



Sponsored by:
Allina Health 

Junior Practice with Purpose Badge Activity Plan 2

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

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Girls in Sports

Activity Plan Length: 1.5 hours

Involve Family and Friends: Participation from family and friends can enrich your troop's Girl Scout experience, both for the girls and for you. Use the suggestions below to make it easier for you to connect with additional support.

- Before the meeting:
 - Send a note to families to find those with interest in or expertise with the topic. Ask them to lead or support an activity or two, or even lead the whole meeting.
 - Offer this activity plan as a starting place and point out that they may choose alternative activities using the *Customize It!* section as a guide. For example: If an activity plan directs girls to sit outside and observe animal habitats, you may choose to go to the zoo and learn about animal habitats there instead.
- At home:
 - Encourage families to ask questions about their girls' badge activities. Some examples that work for any badge include: What did you learn? What surprised you? What does it make you think of trying next?
- Throughout the year:
 - Suggest to families ways that girls can share or display their Girl Scout accomplishments. Possibilities include a bulletin board, a scrapbook, a special memories box or family sharing time.

Girls Take the Lead: Include girl leadership through long-term planning, short-term meeting prep and specific activities at meetings.

- Long Term Planning
 - If you use "Plan Your Junior Year", share this with the girls at the start of the year. Have them ask friends and family to help out with specific meetings or activities. Let the girls brainstorm ways to make the plans their own, such as thinking of related field trip activities. If a girl has experience with a field trip, ask her to be assistant tour guide.
 - If you are adapting the "Plan Your Junior Year", get the girls' input on which badges to choose. Offer just a few choices in each category or timeframe to make decisions easier. Every girl should have at least one badge or journey she's excited about.
- Short Term Planning
 - Ask a family to help lead a badge. Make sure they have access to activity plans and any resources you might have. Keep additional requested materials to a minimum.
 - Choose two helpers to stay after a meeting for 15 minutes. Give them each an activity to introduce and either instruct or help guide at the next meeting.

- Before a meeting, ask everyone to vote on some aspect of the activity: draw posters or perform skits, open with a song or game, etc.
- Use a rotating list of helper tasks, called a 'kaper chart', to share responsibilities. Examples include acting as emcee of the meeting, leading an opening game, bringing a snack next meeting or taking attendance.
- At the Meeting
 - During the opening, have 1-2 girls share their answers to a get-to-know-you question.
 - Have girls fulfill their kaper chart responsibilities.
 - Try to find something in each activity that you can let girls decide or manage.

Customize It: If your group wants to expand work on this badge or simply try different activities, go for it! There are many ways to earn this award, including: completing the activities as listed in the *Junior Girl's Guide to Girl Scouting*, completing two of these activity plans, attending a council-sponsored event or customizing activities. Pick the one(s) that work best for your group. Girls will know they have earned the award if:

- They decide on an exercise or sports-related goal
- They increase their strength and endurance
- They drill for skill
- They practice, practice, practice!

Tips and Tools

- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Ensure that your activities are accessible to everyone. Ask in advance if any special accommodations need to be made. If you have questions regarding specific adaptations, please contact River Valleys at 800-845-0787.

Resources

- Allina Health's Health Powered Kids program provides additional lesson plans that go along well with this badge, including "Pedometer Fitness Challenge" and "Healthy Heart".

To use these plans:

- Visit healthpoweredkids.org
- Log in using:
 - Username: gsrv
 - Password: allinahealth
- Find lessons for this badge on the Girl Scouts page.
- This lesson plan has been adapted from the *Junior Girls Guide to Girl Scouting* – Junior Practice with Purpose Badge, which can be used for additional information and activities.

Getting Started

Time Allotment: 15 minutes

Materials Needed:

- Optional: Girl Scout Promise and Law printed out on poster board

Steps:

1. Welcome everyone to the meeting.
2. Recite the Girl Scout Promise and Law. Use repeat-after-me or say it as a group if girls know it by heart.

Girl Scout Promise	Girl Scout Law
<i>On my honor, I will try:</i> To serve God and my country, To help people at all times, And to live by the Girl Scout Law.	<i>I will do my best to be</i> honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, <i>and to</i> respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

3. Play a game so girls get to know each other better. Use the example below, if needed.
 - Pile Up: Girls sit on chairs in a circle. Choose a leader who will have a list of “yes” or “no” questions, such as “Do you have on brown shoes?”, “Are you wearing a ring?”, “Is your favorite color purple?” As the questions are asked, those that can answer “yes” move one chair to the right. Those that answer “no” don’t move. Girls will end up “piled-up” on chairs.

Activity #1: Warm up

Badge Connection: Activity links to multiple badge steps

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Upper and Lower body stretches

Steps:

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

Badge Connection: Step 4—Drill for skill

Time Allotment: 30 minutes

Prep Needed:

- Large space, such as a gymnasium or courtyard
- Gather materials and supplies.

- 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.

Materials Needed:

- 5-10 tennis balls
- 2-3 hula hoops
- Hat or bandana
- Masking tape

Steps:

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.
3. 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 facing out.

