



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

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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 use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Be fair. Be polite. Don't show off. Even kids who have good manners at the dinner table might forget these rules of good sportsmanship in the heat of a championship game. The following discussion questions and activities can help your students determine the qualities of good sports and incorporate these guidelines for behavior when playing with friends.

Related KidsHealth Links

Articles for Kids:

How to Be a Good Sport

KidsHealth.org/kid/feeling/emotion/good_sport.html

Taking the Pressure Off Sports Competition

KidsHealth.org/kid/stay_healthy/fit/pressure.html

Cheating

KidsHealth.org/kid/feeling/school/cheating.html

Taking Charge of Anger

KidsHealth.org/kid/feeling/emotion/anger.html

Train Your Temper

KidsHealth.org/kid/feeling/emotion/temper.html

Talking About Your Feelings

KidsHealth.org/kid/feeling/thought/talk_feelings.html

Discussion Questions

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

1. You think you're going to be the first to cross the finish line, but your friend pulls ahead of you at the last second. Share a story about a time when you lost a race or a game. How did it make you feel? What did you do when you lost?
2. Parents and coaches are always telling you to be a good sport. What does that mean exactly? What do good sports do when they're playing? What might happen if the kids playing a game weren't being good sports?
3. Tasha is great at T-ball. She can hit the ball farther than anyone on the team, and she can catch any ball that comes her way. She also lets everyone know that she's the best player on the team. Is Tasha being a good sport? Why or why not? How do you think Tasha's actions make the rest of her team feel?



Activities for Students

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

Good Sports Charades

Objectives:

Students will:

- Determine the difference between good and poor sportsmanship

Materials:

- Good Sports Charades handout (available at: KidsHealth.org/prekto2/personal/fitness/sportsmanship_handout1.pdf)
- Two paper bags
- Scissors
- Markers

Class Time:

45 minutes

Activity:

Teacher's Note: Prior to the activity, print out a copy of the Good Sports Charades handout. Cut out each of the scenarios and place them in one bag. Label this bag "Sports Stories." Cut out the "Good Sport / Not a Good Sport" slips and place them in the second bag. Label this bag "Actions."

Have you ever played charades before? When you play charades, one person acts out something and everyone else tries to guess what he or she is acting out. When you play Good Sports Charades, someone performs an action and everyone else tries to guess whether or not he or she is acting like a good sport! When it's your turn to play Good Sports Charades, pull a slip of paper from the "Sports Stories" bag. Your teacher will read the story out loud. Then pull a slip of paper from the "Actions" bag. This paper will tell you if you're supposed to act like a good sport or a poor sport. ("Good Sport" goes with a smiley face, "Not a Good Sport" goes with a frown.) If you get a "Good Sport" slip, act out how a good sport would react to the sports story your teacher read. If you get a "Not a Good Sport" slip, act out what a kid who's being a poor sport does. Then your classmates will raise their hands to vote for whether you were acting like a good sport or not. Keep playing until each member of your class has had a turn.

Extensions:

1. It's not too hard to act like a good sport when playing charades, but do you always act like a good sport on the baseball diamond or basketball court? Think about how you act when playing games with your friends. How could you do a better job of being a good sport? Draw a picture of yourself doing a better job of being a good sport, and remember your goal the next time you play a game with friends.
2. It's tough being a good sport all the time, especially when you lose a game. What could you say to a friend who just lost a soccer game? With a friend, role-play a talk you might have with someone who's upset about losing. Help your friend to see why it's important to be a good sport.



Good Sport Award

Objectives:

Students will:

- Identify behaviors of good sportsmanship

Materials:

- Good Sport Award handout (available at: KidsHealth.org/prekto2/personal/fitness/sportsmanship_handout2.pdf)
- Art supplies (crayons, markers, colored pencils, etc.)

Class Time:

35 minutes

Activity:

Good sports are fair, polite, and fun to play with. You can thank good sports by presenting them with a Good Sport Award. Before you create your award, think about how good sports play, win, and lose games. With your class, list ways to be a good sport. Now you're ready to design your award. Your teacher will give you the outline of a trophy on the Good Sport Award handout. On the trophy, you can draw a picture of someone acting like a good sport. You can also use words to describe how the good sport is acting.

Once you've finished your drawing, think about one person you know who should win your Good Sport Award. It could be a kid in your school, a coach, an athlete on TV, or a team member from your summer baseball league. Just pick someone who you think always acts like a good sport and deserves some credit. You can write his or her name on the line provided on the trophy or you can ask your teacher for help. After your class is finished with their awards, you can share whom you would present the award to and why you chose that person.

