



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- 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.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

Whether it's playing a game of cards or running in a track meet, good sportsmanship can take you a long way. The questions and activities in this guide will help your students understand what sportsmanship is, how they can be a good sport, as well as how to handle situations in which someone is acting unsportsmanlike.

## Related KidsHealth Links

### Articles for Kids:

#### How to Be a Good Sport

[KidsHealth.org/en/kids/good-sport.html](http://KidsHealth.org/en/kids/good-sport.html)

#### Taking the Pressure Off Sports Competition

[KidsHealth.org/en/kids/pressure.html](http://KidsHealth.org/en/kids/pressure.html)

#### Cheating

[KidsHealth.org/en/kids/cheating.html](http://KidsHealth.org/en/kids/cheating.html)

#### Taking Charge of Anger

[KidsHealth.org/en/kids/anger.html](http://KidsHealth.org/en/kids/anger.html)

#### Saying You're Sorry

[KidsHealth.org/en/kids/sorry.html](http://KidsHealth.org/en/kids/sorry.html)

### Articles for Teens:

#### Sportsmanship

[TeensHealth.org/en/teens/sportsmanship.html](http://TeensHealth.org/en/teens/sportsmanship.html)

#### Handling Sports Pressure and Competition

[TeensHealth.org/en/teens/sports-pressure.html](http://TeensHealth.org/en/teens/sports-pressure.html)

#### How Can I Deal With My Anger?

[TeensHealth.org/en/teens/deal-with-anger.html](http://TeensHealth.org/en/teens/deal-with-anger.html)

#### Connecting With Your Coach

[TeensHealth.org/en/teens/coach-relationships.html](http://TeensHealth.org/en/teens/coach-relationships.html)

## Discussion Questions

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

1. Describe what it means to be a good sport. What behaviors demonstrate good sportsmanship? What behaviors don't?
2. How do kids learn sportsmanship? Who or what affects this the most? Why?
3. Why is it important to be a good sport? How does good sportsmanship affect the way you feel while playing a game? How does unsportsmanlike behavior affect how you feel and play?



## Activities for Students

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

### Sportsmanship in Action

#### Objectives:

Students will:

- Discover what sportsmanship is
- Identify ways to be a good sport
- Recognize ways to counter unsportsmanlike behavior

#### Materials:

- Computer with Internet access
- "Sportsmanship in Action" handout, pen or pencil

#### Class Time:

90 minutes

#### Activity:

We've all seen someone being a poor sport, but what does it mean to be a good sport? First, read the articles at KidsHealth.org to learn more about sportsmanship and how to be a good sport. Then work in small groups to create a description of sportsmanship – what it is, how you show it, etc. Finally, write a brief skit that explores the idea of sportsmanship. Use the "Sportsmanship in Action" handout to help you develop your ideas – who the characters are, the setting, what the problem is, and how the characters will resolve the problem. While writing your skit, think about ways to handle situations in which other people aren't showing good sportsmanship.

#### Extension:

Share your skit with the class and discuss ways to incorporate these strategies of good sportsmanship into your everyday lives.



## Respect for the Game

### Objectives:

Students will:

- Examine how professional athletes portray sportsmanship
- Describe the impact this has on kids and teens

### Materials:

- Computer with Internet access
- "Respect for the Game" handout, pen or pencil

### Class Time:

1 hour

### Activity:

Student-athletes learn about sportsmanship in many places – on the field, from parents and coaches, and from famous athletes. Sometimes athletes are in the spotlight for good sportsmanship, but other times it's for unsportsmanlike behavior such as arguing or fighting with teammates, opponents, coaches, referees, or fans.

How do professional athletes affect the way students think about sportsmanship (and ultimately behave on the field)? Pick one professional athlete who gets a lot of attention, and use the "Respect for the Game" handout to decide whether he or she is a good sport. What message does this athlete send about how to handle tough situations that arise during competition? Once you've examined this athlete's behavior, share your findings with your class. What effect does pro athletes' behavior have on students' views of sportsmanship? Do pro athletes have a responsibility to be good sports?

