



Activity

# Health Inventory

## Good Sportsmanship

Read each statement below. Decide whether it describes how you behave during competition. Write *always*, *sometimes*, or *never* in the space to the left of each statement.

- \_\_\_\_\_ 1. I play my best at all times.
- \_\_\_\_\_ 2. I follow the rules even when there is no referee or judge.
- \_\_\_\_\_ 3. I consider the health and safety of other players.
- \_\_\_\_\_ 4. I congratulate athletes on both sides for good plays.
- \_\_\_\_\_ 5. I am gracious in defeat.
- \_\_\_\_\_ 6. I am modest in success.
- \_\_\_\_\_ 7. I don't raise my voice to other players in anger.
- \_\_\_\_\_ 8. I don't throw equipment when frustrated.
- \_\_\_\_\_ 9. I cheer for my teammates when I am unable to play.
- \_\_\_\_\_ 10. I don't argue with the referee or judge.

**Score yourself: Give yourself 5 points for each *always* answer, 2 points for each *sometimes*, and 0 for each *never*. Write your score here . \_\_\_\_\_**

40-50 points Excellent—you are always a good sport

30-39 points Good—you are a good sport

19-29 points Fair—you have room to improve your sportsmanship

Under 19 points: You need to work on your sportsmanship.

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**Lesson: Sports and Competition**

What does “being a good sport” mean? List actions that show that someone is being a “good sport.”

**Lesson: Conditioning Skills**

Identify the skills that you need to be successful in your favorite sports.

# Decision-Making Skills

## Lesson: Sports and Competition

Read the following situation. Then, follow the steps below to decide what you would do in this situation.

In the field hockey championship game, you are playing defense. Your team is playing really well—the score is tied. Your team would be winning if it weren't for the opposing team's leading scorer, Karen Lance. During the last time-out, your team captains pull you aside. They tell you that this is their last year and that they want to win this championship. They will recommend you for captain next year if you take Karen Lance out of the game.

**1. Identify the problem.** What decision do you have to make?

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**2. Consider your values.** What is important to you?

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**3. List the options.** What possible actions could you take?

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**4. Weigh the consequences.** List the pros and cons of each option.

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**5. Decide and act.** Describe what you will do. Explain your decision.

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**6. Evaluate your choice.** How do you feel about the action you took? Did you make a good decision? Would you take a different action if faced with the same scenario again?

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## Activity

**Enrichment Activity****Lesson: Sports and Competition**

Competition is not a new concept. People have been competing for centuries. Some sporting competitions date back to ancient times. Some have been developed over centuries, and others are no longer in existence. Research a form of competition that dates back at least one hundred years. Then share the research you have done by giving an oral presentation about your sport to the class.

**Write your research topic on the line below.**

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**To direct your research, consider the following questions.**

1. From when to when was this sport played?
2. Who were the participants?
3. What was (is) the goal of the game?
4. What were (are) some of the rules of the sport?
5. Was this sport played for the same reasons we play sports today?
6. Can a correlation be made between the benefits of this sport and the benefits of the sport you play?

**Lesson: Conditioning Skills**

It's easy to read about the basic sports skills, but can you see them in your mind?

**For each of the following six basic sports skills, describe an activity to exemplify each. Write your answers on a separate paper.**

1. Agility
2. Balance
3. Coordination
4. Speed
5. Power
6. Reaction Time

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