 4 – Drill for skill

Materials Needed: Tennis balls (five to ten); hula hoops (two or three); hat or bandana; masking tape

Prep Needed:

- You'll need a large space for this activity.
  - Set up five stations ahead of time. It may help to have a parent volunteer, other leaders, or even girls take the lead at each station to help explain what to do.
1. Explain to girls that it is important to spend time on specific skills within a sport or activity, especially when trying to reach a goal. A drill is a routine of movements that helps you improve a specific skill.
  2. Split the girls into groups equally to rotate through the five stations. Explain each station. Allow 5 minutes per station, then rotate.

Station 1: Reaction—Drop and Catch

- Hold a tennis ball with your palm facing down, arm stretched straight out.
- Drop the ball (do not raise your arm before dropping).
- Bend your knees and catch the ball before it hits the ground (palms still facing down).
- If needed, start off slowly by letting the ball bounce and then catch.
- Try with right hand, then switch to left hand.
- Try both hands at once with two balls.

Station 2: Agility—Double Trouble

- Designate a start and finish line at least 30 feet apart.
- Have girls stand at the start, legs spread far apart.
- One at a time, the leader rolls two tennis balls between the girl's legs, toward the finish line. The girl must run and grab both balls before they reach the finish line.

Station 3: Speed—Ladder Tag

- Create two ladders using masking tape to mark the floor. Ladders should be equal number of "steps" (about 8), parallel to one another and 10 feet apart from each other.
- Start one girl at the end of one ladder and the second girl diagonally opposite at the end of the second ladder.
- On command, both girls run in a clockwise motion through the ladders, trying to catch up with each other.

Station 4: Balance—Hoop Push

- Put two hula hoops on the floor, next to each other.



- One girl stands in each hoop, facing one another.
- Girls grasp hands and attempt to push the other out of her hoop.
- For a bigger challenge, add a third hoop and girl.

#### Station 5: Teamwork—Circle Tag

- Three girls hold hands in a circle facing in. One is designated as the person to be tagged by a hat or bandana.
- A fourth girl stays outside the circle, attempting to tag the girl who is designated to be tagged.
- The two other girls in the circle move, turn, and run around in order to protect the designated girl from being tagged.
- For a bigger challenge, have the girls hold hands and face outward.

## Activity #3: Practice Schedule

Time: 15 minutes

Badge Connection: Step 5 – Practice, practice, practice!

Materials Needed: Copies of the Practice Schedule template (one per girl); writing utensils

Prep Needed:

- Print out copies of the Practice Schedule.
1. Now that girls have all the parts of a routine to help them practice with the purpose of reaching their goal, have them make a practice schedule for the week. Girls can write what activities they will do, including rest days.
  2. Tell girls they will be using the schedule they create for one month. They can check off the weeks as they go!
  3. Decide whether to check in as a troop after one month or to let girls complete the activity with their parents or family members.
    - After one month of practice, have girls reflect on their goals and past month's experience. They can also consult the advice they received from a coach or trainer in the first meeting. Tell girls to write a list of their Top 10 Tips for Practicing.

## Activity #4: Snack Chat

Time: 10 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Healthy snack

1. While enjoying a healthy snack, here are some things for girls to talk about:
  - Are you on a sports team right now? Is there a sport you would like to try?
  - What is challenging about reaching a goal?
  - Why do you think it is important to exercise and be active?
  - What is a goal that you have achieved in your life? How did it feel?

## Wrapping Up

Time: 10 minutes

Materials Needed: (Optional) Make New Friends lyrics

Close the meeting by singing Make New Friends and doing a friendship circle.



## More to Explore

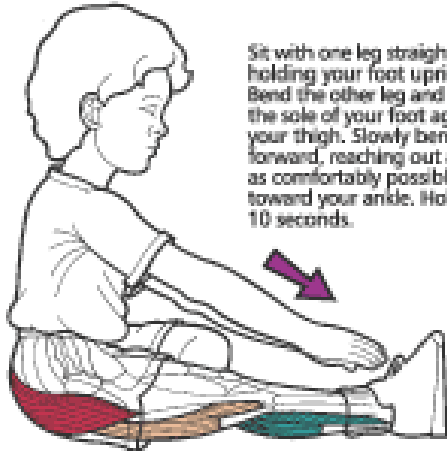
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- Field Trip Ideas:
  - Visit a gym or an athletic club.
  - Attend a sports game related to your Practice with Purpose goal.
- Speaker Ideas:
  - Invite a coach, trainer, or physical education teacher to your meeting.



