



## Cadette Good Sportsmanship Badge

**Pillar:** Life Skills

**Outcomes:** Positive Values & Healthy Relationships

### Cadettes will earn their badge by:

- 1) Create your own definition of sportsmanship
  - a) Watch a video of a sports game and see how the players interact with one another, their coaches and officials.
  - b) Use this Pinterest board to help you research what sportsmanship might look like: <https://www.pinterest.com/gprograms/cadette-good-sportsmanship/1-create-you-own-definition-of-sportsmanship/>
  - c) Click on the following link for an explanation of sportsmanship, then create your own definition of sportsmanship. Include 3 things to do and 3 things of what not to do. <https://kidshealth.org/en/parents/sportsmanship.html>
- 2) Be a good competitor
  - a) Use this Pinterest board: <https://www.pinterest.com/gprograms/cadette-good-sportsmanship/2-be-a-good-competitor/>
  - b) Research your favorite female athlete and write a poem, news article, song, or make a video or slide show that focuses on why and how this athlete is such a great competitor and practices good sportsmanship. You might include a quote from the athlete that is inspirational. Then do a family presentation! Share it with your family and practice some presentation skills. Remember to make eye contact, stand still except for direct movement and speak clearly using interesting words.
  - c) What makes an athlete a good competitor? Is it only because they have a lot of wins, or is it more? Find out what makes an athlete a good person “off the field”. Find out what charities Chiefs or Royals players are involved in and what good things they do for our community.
- 3) Be a good teammate
  - a) Find some ideas for this step here: <https://www.pinterest.com/gprograms/cadette-good-sportsmanship/3-be-a-good-teammate/>
  - b) With members of your household, create an obstacle course or fun game. Take turns being the caller, who yells directions to blindfolded teammates to get them all through the course without running into each other.
  - c) Create uplifting posters or signs to use in your obstacle course. Cheer on your team with positive visuals!
  - d) Lead your team in pregame stretches and warm up exercises! Create a team cheer together! Take turns with family members leading each other in the cheer.



4) Psych yourself up

- a) Research ways to psych yourself up here: <https://www.pinterest.com/gprograms/cadette-good-sportsmanship/4-psych-yourself-up/>
- b) Find an athlete who competes in a subjectively scored sport, watch a video of their performance and see what they have to say about how they prepare. Some things to look for are visualization techniques and mental training that can improve performance. Find out more about the technique and how it might improve your game.
- c) Create a playlist of songs that will get you ready to play your best. Now choose a “walk up” song for yourself.
- d) Create a piece of art, a collage on a wall, or choose a favorite quote. Put it where you can see it in your room as a reminder of what you are trying to achieve in life. Then go for it!

5) Put your definition of good sportsmanship into action

- a) Find inspiration for a definition here: <https://www.pinterest.com/gprograms/cadette-good-sportsmanship/5-put-your-definition-of-good-sportsmanship-into-a/>
- b) Create a Good Sportsmanship Pledge for a community or school sports program.
- c) Share your pledge on Social Media, in a Zoom meeting or over email with some trusted friends. Find out what they would add or take out and why.

**When you're finished:** Congratulations, you have earned your badge! You can purchase by emailing [shopdept@gksmo.org](mailto:shopdept@gksmo.org) or at <https://www.girlscoutshop.com/CADETTE-GOOD-SPORTSMANSHIP-BADGE>

No shipping charges apply at this time.

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