Activity #3: Practice Schedule

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

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Practice Schedule template
- Pens or pencils

Steps:

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.
 - a. 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 Activity Plan 1. Tell girls to write a list of their Top 10 Tips for Practicing.

Activity #4: Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 10 minutes

Steps:

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 Allotment: 15 minutes

Materials Needed:

- Optional: Make New Friends printed on poster board

Steps:

1. Instruct girls to get into a Friendship Circle. Have girls stand in a circle and cross their right arms over their left, holding hands with the person on each side of them.
2. Sing "Make New Friends."

Make New Friends		
Verse One	Verse Two	Verse Three
Make new friends, but keep the old. One is silver, the other is gold.	A circle is round, it has no end. That's how long, I will be your friend.	You have one hand, I have the other. Put them together, We have each other.

3. After the song, ask everyone to be quiet.

4. Assign one girl to start the friendship squeeze by gently squeezing her neighbor's hand with her right hand. Then, that girl squeezes with her right hand. One by one, each girl passes the squeeze until it travels around the circle. When the squeeze returns to the girl who started, she says "Goodbye Sister Girl Scouts" and the girls unwrap and face outward instead of inward.
5. Optional: Have girls make a wish after their hand has been squeezed and before they pass the squeeze along. Girls can also put their right foot out into the circle when they receive the friendship squeeze, so that everyone can see it travel along the circle.

More to Explore

- 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.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsv.org.

Family Follow-Up Email

Use the email below as a template to let families know what girls did at the meeting today. Feel free to add additional information, including:

- When and where you will be meeting next
- What activities you will do at the next meeting
- Family help or assistance that is needed
- Supplies or materials that girls will need to bring to the next meeting
- Reminders about important dates and upcoming activities

Hello Girl Scout Families:

We had a wonderful time today learning about setting exercise goals and have earned the Practice with Purpose Badge.

We had fun:

- Learning important warm-up and cool-down stretches
- Trying new drills to improve our skills
- Setting a practice schedule to reach our goals

Continue the fun at home:

- Help your Girl Scout work on her athletic goal. Post her schedule to the refrigerator or bulletin board. Encourage and support her over the next month as she works to achieve her goal.
- After one month of practice, have your girl reflect on her goals and past month's experience. Ask her to write a list of her Top 10 Tips for Practicing and share them with you.
- Look through the *Girl's Guide to Girl Scouting* with your Junior to find other activities you can try at home.

Thank you for bringing your Junior to Girl Scouts!

Lower Body Stretches

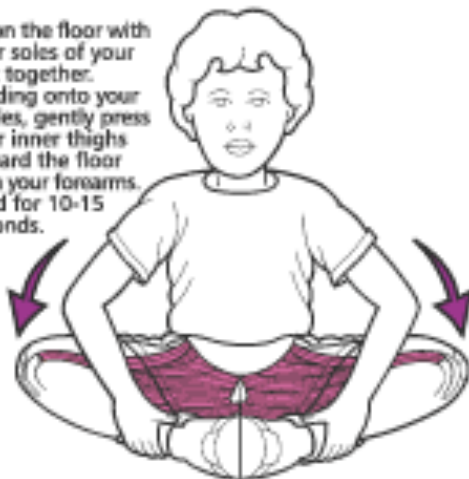
Back of Thigh / Hip / Calf Stretch



Sit with one leg straight out, holding your foot upright. Bend the other leg and place the sole of your foot against your thigh. Slowly bend forward, reaching out as far as comfortably possible toward your ankle. Hold for 10 seconds.

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.



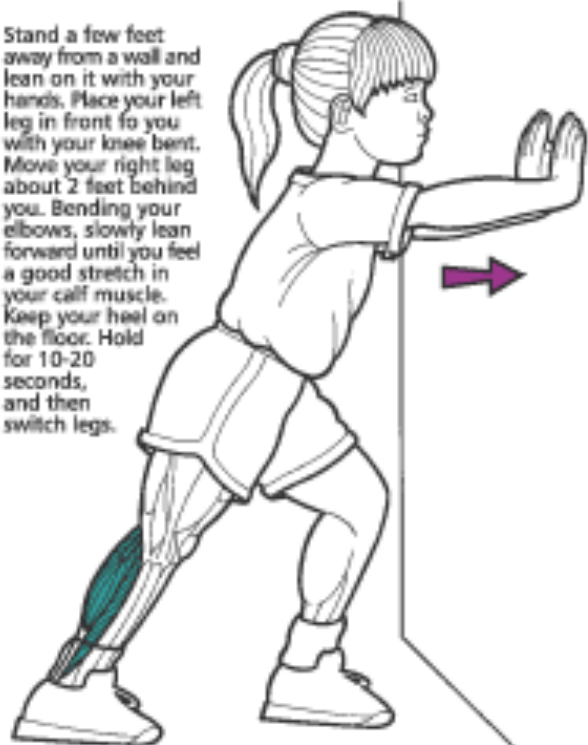
Thigh Stretch

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				