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Allina Health 

Brownie Fair Play Badge Activity Plan 2

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

Planning Guides Link: Healthy Living and Creativity

Fun Patch Link: Good Sport

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 Brownie 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 Brownie 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 *Brownie Girls 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 can follow the rules
- They can include everyone and be part of a team
- They know how to keep score of a simple game or sport
- They have a field day

Tips and Tools

- Check out ways to stay safe using Safety-Wise at <http://gsrv.gs/safetywise>.
- Call River Valleys at 800-845-0787 to ask about various sports equipment that is available for checkout by troops.
- 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

- This activity plan has been adapted from the *Brownie Girl's Guide to Girl Scouting Fair Play Badge*, which can be used for additional information and activities.
- For more information about women's sports, check out the resources below.
 - <http://www.womenssportsfoundation.org>
 - *Great Moments in Women's Sports* by Michael Teitelbaum
 - *Superstars of Women's Tennis* by Ellen Miles

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. Sing the Brownie Smile Song. Use repeat-after-me or sing as a group, if girls know it by heart.

The Brownie Smile Song
I've got something in my pocket It belongs across my face I keep it very close at hand In a most convenient place I'm sure you wouldn't guess it If you guessed a long, long while So I'll take it out and put it on It's a great big Brownie Smile!

Activity #1: Points Match Up

Badge Connection: Step 4 – Keep Score

Time Allotment: 15 minutes

Prep Needed:

- Print Points Match Up template (enough for one set per team) and cut. Or write words on individual notecards

Materials Needed:

- Points Match Up template & key
- Watch or timer
- Optional: prize for the winners

Steps:

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.

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

Time Allotment: 20 minutes

Prep Needed:

- Set up obstacle course prior to meeting

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

Steps:

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 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

Time Allotment: 10 minutes

Prep Needed:

- Gather materials and supplies.

Materials Needed:

- Eggs

Steps:

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.
4. Optional: have a championship round between the top two pairs.

Activity #4: Snack Chat

Badge Connection: Questions link to multiple badge steps

Time Allotment: 15 minutes

Steps:

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 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
 - Attend a girls' or women's sporting event.
 - Participate in a sports class or event at your local community or recreation center
- Speaker Ideas
 - Invite a female athlete or coach to your meeting.

- Invite a physical education teacher or sports referee to teach the rules of a new game or sport.

Suggestions

Do you have any suggestions to improve this activity plan? Do you have ideas for other possible badge-earning activities? Please email troopsupport@girlscoutsrv.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 teamwork, competition and scoring points and have earned the Fair Play badge.

We had fun:

- Learning how different sports score points
- Competing in an obstacle course race
- Using teamwork to complete an egg toss challenge

Continue the fun at home:

- Watch a sports game on TV and have your girl keep score.
- Teach your girl a new game or ask her to teach you one.
- Look through the *Girl's Guide to Girl Scouting* with your Brownie to find other activities you can try at home.

Thank you for bringing your Brownie to Girl Scouts!

Points Match Up Template and KEY

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
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