Reproducible Materials

Handout: Good Sports Charades

KidsHealth.org/prekto2/personal/fitness/sportsmanship_handout1.pdf

Handout: Good Sport Award

KidsHealth.org/prekto2/personal/fitness/sportsmanship_handout2.pdf

Quiz: Sportsmanship

KidsHealth.org/classroom/prekto2/personal/fitness/sportsmanship_quiz.pdf

Answer Key: Sportsmanship

KidsHealth.org/classroom/prekto2/personal/fitness/sportsmanship_quiz_answers.pdf



Good Sports Charades

Instructions: When you play Good Sports Charades, someone performs an action and everyone else tries to guess whether or not the person is acting like a good sport. Pull a slip of paper from the “Sports Stories” bag. Your teacher will read the story aloud. Then pull a slip of paper from the “Actions” bag. If you get a “Good Sport” slip, show how a good sport would react. If you get a “Not a Good Sport” slip, show what a kid who’s not being a good sport does. Then your class will raise their hands to vote for whether you were acting like a good sport or not.

Teacher’s note: Before the activity, print a copy of the Good Sports Charades handout. Cut out the scenarios and place them in a bag labeled “Sports Stories.” Cut out the “Good Sport / Not a Good Sport” slips and place them in a bag labeled “Actions.”

Sports Stories:

Your soccer team needs one more goal to tie the game. Kendra dribbles the ball down the field and kicks, but misses the goal. Your team loses. What do you do?

Your team just lost a baseball game. Your friend, Chase, is on the winning team. He comes over to talk to you. What do you do?

Your team just won a soccer game. Your friend, Molly, is on the losing team. She comes over to talk to you. What do you do?

You’re playing a board game with your little brother. Your mom calls you into the kitchen for a minute. When you return, you notice that your brother has moved his game piece to a much better position than where it was when you left. What do you do?

You go to your friend Lucy’s house after school a lot. Lucy likes playing basketball in her driveway. When you play, she always brags about how good she is and she keeps track of how many baskets you miss. What do you do?

You’re really good at basketball and score lots of points for your team. A new kid, Karin, just joined the team. She’s never played basketball before and she isn’t too good yet. The coach asks you to sit out at the end of the game so Karin can have a turn. What do you do?



Good Sports Charades

Actions:

Good Sport



Not a Good Sport



Good Sport



Not a Good Sport



Good Sport



Not a Good Sport



Good Sport



Not a Good Sport





Name: _____

Date: _____

Good Sport Award

Instructions: Draw a picture of yourself acting like a good sport. You can also use words to describe how you're acting like a good sport. Write your name on the plaque or ask your teacher for help.





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. Kids who are polite, play fair, and handle losing well are called _____.
 - a. sore losers
 - b. braggers
 - c. good sports

2. Your team just lost the last soccer game of the season. What would a good sport do?
 - a. Yell at your teammates for doing a bad job.
 - b. Give the players on the winning team a high five.
 - c. Say mean things to the winning team.

3. List three ways to be a good sport:
 - a. _____
 - b. _____
 - c. _____

4. You're a very good basketball player and a good sport. What do you do when the coach asks you to sit out of the end of a game so another player can have a turn?
 - a. Cry because you really want to score more points.
 - b. Tell your teammates that you're the best player on the team so you should be playing.
 - c. Cheer for your team while you sit on the bench.

5. Why is it important to be a good sport? _____



Quiz Answer Key

1. Kids who are polite, play fair, and handle losing well are called good sports.
 - a. sore losers
 - b. braggers
 - c. good sports
2. Your team just lost the last soccer game of the season. What would a good sport do?
 - a. Yell at your teammates for doing a bad job.
 - b. Give the players on the winning team a high five.
 - c. Say mean things to the winning team.
3. List three ways to be a good sport:
Any three of the following: Be polite to everyone you're playing with and against; don't show off; tell your opponents "good game!"; learn the rules of the game; listen to your coaches and follow their directions; don't argue with officials; don't make up excuses or blame teammates if you lose; be willing to sit out so others can get in the game; play fair and don't cheat; cheer for your teammates no matter what.
4. You're a very good basketball player and a good sport. What do you do when the coach asks you to sit out of the end of a game so another player can have a turn?
 - a. Cry because you really want to score more points.
 - b. Tell your teammates that you're the best player on the team so you should be playing.
 - c. Cheer for your team while you sit on the bench.
5. Why is it important to be a good sport? Kids who are good sports become known as kids who are fun to play with. Kids might not be as eager to play with someone who gets angry all the time and won't give other players a break.