

## Sportsmanship Overview

### Main Points:

Children in today's society are pushed to excel and win at all costs in sports and in life. This emphasis is counterproductive to cooperative work and play as well as increasing stress factors in their lives. Children need to be reminded that the point of any game is to have fun and socialize. The world will keep turning regardless of the game's outcome. Playing games allows for relaxation, acquiring skills, and the building of friendships in a cooperative atmosphere. Basic social interactive skills such as supporting others as they try their best are able to be practiced in real life situations. However, all of that can be lost if the emphasis is allowed to focus on winning alone.

Good sportsmanship is an essential social skill. Students with this skill are able to establish and maintain friendships and successfully participate in cooperative activities.

### Essential Questions:

1. What does it mean to be a good sport?
2. What does cooperation look, sound, and feel like?
3. Which is more important...winning or having fun?

### Alternate Books :

Winners Never Quit by Mia Hamm

### Activities:

Marble Tunnel from Still More Activities That Teach by Tom Jackson

Everyone Wins: 100 Games Children Should Play by Diane Schilling and Terri Akin

### Utah State Core Curriculum:

**K-2 Core - Fine Arts, Health, Physical Education, Science, and Social Studies**

**Standard 2: Students will develop a sense of self in relation to families and community.**

K-1e ; 1<sup>st</sup> - 1d,e; 2<sup>nd</sup> - 1d,e

**3-6 Responsible Healthy Lifestyles**

**Standard 3: The students will understand and respect self and others related to human development and relationships.**

3<sup>rd</sup> - 2a,c; 4<sup>th</sup> -2a,b; 5<sup>th</sup> - 1a,b; 6<sup>th</sup> -1b

## Sportsmanship Lesson

A- Ask and discuss the following:

- Has anyone ever played a game and instead of having fun it turned into a big fight?
- What was the fight about?
- Why did it happen?

B-Recess Time Pie Chart:

Draw a circle on the board and explain that the circle represents the fifteen minutes students have at recess. Mark off the slice that represents how much time it takes to stop their class activity, stand up, tuck in their chair, and walk outside. Mark off how much time it takes to begin an activity and show how much time is actually left to play. Then mark off slices for arguing about who plays what position, arguing about who goes first, arguing about whether the ball was in or out, arguing about whether someone can play or not. Show the students that without good sportsmanship, too much of their time is spent dealing with problems and not enough time spent having fun.

C- Read It's Just A Game by John Farrell.

- 1-Is the coach being a good sport when he calls names? (No, name calling is NEVER appropriate)
- 2-Is the main point of a game to have fun or is it to win?
- 3-When the losing team congratulates the winners is that good sportsmanship?
- 4-We each must decide if we will choose to be good sports or poor sports. People do not like to be around poor sports. When we choose to be poor sports people don't want to be around us either.
- 5-Is it always easy to be a good sport?
- 6- To be a good sport, it is important to:
  - Cooperate
  - Play Fair and Honestly
  - Follow the Rules
  - Place Fun Over Winning
- 7-Discussion:
  - What does good sportsmanship look like, sound like, and feel like?

### Goals:

Students will:

- 1-Cooperate with teammates.
- 2-Play fair and follow the rules
- 3-Focus on fun not winning
- 4-Recognize the problems that good sportsmanship solves.