



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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- 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.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

Winning and losing gracefully is essential to being a good sport. The following activities will help your students recognize behaviors that exemplify sportsmanship, deal with unsportsmanlike behavior, and understand what influences good sportsmanship.

Related KidsHealth Links

Articles for Teens:

Sportsmanship

TeensHealth.org/en/teens/sportsmanship.html

Connecting With Your Coach

TeensHealth.org/en/teens/coach-relationships.html

Dealing With Anger

TeensHealth.org/en/teens/deal-with-anger.html

Handling Sports Pressure and Competition

TeensHealth.org/en/teens/sports-pressure.html

Discussion Questions

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

1. List the traits of a good sport.
2. Why is it important to be a good sport? How does it affect the way people feel about playing a game?
3. How can good sportsmanship help in situations outside sports?
4. How can coaches contribute to good sportsmanship? Who else do you think affects student-athletes' views of sportsmanship, and ultimately, their actions on the field?



Activities for Students

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

Applauding Sportsmanship

Objectives:

Students will:

- Recognize what good sportsmanship is
- Identify ways to promote good sportsmanship

Materials:

- Computer with Internet access
- "Applauding Sportsmanship" handout

Class Time:

1 hour

Activity:

As captain of a sports team, you've noticed unsportsmanlike behavior among your teammates. When you approach your coach about this, she asks you to develop an activity to promote better sportsmanship. After you read the articles at TeensHealth.org, use the "Applauding Sportsmanship" handout to help you develop your activity. What behaviors will you address? How will your activity deal with these behaviors?

Extensions:

1. After your teammates complete your activity, you decide it's important to create a poster reminding them of what it means to be a good sport. What do you think would be on this poster? Make your own poster reminding student-athletes of the rules of good sportsmanship.
2. Your next few games prove that your activity has helped your team be more sportsmanlike. But after a tough loss, you notice one teammate still showing unsportsmanlike behavior. Role-play the situation in which you talk with this team member about his or her actions. What can you say to resolve the situation and promote more respectful behavior?
3. Who influences your ideas about sportsmanship the most? Write about his or her actions and how they helped influence your behavior in competitive situations.



What's in an Image?

Objectives:

Students will:

- Analyze how media portray sportsmanship
- Identify positive and negative sportsmanship

Materials:

- Computer with Internet access
- TV, or other media
- Pen or pencil and lined paper or computer word processing program

Class Time:

45 minutes

Activity:

Sportsmanship isn't just something you learn on the field. It's also affected by what you see around you – and what you see on TV and in other media is no exception. Next time you sit down to watch TV, examine the way sportsmanship is portrayed. Pick one televised message, show, or ad, examine the way sportsmanship is portrayed, and answer the following questions:

- What happens?
- What does it say about sportsmanship?
- Does it promote or discourage good sportsmanship? What message does it convey about being a good sport?

Share your findings with your class and discuss ways to counter negative messages.

Extension:

We've all heard about a parent who yelled at a ref or argued with a coach. Parents play a key role in helping students develop sportsmanship. Create a leaflet for parents discussing ways to talk with their kids about being good sports, as well as ways they can model this behavior.

Reproducible Materials

Handout: Applauding Sportsmanship

KidsHealth.org/classroom/9to12/personal/fitness/sportsmanship_handout1.pdf

Quiz: Sportsmanship

KidsHealth.org/classroom/9to12/personal/fitness/sportsmanship_quiz.pdf

Answer Key: Sportsmanship

KidsHealth.org/classroom/9to12/personal/fitness/sportsmanship_quiz_answers.pdf



Name: _____

Date: _____

Applauding Sportsmanship

Instructions: Read the TeensHealth.org articles related to sportsmanship, then answer these questions.



Give two examples of **good sportsmanship** you've experienced or witnessed. The good sport could be you, a teammate, an opponent, a college or pro athlete, a coach, a parent, or a fan. The examples could be from games you've played in or watched.

1:

2:

Give two examples of **unsportsmanlike behavior** you've experienced or witnessed. The person could be you, a teammate, an opponent, a college or pro athlete, a coach, a parent, or a fan. The examples could be from games you've played in or watched.

1:

2:

For each example of **unsportsmanlike behavior** you wrote, explain how each person could have improved his or her behavior and been a better sport.

1:

2:



Name: _____

Date: _____

Quiz

1. Which are **not** part of good sportsmanship? (Choose all that apply.)
 - a) playing fair
 - b) “win at any cost” attitude
 - c) following the rules of the game
 - d) excellent trash-talking skills
 - e) respecting the judgment of referees and officials
 - f) having a victory dance
 - g) treating opponents with respect
2. True or false: Student-athletes may enjoy more success at work, because a big part of learning good sportsmanship is learning to be respectful of others, including customers and coworkers.
3. Who needs to show good sportsmanship at athletic events? (Choose all that apply.)
 - a) players
 - b) cheerleaders
 - c) parents and other spectators
 - d) coaches
 - e) referees
 - f) a) only
 - g) a) and d) only
4. When it comes to losing, part of good sportsmanship means _____ the winners.
5. Name two stress-busting techniques to try when sports pressure gets overwhelming:



Quiz Answer Key

1. Which are **not** part of good sportsmanship? (Choose all that apply.)
 - a) playing fair
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 - a) players
 - b) cheerleaders
 - c) parents and other spectators
 - d) coaches
 - e) referees
 - f) a) only
 - g) a) and d) only
4. When it comes to losing, part of good sportsmanship means congratulating the winners.
5. Name two stress-busting techniques to try when sports pressure gets overwhelming:
Any two of the following: deep breathing, muscle relaxation, visualization, positive self-talk