

CADETTE GOOD SPORTSMANSHIP BADGE

Badge Purpose: When you've earned this badge, you'll know how you define sportsmanship and will put your definition into action.

Activity Plan Length: 1.5

Time	Activity	Materials Needed
15 minutes	Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. 	<input type="checkbox"/> (Optional) Girl Scout Promise and Law poster
15 minutes	Triangle Tag <ul style="list-style-type: none"> Work as a team to play a game. 	<input type="checkbox"/> None
15 minutes	Mental Leap <ul style="list-style-type: none"> Practice visualization techniques to prepare for a competition or event 	<input type="checkbox"/> Yardstick or measuring tape <input type="checkbox"/> Paper <input type="checkbox"/> Writing utensils
15 minutes	Good Sport Snack Chat <ul style="list-style-type: none"> Discuss the qualities of a good sport while having a healthy snack. 	<input type="checkbox"/> Healthy snack
15 minutes	Let the Games Begin! <ul style="list-style-type: none"> Use the skills you've learned and compete in a team relay or other game/event. 	<input type="checkbox"/> Varies, depending on the sport/game chosen
15 minutes	Wrapping Up	<input type="checkbox"/> (Optional) Make New Friends 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: Triangle Tag

Time: 15 minutes

Badge Connection: Step 3 — Be a good teammate

Materials Needed: none

1. Divide girls into groups of four. Three of the four girls should link arms together to form a circle or triangle. The goal is to keep the circle/triangle intact.
2. The fourth player is the tagger and is outside the circle/triangle.
3. Designate one of the three girls in the circle/triangle as the target—the one the tagger should try to tag. The girls in the circle should shuffle, spin, and move to protect the target from being tagged.



4. After a few minutes, switch roles and have someone else be the target and someone else be the tagger.
5. Play until everyone has had one turn being a protector, a target, and a tagger.
6. Everyone competes for the best win-loss record. Keep track of wins and losses as both protector and tagger.
7. If there's time after the game, chat about what strategies helped teams be successful.

Activity #2: Mental Leap

Time: 15 minutes

Badge Connection: Step 4 — Psych yourself up

Materials Needed: Yardstick or measuring tape; paper; writing utensils

1. Sometimes, one of your biggest obstacles will be the voices in your own head. Have you ever psyched yourself out before? Maybe you had a ballet recital, but you were so nervous about doing everything perfectly that you couldn't remember all the dance steps? Or you panicked before a basketball game and forgot all the plays?
2. Just like we need to prepare our bodies through physical training for a sport or event, we also need to prepare our minds. Visualization is like mental training for our brains to improve performance.
3. Practice this with a standing long jump test. Each girl should take her place behind a designated starting line on the ground (this can be done indoors or outdoors, but make sure you have enough room for each girl to do a standing long jump).
4. Divide the girls into two groups. One will do the long jump first while the other group measures distances (after you've jumped, be sure to stand in place where you landed long enough for someone to measure your distance). Then, switch places so everyone gets to jump.
5. After everyone has jumped once, get together and discuss how you'd like to improve for the second one. You'll probably want to reach a farther distance, but you could also look at your form or other factors.
6. Do this visualization technique next, before you jump again:
 - **Imagine calmly dealing with setbacks.** Sometimes things don't always go the way you expect or want them to go. There will always be things that are out of your control, but remember that you can control how you react to situations. Close your eyes and practice deep breathing. Sit comfortably with your back straight and put one hand on your chest and the other hand on your stomach. As you breathe in through your nose, feel the hand on your stomach slowly rising. Then, as you exhale through your mouth, pushing out as much air as you can, feel the hand on your stomach moving in.
 - **Mentally prepare yourself.** Before you even get to that starting line, mentally review what you need to do to jump well. Visualize the start, how your body will be positioned, your feet launching you off the ground, and nailing your landing. The more details you can imagine, the better the visualization technique will work. Don't forget to include a vision of your teammates cheering you on at the end!
7. After you've completed the visualization exercise, try your long jumps again.
8. Then gather together in a circle to discuss whether the visualization technique worked. Did it help you jump farther? Why or why not? If there's time, you can share the results of the long jumps, before and after the visualization exercise.

Activity #3: Good Sport Snack Chat

Time: 15 minutes

Badge Connection: Step 1 — Create your own definition of sportsmanship

Materials Needed: Healthy snack

1. Think of an athlete or coach whom you admire. This person doesn't have to be someone famous—they just need to be someone you respect.
2. While enjoying snack, discuss:
 - What is it about this person that you admire?



- Do you admire this person for their physical skill (i.e. their speed if they're a sprinter or swimmer, or their serve if they're a tennis player), or do you also admire their comportment, that is, how they carry themselves (i.e. how they play by the rules and respect the referee)?
 - If this athlete is part of a team, what do you think their teammates would say about them? What do you think their competitors would say about them? Why do you think so?
3. Keep these answers in mind when you're playing sports yourself. It's not enough to just be good at a sport—it's also important to *be* a good sport.

Activity #4: Let the Games Begin!

Time: 15 minutes

Badge Connection: Step 2 — Be a good competitor and Step 5 – Put your definition of good sportsmanship into action

Materials Needed: Varies, depending on the sport/game chosen

1. Now that you've reviewed what it means to be a good sport, it's time to put those skills into action with a team running relay. (If running isn't an option due to space or physical considerations, choose another team sport or game that works better for your troop. You could have the teams carry water on a spoon from one bucket to another bucket without spilling it, and see which team transfers the most water, for example.)
2. The troop should divide into teams of 3-4 girls. Each team should decide what order they should race in, and then get in line to begin the relay.
3. Remember to keep your definition of good sportsmanship in mind as you compete. This could mean doing your personal best (it's part of being a good competitor too), cheering on your teammates, and shaking hands with your competitors (whether you've won or lost).

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:
 - Go to a sporting event in your area and observe sportsmanship in action.
 - Create a Field Day event with your Service Unit to get more girls involved.
- Speaker Ideas:
 - Invite an athlete or coach to your meeting to talk about their sport and what good sportsmanship means to them.
 - Invite a school gym teacher to talk to your troop about how they teach good sportsmanship to different ages.

