



## Practice with Purpose Badge Day

A great athlete is not born; a great athlete makes herself into one by hard work. Take this experience with you to inspire others and guide them to achieve a more active, healthy lifestyle. Game on!

**Program Grade Level:** Girl Scout Junior

**School Grade(s):** 4–5

**Program Essentials Focus Area:** Healthy Living

**Program Duration:** 3 hours

**Optimal Setting:** Large, open space (preferably a gym or fitness studio)

**Optimal Group Size:** 30–50 girls

### Learning Objectives:

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

**Program Portfolio Links:** Practice with Purpose Junior Badge

**Award Requirements Met:** All badge step requirements met.

### Outcome Indicators:

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Girls develop strong sense of self          | <input checked="" type="checkbox"/> Girls gain practical life skills         |
| <input type="checkbox"/> Girls seek challenges in world                         | <input checked="" type="checkbox"/> Girls develop healthy relationships      |
| <input checked="" type="checkbox"/> Girls promote cooperation and team building | <input type="checkbox"/> Girls can resolve conflicts                         |
| <input type="checkbox"/> Girls identify community needs                         | <input checked="" type="checkbox"/> Girls are empowered to make a difference |

## Program Overview

Time Allotment for Activity	Activity	Materials Needed
15 minutes	Welcome and Introductions Recite the Girl Scout Promise or Law	Poster of Girl Scout Promise and Law
10 minutes	Activity #1: Make a Goal <ul style="list-style-type: none"> <li>• Girls create a sports/fitness goal</li> </ul>	
30 minutes	Activity #2: Get Advice <ul style="list-style-type: none"> <li>• Girls speak with an expert</li> </ul>	Optional: Books on training advice and sports
10 minutes	Activity #3: Warm up! <ul style="list-style-type: none"> <li>• Girls do warm up activities</li> </ul>	
20 minutes	Activity #4: Drill for Skill <ul style="list-style-type: none"> <li>• Girls try out some practice drills</li> </ul>	Cones
5 minutes	Bathroom/Water Break	
15 minutes	Activity #5: How long can you dance? <ul style="list-style-type: none"> <li>• Girls work on building their endurance</li> </ul>	Upbeat music CD player
15 minutes	Activity #6: How Strong are you? <ul style="list-style-type: none"> <li>• Girls work on building their strength</li> </ul>	
10 minutes	Activity #7: Stretch it out! <ul style="list-style-type: none"> <li>• Girls stretch and cool down</li> </ul>	
15 minutes	Snack Break	Snack
25 minutes	Activity #8: Top Tips Poster <ul style="list-style-type: none"> <li>• Girls create their Top Ten Tips for Practicing</li> </ul>	Cardstock or poster board Coloring utensils Pens or pencils Optional: Stickers
10 minutes	Wrap-up and Evaluations	Evaluations Pens

**Possible Adaptations (special needs, materials, etc.):**

**Notes to the Facilitator:**

Try to find a trainer, coach, athlete, or physical education teacher to help with Activities 2–4.

If you cannot find a collaborator, options are listed under each activity to complete on your own.

### **Activity #1: Make a Goal!**

Time Allotment: 10 minutes

Steps:

1. To practice with purpose, it helps to have a goal. Have girls make an exercise or sports-related goal.
2. Possible goal ideas:
  - Run a mile in a certain amount of time
  - Jump rope for 10 minutes straight
  - Complete 50 push-ups in a row
  - Perform a new gymnastics move
  - Make three baskets in a row from the free-throw line
  - Score a point in one soccer game

### **Activity #2: Get Advice!**

Time Allotment: 30 minutes

Prep Needed:

- Gather materials and supplies.
- Contact a trainer, athlete, or gym teacher to attend the event.
- Find books on training advice, sports, etc. (if you don't have a guest speaker).

Materials Needed:

- Optional: Books on training, sports, etc. (if you don't have a guest speaker)

Steps:

1. Now that the girls have set their goals, they will seek advice from an expert in order to achieve them.
2. Have the trainer, athlete, or teacher speak to the girls about keeping fitness and athletic goals. They could talk about:
  - Their experience in their sport/focus area
  - Athletic drills related to their sport
  - Skills to improve upon
  - Top ten practice tips

### **Activity #3: Warm up!**

Background information:

With any activity, you need to warm up and stretch before you start. Warming up your muscles with stretches before an activity helps improve your range of motion and prevents injuries.

