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Allina Health 

## Junior Practice with Purpose Badge Activity Plan 1

**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](http://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><br>To serve God and my country,<br>To help people at all times,<br>And to live by the Girl Scout Law. | <i>I will do my best to be</i><br>honest and fair,<br>friendly and helpful,<br>considerate and caring,<br>courageous and strong, and<br>responsible for what I say and do,<br><i>and to</i><br>respect myself and others,<br>respect authority,<br>use resources wisely,<br>make the world a better place, and<br>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: Make a Goal!

Badge Connection: Step 1—Decide on your goal

Time Allotment: 5 minutes

Steps:

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!

Badge Connection: Step 1—Decide on your goal

Time Allotment: 20 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Paper, pens, envelope and stamps
- Optional: Computer with access to email

Steps:

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?**

Badge Connection: Step 2—Increase your endurance

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 #4: How strong are you?**

Badge Connection: Step 3—Build up your strength

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.

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. Note: 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

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:
  - 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 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,<br>but keep the old.<br>One is silver,<br>the other is gold. | A circle is round,<br>it has no end.<br>That's how long,<br>I will be your friend. | You have one hand,<br>I have the other.<br>Put them together,<br>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@girlscoutsvr.org](mailto:troopsupport@girlscoutsvr.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 are on our way to earning the Practice with Purpose Badge.

We had fun:

- Setting athletic goals
- Writing a letter to a coach, trainer or physical education teacher to ask them for advice
- Building our strength and endurance

Continue the fun at home:

- Help your Girl Scout work on her athletic goal.
- Try a new sport or athletic activity as a family.
- 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!