



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Whether it's playing a game of cards or running in a track meet, good sportsmanship can take you a long way. The questions and activities in this guide will help your students understand what sportsmanship is, how they can be a good sport, as well as how to handle situations in which someone is acting unsportsmanlike.

## Related KidsHealth Links

### Articles for Kids:

#### How to Be a Good Sport

[KidsHealth.org/kid/feeling/emotion/good\\_sport.html](http://KidsHealth.org/kid/feeling/emotion/good_sport.html)

#### What Kids Want in a Good Coach

[KidsHealth.org/kid/talk/kidssay/coach.html](http://KidsHealth.org/kid/talk/kidssay/coach.html)

#### Taking Charge of Anger

[KidsHealth.org/kid/feeling/emotion/anger.html](http://KidsHealth.org/kid/feeling/emotion/anger.html)

### Articles for Teens:

#### Sportsmanship

[KidsHealth.org/teen/food\\_fitness/sports/sportsmanship.html](http://KidsHealth.org/teen/food_fitness/sports/sportsmanship.html)

#### Handling Sports Pressure and Competition

[KidsHealth.org/teen/food\\_fitness/sports/sports\\_pressure.html](http://KidsHealth.org/teen/food_fitness/sports/sports_pressure.html)

#### What Makes a Good Coach

[KidsHealth.org/teen/exercise/sports/good\\_coach.html](http://KidsHealth.org/teen/exercise/sports/good_coach.html)

#### Connecting With Your Coach

[KidsHealth.org/teen/food\\_fitness/sports/coach\\_relationships.html](http://KidsHealth.org/teen/food_fitness/sports/coach_relationships.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Describe what it means to be a good sport. What behaviors demonstrate good sportsmanship? What behaviors don't?
2. How do kids learn sportsmanship? Who or what affects this the most? Why?
3. Why is it important to be a good sport? How does good sportsmanship affect the way you feel while playing a game? How does unsportsmanlike behavior affect how you feel and play?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Sportsmanship in Action

#### Objectives:

Students will:

- Discover what sportsmanship is
- Identify ways to be a good sport
- Recognize ways to counter unsportsmanlike behavior

#### Materials:

- Computer with Internet access
- Sportsmanship in Action handout (available at: [KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship_handout1.pdf))

#### Class Time:

2 hours

#### Activity:

We've all seen someone being a poor sport, but what does it mean to be a good sport? First, read the articles at KidsHealth to learn more about sportsmanship and how to be a good sport. Then work in small groups to create a description of sportsmanship – what it is, how you show it, etc. Finally, write a brief play that explores the idea of sportsmanship. Use the Sportsmanship in Action handout to help you develop your ideas – who the characters are, the setting, what the problem is, and how the characters will resolve the problem. While writing your play, think about ways to handle situations in which other people aren't showing good sportsmanship.

#### Extensions:

1. Share your play with the class and discuss ways to incorporate these strategies of good sportsmanship into your everyday lives.
2. Keep a log of your sportsmanship – whether it's when you play a game of cards or soccer. In what ways are you able to be a good sport? How can you improve in this area?
3. You're playing a game at recess with some friends when someone cheats or yells "That's not fair!" What do you do or say to solve this problem? Role-play how you might handle the situation.



## Respect for the Game

### Objectives:

Students will:

- Examine how professional athletes portray sportsmanship
- Describe the impact this has on kids and teens

### Materials:

- Computer with Internet access
- Respect for the Game handout (available at: [KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship_handout2.pdf))

### Class Time:

2 hours

### Activity:

Kids learn about sportsmanship in many places – on the field, from parents and coaches, and from famous athletes. Sometimes athletes are in the spotlight for good sportsmanship, but other times it's for unsportsmanlike behavior such as arguing or fighting with teammates, opponents, coaches, referees, or fans. How do professional athletes affect the way kids think about sportsmanship (and ultimately behave on the field)? Pick one professional athlete who gets a lot of attention, and use the handout to decide whether he or she is a good sport. What message does this athlete send to others about how to handle tough situations that arise during competition? Once you've examined this athlete's behavior, share your findings with your class. What effect does pro athletes' behavior have on kids' or teens' views of sportsmanship? Do pro athletes have a responsibility to be good sports? Why or why not?

### Extensions:

1. Write a letter to a professional athlete who encourages good sportsmanship. Thank him or her for being a good sport and discuss how his or her choices have affected you and others your age.
2. How do adults (parents, coaches, teachers, etc.) affect the way kids or teens your age feel about sportsmanship?

## Reproducible Materials

### Handout: Sportsmanship in Action

[KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship_handout1.pdf)

### Handout: Respect for the Game

[KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship_handout2.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Sportsmanship in Action

Instructions: Read articles at KidsHealth to learn more about sportsmanship and how to be a good sport. Then, working in small groups, use the answers to these questions to write a brief play about sportsmanship.

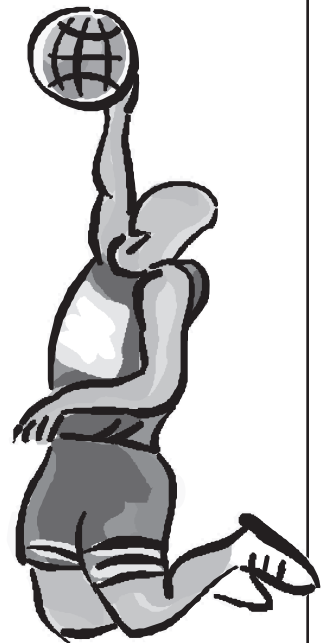
Who is your main character? Describe him or her in 20 words or less.

List other major characters in the play and describe them in 10 words or less.

What is the setting?

What is the problem or conflict? (A situation in which sportsmanship is being challenged.)

How will the main character solve the problem? What steps will he or she take to deal with unsportsmanlike behavior?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Respect for the Game

Instructions: Choose a well-known professional athlete, then cut out his or her picture from a newspaper or magazine and tape or glue it in the frame. Then use these questions to decide whether he or she is a good sport.

**Athlete's name:**

**Athlete's sport and team:**

How does he or she handle difficult situations, such as making mistakes, following the rules, losing games, dealing with controversial calls by officials, reacting to poor performances by teammates, or hearing criticisms from fans, the media, and opponents?

What messages do these actions send to kids, fans, teammates, and opponents about sportsmanship?

Is he or she a good sport? Why?