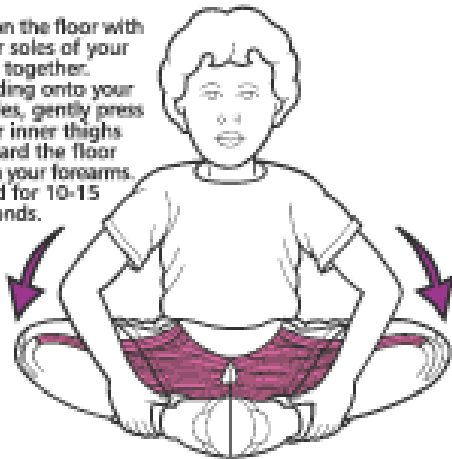
# Lower Body Stretches

## Back of Thigh / Hip / Calf Stretch



## Inner Thigh Stretch

Sit on the floor with your soles of your feet together. Holding onto your ankles, gently press your inner thighs toward the floor with your forearms. Hold for 10-15 seconds.



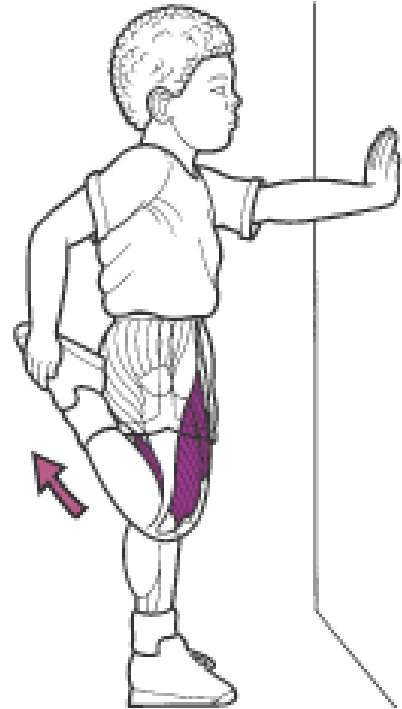
## Hip / Thigh / Inner Thigh Stretch

Kneel on all-fours. Move one foot forward, bending your knee, and touching your chest. Extend your back leg and keep it fairly straight. Gently push your hip and the back leg forward until you feel a good stretch in your inner thigh. Hold for 10-20 seconds.



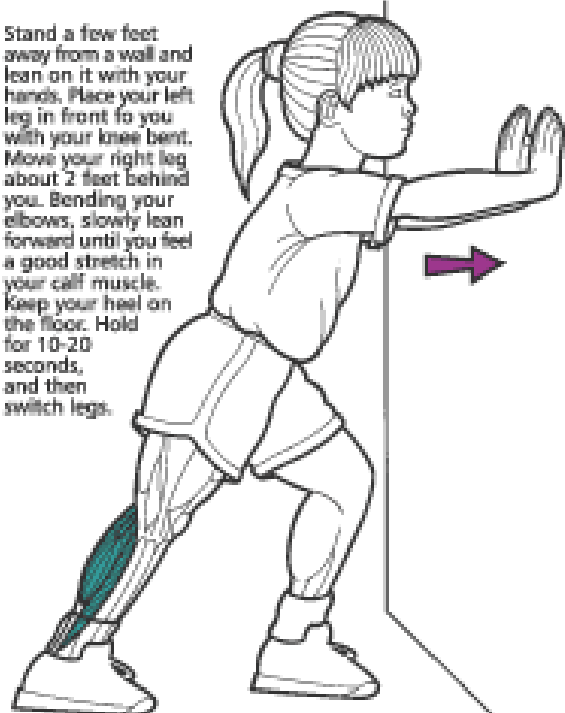
## Thigh Stretch

Stand facing a wall and place your left hand on the wall for support. Grab the top of your right foot and slowly pull your heel up toward your buttocks. Hold for 10-20 seconds. Then, switch legs and repeat.



## Calf Stretch

Stand a few feet away from a wall and lean on it with your hands. Place your left leg in front of you with your knee bent. Move your right leg about 2 feet behind you. Bending your elbows, slowly lean forward until you feel a good stretch in your calf muscle. Keep your heel on the floor. Hold for 10-20 seconds, and then switch legs.



# Upper Body Stretches

## Front of Neck / Back of Neck Stretches

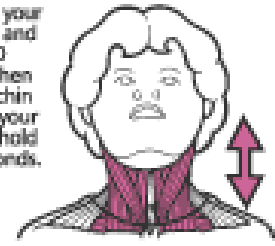
Slowly tilt your head to one side as far as comfortably possible and hold for 10 seconds. Then tilt in the opposite direction and hold for 10 seconds.



