

JUNIOR PRACTICE WITH PURPOSE BADGE – MEETING

1

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"> Girls recite the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
5 minutes	Make a Goal! <ul style="list-style-type: none"> Girls decide on their goals. 	None
20 minutes	Get Advice! <ul style="list-style-type: none"> Girls brainstorm steps to achieve their goals. 	<input type="checkbox"/> Paper <input type="checkbox"/> Pens <input type="checkbox"/> Envelopes <input type="checkbox"/> Stamps <input type="checkbox"/> (Optional) Computer with access to email
15 minutes	How Long Can You Dance? <ul style="list-style-type: none"> Girls increase their endurance. 	<input type="checkbox"/> CD or MP3 player with speakers <input type="checkbox"/> Upbeat music for dancing <input type="checkbox"/> Timer
15 minutes	How Strong Are You? <ul style="list-style-type: none"> Girls build up their strength. 	None
10 minutes	Snack Chat <ul style="list-style-type: none"> Girls enjoy a healthy snack while discussing what they have learned. 	<input type="checkbox"/> Healthy snack
15 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: Make a Goal!

Time: 5 minutes

Badge Connection: Step 1 – Decide on your goal

Materials Needed: None

1. To practice with purpose, it helps to have a goal. Have girls make an exercise or sports-related goal. They can make a goal individually or as a group.
2. Possible goal ideas:
 - Run a mile in a certain amount of time
 - Jump rope for ten 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

Activity #2: Get Advice!

Time: 20 minutes

Badge Connection: Step 1 – Decide on your goal

Materials Needed: Paper; pens; envelopes; stamps; (optional) computer with access to email

1. Now that the girls have set their goals, they will seek advice from an expert in order to achieve them.
2. Have girls write a letter or compose an email to a coach, trainer, or physical education teacher. In the letter, girls should ask questions about how they can achieve their goal. They can ask about training tips and ideas and staying motivated.
3. Follow up at a future meeting with the feedback received from the coach, trainer, or physical education teacher.

Activity #3: How Long Can You Dance?

Time: 15 minutes

Badge Connection: Step 2 – Increase your endurance

Materials Needed: CD or MP3 player with speakers; upbeat music for dancing; timer

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 #4: How Strong Are You?

Time: 15 minutes

Badge Connection: Step 3 – Build up your strength

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: Stand with your feet parallel. Slowly start to crouch by bending your hips and knees until your thighs are at least parallel to the floor. Make sure your heels don't rise up off the floor and keep



your knees in line with your toes to avoid injury. Press through your heels to return to a standing position. You can put your hands on your hips, or stretch them out in front of you to balance.

- Lunges: Stand with your hands on your hips and feet hip-width apart. Step your right leg forward and slowly lower your body until your left (back) knee is close to or touching the floor and bent at least 90 degrees. Return to the starting position and repeat on the other side. Make sure that the front knee is always in line with the toes of your front foot to avoid injury.
 - Bicycle Crunches: Lie down with knees bent and hands behind your head. With your knees in toward the chest, bring your right elbow towards your left knee as you straighten your right leg. Continue alternating sides (like you're pedaling!).
 - Calf raises: From a standing position, slowly rise up on your toes, keeping your knees straight and heels off the floor. Hold briefly, then come back down.
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 to 6 girls. On the large paper or whiteboard, write the following:
 - 1 = sit-ups
 - 2 = push-ups
 - 3 = squats
 - 4 = lunges
 - 5 = crunches
 - 6 = calf raises
 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.
 8. After the group has completed the activity for that die roll, she should pass the die to the girl sitting to her left.
 9. Girls should repeat the process until every girl in the circle has rolled the die.
 10. The goal of the activity is for every girl in each small group to roll the die and lead her group in the corresponding strength activity.
 11. Optional: If you wish to add some friendly competition, the “winner” of this game would be the first group in which every girl has rolled the die and led a strength activity.

Activity #5: Snack Chat and Friendship Pledge

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:
 - What is your favorite sport or athletic activity to play or do?
 - How can you encourage your sister Girl Scouts to reach their goal?
 - Why do you think it is important to exercise and be active?
 - What activities do you do with your family to stay active?

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:
 - Visit a gym or 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.

