



## Sportsmanship Group Activity 3: Know Your Role

### Sportsmanship — Bring your best to all competition

- **BE COOPERATIVE:** Join your teammates & opponents in a mutual quest for excellence.
- **BE FAIR:** Perform skillfully, guided by the letter & spirit of the rules.
- **BE GRACIOUS:** Enjoy the challenge of a tough competitor & meet it with your finest performance, win or lose.
- **BE HONORABLE:** Respect the game & contributions made by opponents, teammates, coaches & officials.
- **BE HUMBLE:** Don't distract from great play with arrogant behavior.

### Problem Solving: Sportsmanship

**Summary:** Trust, support, cooperation, communication, asking for and offering help, and problem solving. Two half groups attempt to pass one another atop a balance beam without slipping or stepping off.

**Time:** 15 minutes total

Brief the group: 2 minutes

Exercise: 10 minutes

Reflection: 3 minutes

**Beam & Two Teams Represents:** The beam is like the playing field that for each team to be successful they each need to bring their best.

#### Directions:

- Ask people to take turns standing on the log. As they stand up, ask each one to give an attribute of sportsmanship that they bring to a team.
- Once everyone is up, split the group in half and move to opposite ends of the beam.
- Explain they need to change sides of the beam by passing by all of the other half and without stepping or slipping off.
- If they step or slip off, everyone must return to their starting positions to begin again.

#### Facilitator Notes:

- People who try to pass one another without external support, usually slip off. They will soon begin to hold hands and embrace to make passing easier.

## Processing the Ideas:

- Discuss the importance of sportsmanship: bring your best to all competition. How did this group do in demonstrating sportsmanship to all members of the team as they tried to lower the rod?
- How does this relate to a team setting? (trust, support, and cooperation...)
- Even though both halves represented a team did you need each other to be successful? Why?
- Did people follow through on the behaviors they stood for at the beginning?
- How will SPORTSMANSHIP look on your team? Identify 3. Refer to Sportsmanship checklist.
- One team member writes and reports later.