Time Allotment: 10 minutes

Steps:

Have your guest speaker lead the girls through warm-up activities, or try the following game:

- **Up, Down, Stop, Go!**  
Girls must listen carefully. The leader will call out either Up, Down, Stop, or Go. Explain the movements to the girls prior to playing.
  - On GO, children must stop still.
  - On STOP, children must move around the space either walking or running.
  - On UP, children must sit or lay down.
  - On DOWN, children must stretch up to the ceiling.

#### **Activity #4: Drill for Skill**

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Soccer ball or kickball
- Cones or targets (one per group of three)

Steps:

Have your guest speaker lead the girls in one or two athletic drills, or try this one:

- Target Ball
  1. Divide girls into teams of three. One girl will be the “roller,” one will be the “kicker,” and one will be the “retriever.”
  2. Set up cones or other objects that can be used for targets.
  3. The roller rolls the ball to the kicker.
  4. The kicker kicks the ball toward the target.
  5. The retriever collects the ball and returns in to the roller.
  6. After 6 tries, rotate positions. Keep going until everyone has had at least one turn.

#### **Bathroom/Water Break**

Time Allotment: 5 minutes

Activity #5: How long can you dance?

Time Allotment: 15 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- CD or MP3 player with speakers
- Upbeat music for dancing

Steps:

1. Tell the girls that one way to help them reach their goals is to build up their endurance.
2. Play the music and ask girls to dance for one minute. Ask girls to make up dance moves that use their entire bodies.
3. After dancing for one minute, take a brief break. Then, try for three minutes. After three minutes, try five. How long do they think they can dance without stopping?

#### **Activity #6: How strong are you?**

Time Allotment: 15 minutes

Steps:

1. Tell the girls that another way to help them reach their goals is to build up their strength.
2. Take a few minutes to demonstrate the following strength activities:
  - Sit-ups
  - Push-ups
  - Squats
  - Lunges
  - Calf raises
  - Crunches
3. Have girls try 10 reps of each strength activity in the sequence. Then, have them try the sequence again, this time increasing the number to 15 or even 20!
4. After girls feel comfortable with these movements, turn this activity into a fun relay.

5. Divide girls into small groups of 3–6 girls. On the large paper or whiteboard, write the following:
  - 1 = sit-ups
  - 2 = push-ups
  - 3 = squats
  - 4 = lunges
  - 5 = calf raises
  - 6 = crunches
6. Ask small groups to sit in a circle and distribute a game die to each small group.
7. Have one girl in each group start by rolling the die. She should lead her small group in doing 10 reps of the activity that corresponds to the number she rolled. For example, if she rolled a 1, she would lead her group in doing 10 sit-ups. Remind girls that they should simply try their best to do 10 reps of an activity. If a girl can't, it's okay! That's what this badge is for—to set fitness goals and work to reach them.

### **Activity #7: Stretch it out!**

Background Information:

Cooling down with some stretches will keep you from getting sore the next day.

Time Allotment: 10 minutes

Steps:

1. Have girls stand in a large circle.
2. Have girls take turns calling out and demonstrating stretches for the group to do.
3. Ideas include:
  - Touch your toes
  - Hang your head and arms down like a rag doll...slowly roll back up to a standing position
  - The butterfly (sitting with your knees bent and bottoms of your feet touching)
  - Stretch to the sky
  - Arm circles

### **Snack Break**

Time Allotment: 15 minutes

### **Activity #8: Top Tips Poster**

Time Allotment: 25 minutes

Prep Needed:

- Gather materials and supplies

Materials Needed:

- Cardstock or poster board (8 ½ X 11 or larger)
- Coloring utensils
- Pens or pencils
- Optional: Stickers or other decorative items

Steps:

1. Review the training advice that girls received from the guest speaker.
2. Then, have girls use today's experience to create a "Top 10 Tips for Practicing" list.
3. Girls can write out their Top 10 list on a poster and decorate it with markers, crayons, and/or stickers.
4. Tell the girls to share their tips with their friends and family or display it in their room.