### Extensions:

1. How do adults (parents, coaches, teachers, etc.) affect the way student-athletes your age feel about sportsmanship?
2. Write a letter to a professional athlete who encourages good sportsmanship. Thank him or her for being a good sport and discuss how his or her choices have affected you?

### Reproducible Materials

#### Handout: Sportsmanship in Action

[KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship_handout1.pdf)

#### Handout: Respect for the Game

[KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship_handout2.pdf)

#### Quiz: Sportsmanship

[KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship_quiz.pdf)

#### Answer Key: Sportsmanship

[KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/personal/fitness/sportsmanship_quiz_answers.pdf)



Names: \_\_\_\_\_

Date: \_\_\_\_\_

## Sportsmanship in Action

Instructions: Read articles at KidsHealth.org to learn more about sportsmanship and how to be a good sport. Then, working in small groups, use the answers to these questions to write a brief skit about sportsmanship.

Name and describe your main character.

List other major characters in the play and describe them.

What is the setting?

What is the problem or conflict? (A situation in which sportsmanship is being challenged.)

How will the main character solve the problem? What steps will he or she take to deal with unsportsmanlike behavior?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Respect for the Game

Instructions: Choose a professional athlete, then cut out his or her picture from a website printout, magazine, or newspaper, and tape or glue it in the frame. Then use these questions to decide whether he or she is a good sport.

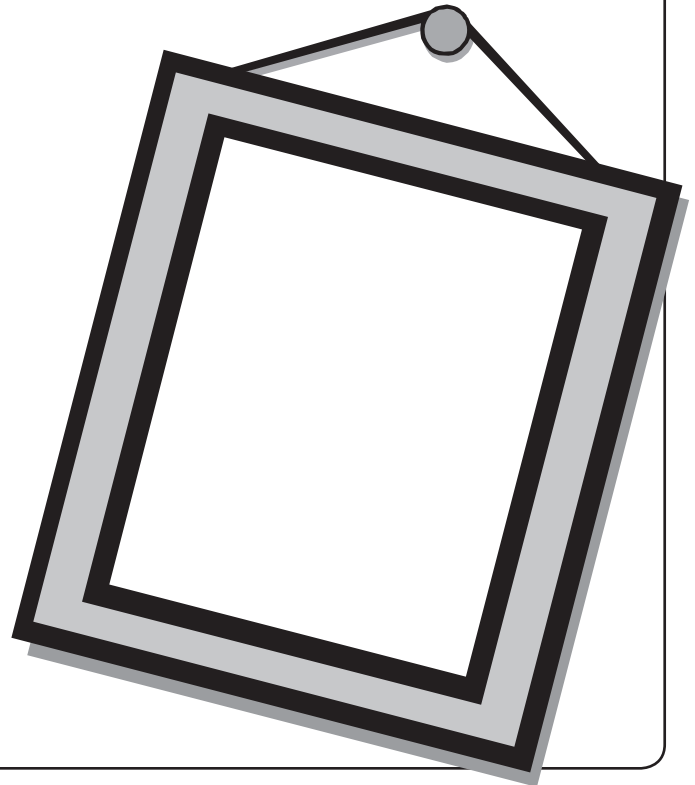
**Athlete's name:**

**Athlete's sport and team:**

How does he or she handle difficult situations, such as making mistakes, following the rules, losing games, dealing with controversial calls by officials, reacting to poor performances by teammates, or hearing criticisms from fans, the media, and opponents?

What messages do these actions send to kids, fans, teammates, and opponents about sportsmanship?

Is he or she a good sport? Why?





Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

1. Which are **not** part of good sportsmanship? (You can choose more than one answer.)
  - 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 flashy victory dance
  - g) treating opponents with respect
2. Who needs to show good sportsmanship at athletic events? (You can choose more than one answer.)
  - a) players
  - b) cheerleaders
  - c) parents and other spectators
  - d) coaches
  - e) referees
  - f) a) only
  - g) a) and d) only
3. True or false: When it comes to losing, part of good sportsmanship means congratulating the winners.



## Quiz Answer Key

1. Which are **not** part of good sportsmanship? (You can choose more than one answer.)
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  - f) a) only
  - g) a) and d) only
3. True or false: When it comes to losing, part of good sportsmanship means congratulating the winners.