

SPORTS



ELECTIVE ADVENTURE

Complete the following requirements.

1. Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.
2. Participate in two sports, either as an individual or as part of a team.
3. Complete the following requirements:
 - A. Explain what good sportsmanship means.
 - B. Role-play a situation that demonstrates good sportsmanship.
 - C. Give an example of a time when you experienced or saw someone showing good sportsmanship.

Approved by

SNAPSHOT OF ADVENTURE

America is a sports-loving country. We go to games and watch all kinds of sports on television. Big events like the Olympic Games and national championships capture the attention of millions of people. It's fun to watch sports, but the real adventure happens when you get on the field or court yourself. In this adventure, you will get to play sports as an individual or as part of a team. You may even try a sport that you will like enough to enjoy all of your life.



COMPLETE THE FOLLOWING REQUIREMENTS.

REQUIREMENT 1 | Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.

If you've ever been to a sporting event or watched one on TV, you know how loud an arena or stadium can get. That's why officials use hand signals to communicate with the players, coaches, fans, and even each other. Like the Cub Scout sign, these signals can share important information quickly.

When you're a sports fan, understanding signals helps you enjoy the game more. When you're a player, understanding them helps you know what to do next.

For this requirement, learn the signals for one team sport. Then, the next time you watch a game, see if you can follow the action without needing a play-by-play announcer to tell you what's going on.

If you'd like, learn the signals for more than one sport. Look for examples of signals that are shared between sports.

