

# **BROWNIE FAIR PLAY BADGE - MEETING 2**

**Badge Purpose:** When girls have earned this badge, they'll know how to play fair in sports and games.

**Activity Plan Length:** 1.5 hours

Time	Activity	Materials Needed
15 minutes	Getting Started  • Girls recite the Girl Scout Promise + Law and sing the Brownie Smile song.	<ul> <li>□ (Optional) Girl Scout Promise and Law poster</li> <li>□ (Optional) Brownie Smile song lyrics poster</li> </ul>
15 minutes	Points Match Up  • Girls will play the Points Match Up game.	<ul> <li>□ Points Match Up game &amp; key (one per team)</li> <li>□ Watch or timer</li> <li>□ (Optional) Prize for winners</li> </ul>
20 minutes	Obstacle Course Race  • Girls will complete an obstacle course.	<ul> <li>☐ Hula hoops</li> <li>☐ Pool noodles</li> <li>☐ Blanket or sheet</li> <li>☐ Water balloons</li> <li>☐ Bean bags</li> <li>☐ Buckets or boxes</li> <li>☐ Plastic cones or similarly sized objects</li> <li>☐ Watch or timer</li> <li>☐ (Optional) Prize for the winners</li> </ul>
10 minutes	Egg Toss  • Girls will play the Egg Toss game.	<ul><li>☐ Eggs</li><li>☐ Cleaning supplies</li><li>☐ Optional: Prize for the winner</li></ul>
15 minutes	Snack Chat  • Girls will eat snack and have a topic discussion.	<ul> <li>□ Snack</li> <li>□ Plain paper or construction paper</li> <li>□ Markers, Crayons, and/or Colored Pencils</li> </ul>
15 minutes	Wrapping Up	☐ (Optional) Make New Friends song lyrics poster

**Getting Started** 

Materials Needed: (Optional) Girl Scout Promise and Law poster and (optional) and Brownie Smile song lyrics

Welcome everyone to the meeting, recite the Girl Scout Promise and Law, and sing the Brownie Smile song.



Time: 15 minutes

#### **Activity #1: Points Match Up**

Badge Connection: Step 4 - Keep Score

Materials Needed: Points Match Up game & key (one per team); watch or timer; (optional) prize for the winners Prep Needed:

- Print and cut out Points Match Up game (one set per team). Or, write words on individual notecards.
- 1. Divide girls into teams of 3-4.
- 2. Place Match Up cards in the center of each team, mixed up and face down.
- 3. Explain to the girls that sports use different words or terms to describe scoring a point. The cards in front of them have different sports and scoring terms. Tell the girls when you say "Go!" they will have 1 minute to match as many as they can. When time is up, have the girls put their hands in the air so you know they have stopped trying to match the cards.

Time: 15 minutes

Time: 20 minutes

Time: 10 minutes

- 4. Go over the correct answer for each.
- 5. (Optional) Ask the girls if they know how many points are earned in the different sports. For example, in baseball a run is always one point whereas a touchdown in football is 6 points with the potential for 7 if they make the field goal kick.

#### **Activity #2: Obstacle Course Race**

Badge Connection: Step 5 - Have a Field Day

Materials Needed: Hula hoops; pool noodles; blanket or sheet; water balloons; bean bags; buckets or boxes; plastic cones or similar sized objects; watch or timer; optional: prize for the winners

Prep Needed:

- Set up obstacle course prior to meeting.
- 1. Set up obstacle course to include some or all of the following activities:
  - Stand on one foot for 10 seconds
  - Jump over pool noodles (prop the noodles at knee-height on two overturned buckets or boxes)
  - Army crawl over/under blanket or sheet
  - Throw water balloons at target (such as fence, tree, or bucket)
  - Make a line of hula hoops and hop from hoop to hoop
  - Toss bean bags into bucket or box
  - Weave through cones or similar sized objects
  - Do the "crab walk" from one point to another
  - Do 20 jumping jacks
- 2. Divide girls into two teams. Ask the girls from one team to line up at the start of the course. When you start the timer, have the first girl go through the course. Once she gets through the entire course, the next girl on the team can go. Time the team as a whole.
- 3. Encourage the other team to cheer on the girls running through the course.
- 4. Once the first team has completed, have the teams switch. The team with the shortest time wins!
- 5. (Optional) Make this into a relay by placing a girl at each obstacle throughout the course.

### **Activity #3: Egg Toss**

Badge Connection: Step 4 — Keep Score

Materials Needed: Eggs; cleaning supplies; (optional) prize for winner



- 1. Have girls find a partner and line up facing each other, toe to toe.
- 2. Explain that you will be giving each pair an egg. They must toss the egg back and forth without dropping it. Each time they successfully toss and catch the egg, they must take one step backward. This earns the pair one point. Tell the girls they must keep track of their own points.
- 3. Hand each pair an egg and tell them they can begin. If you have a larger group, you may want to have some pairs sit and watch first, and then switch.

Time: 15 minutes

4. (Optional) Have a championship round between the top two pairs.

#### **Activity #4: Snack Chat**

Badge Connection: Questions link to multiple badge steps Materials Needed: Healthy snack

- 1. While enjoying snack, here are some things for girls to talk about:
  - How does it feel to win or lose a game?
  - Do you think scoring points is a fair way to play games?
  - What are some sports that do not use points? What do they use? Time? Distance? Height?
  - What was easy or difficult about the obstacle course? Egg toss?

Wrapping Up Time: 15 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

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

## **More to Explore**

- Field Trip Ideas
  - o Attend a girls' or women's sporting event.
  - o Participate in a sports class or event at your local community or recreation center
- Speaker Ideas
  - o Invite a female athlete or coach to your meeting.
  - o Invite a physical education teacher or sports referee to teach the rules of a new game or sport.

# **Points Match Up Game**

Soccer	Goal
Basketball	Basket
Bowling	Strike
Tennis	Ace
Football	Touchdown
Horseshoes	Ringer
Hockey	Goal
Baseball/Softball	Run
Rugby	Try
Golf	Stroke
Roller Derby	Pass
Lacrosse	Goal