Slowly turn your head to the right as far as comfortably possible and hold for 10 seconds. Then turn your head back to the left and hold for 10 seconds.

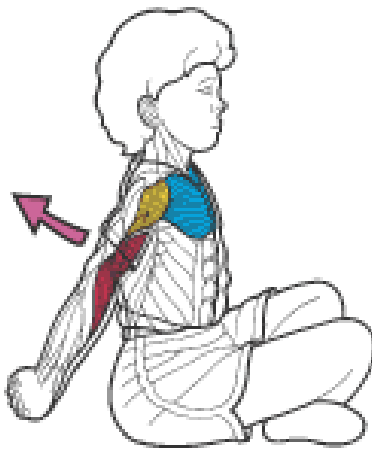


Slowly pull your head back and hold for 10 seconds. Then tuck your chin in toward your chest and hold for 10 seconds.



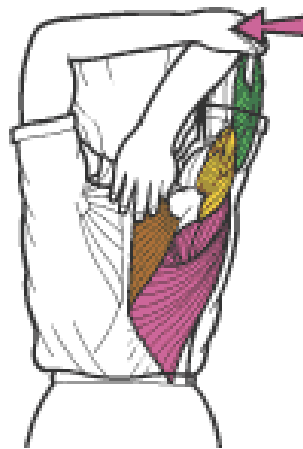
## Chest / Shoulder / Arm Stretch

Interlace your fingers behind your back and pull both arms up as high as comfortably possible. Hold for 10 seconds.



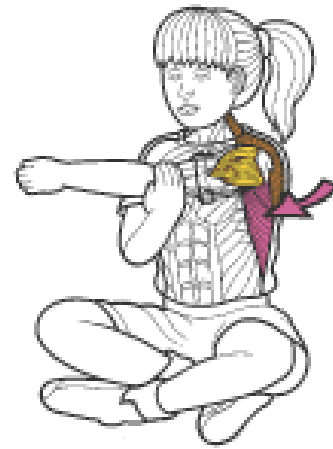
## Arm / Shoulder / Back Stretch

With your right arm bent at the elbow, rest your hand behind your neck. Using your left hand, gently pull your right elbow behind your head and hold for 10 seconds. Switch arms and repeat.



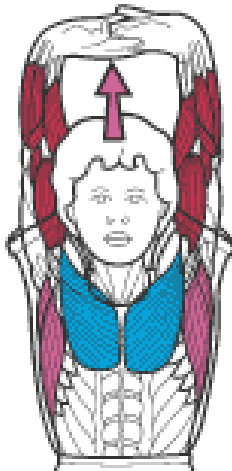
## Shoulder / Back / Neck Stretch

With your right hand, pull your right elbow across your chest as far as comfortably possible. Hold for 10 seconds, then switch arms and repeat.



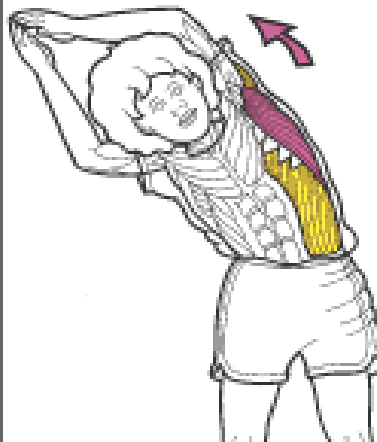
## Arm / Back / Chest Stretch

Interlace your fingers over your head and push the palms of your hands upward as high as comfortably possible. Hold for 10 seconds.



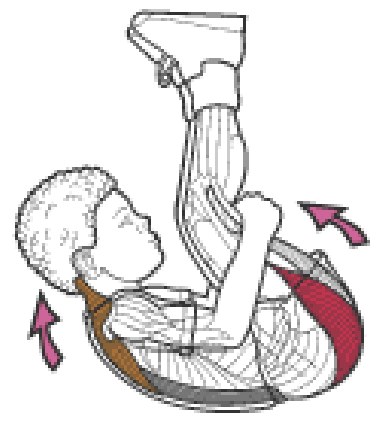
## Side / Back / Shoulder Stretch

With your hands overhead, touch or close your hands together. Keeping your legs straight, slowly bend to one side as far as comfortably possible. Hold for 10 seconds, then bend to the opposite side.



## Low Back / Neck / Hip Stretch

Lie on your back with your hands behind your knees. At the same time, slowly pull your head and knees close together. Hold for 10 seconds.



# My Practice Schedule

My goal is \_\_\_\_\_.

\_\_ Week 1                      \_\_ Week 2                      \_\_ Week 3                      \_\_ Week 4

	Warm-Up	Skill	Endurance	Cool-Down
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