OFFICIALS' SIGNALS

Soccer



Football



Baseball



Safe



**Time Out or
Foul Ball**



Out or Strike



Fair Ball



Foul Tip

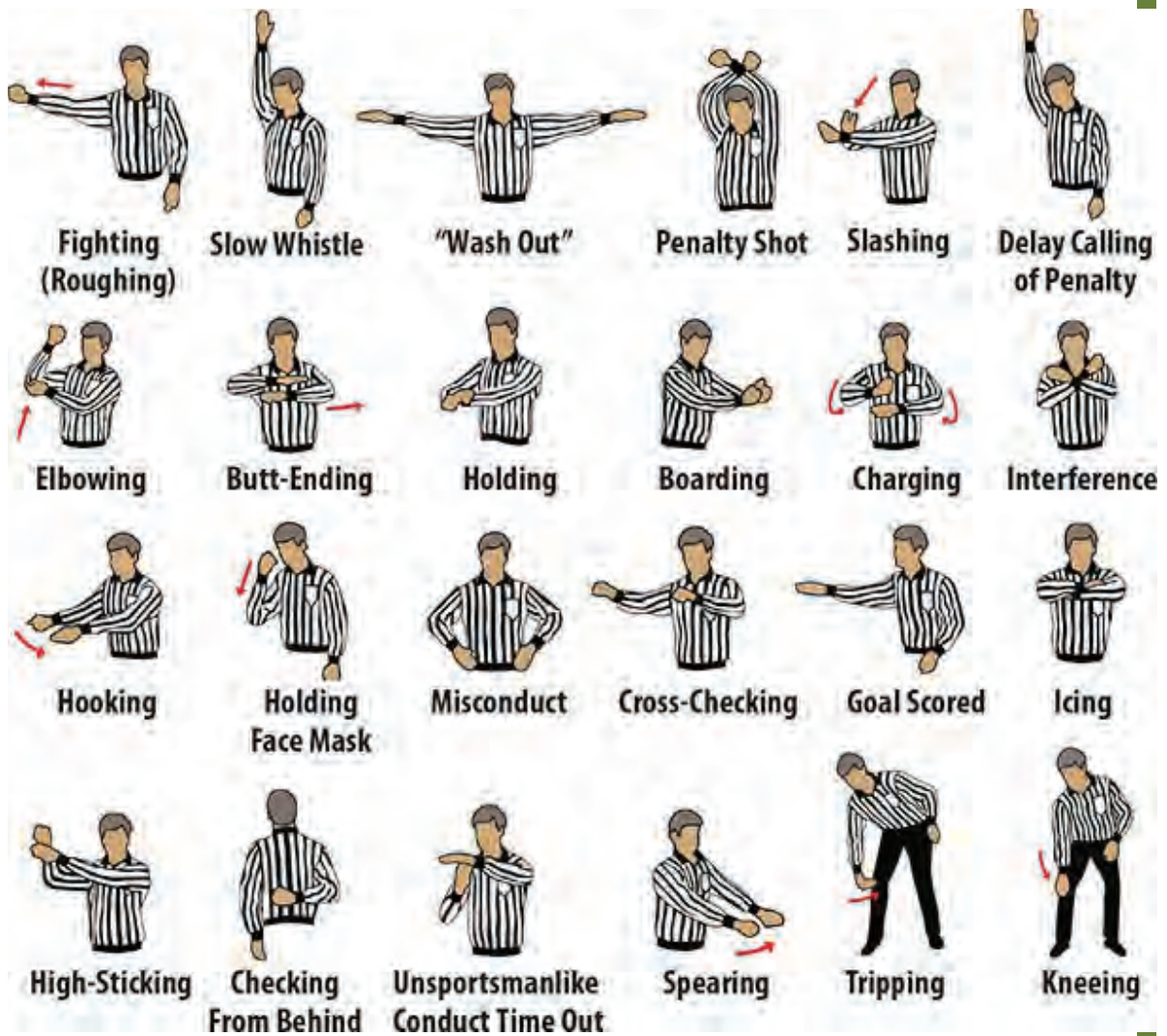


Do Not Pitch



Play Ball

Hockey



Basketball



Time Out or Foul



Technical Foul



Pushing or Charging



Kicking the Ball



Holding



No Score



Traveling



Jump Ball



**Illegal Use
of Hands**



**Illegal or
Double Dribble**



**Over and Back
(Half-Court Violation)**



**Carrying or
Palming the Ball**

REQUIREMENT 2 | Participate in two sports, either as an individual or as part of a team.

An individual sport is one you play by yourself. That doesn't mean there's no competition, however. You'll want to learn and practice so you can do your best when you compete against another person—or when you compete against your own previous performance.

Every sport is different. Tennis requires agility, which means being able to move quickly in different directions. Cycling requires endurance, which is the ability to keep going for a long time. Archery requires good eye-hand coordination. Gymnastics requires flexibility and balance. Fishing requires patience.

Just because you don't have those skills right now doesn't mean you can't learn them. Part of participating in sports is trying things you haven't done before and getting better at them.

Think about all the individual sports you know about. Which ones interest you?

Ask your friends about sports they enjoy that you have not played. What are they?

Team sports offer all the variety that individual sports do. Some require strength, some require agility, some require quick thinking, and some require endurance. And they all require teamwork. In fact, teamwork can be more important than the specific skills the sport requires. Players with average skills who work together as a team will often beat players who are good at the sport but bad at teamwork.

Team members depend on one another to play well and to win. They practice together and figure out ways to use each other's abilities to benefit the whole team. And they encourage each other during practices and games, especially when things aren't going well.



Choose two sports to participate in, either as an individual or as part of a team.



My Sports

Sport No. 1 _____

When I/My Team Played _____

How the Team Did (if team sport) _____

How I Did _____

What I Liked _____

What I Didn't Like _____

What I Learned _____

Sport No. 2 _____

When I/My Team Played _____

How the Team Did (if team sport) _____

How I Did _____

What I Liked _____

What I Didn't Like _____

What I Learned _____



A Scout is clean. Sports help you keep your body and your mind fit. Just find the sport that's right for you.



REQUIREMENT 3 | Complete the following requirements:

REQUIREMENT 3A | Explain what good sportsmanship means.

REQUIREMENT 3B | Role-play a situation that demonstrates good sportsmanship.

REQUIREMENT 3C | Give an example of a time when you experienced or saw someone showing good sportsmanship.

Sportsmanship is how you act when you are playing a sport. A good sport plays by the rules and never cheats. Playing fairly is a matter of honor and self-respect, as well as respect for opponents. Play hard and play to win—but play fairly.



When you win, you might want to jump for joy or dance or cheer out of excitement. These feelings are natural, but remember that while you are celebrating, the other team is feeling unhappy about its loss. Be a gracious winner; do not put the other team down. Take time to tell your opponents they played a good game, and always shake hands.

If you lose, try to take the loss bravely. Congratulate the winners, and shake their hands. Don't complain about bad luck or blame the officials or your teammates. Instead, practice, do your best, and see what happens the next time you compete.

In my own words, good sportsmanship means

A situation that demonstrates good sportsmanship is

A time when I observed good sportsmanship was

