



## Sportsmanship Group Activity 4: Bring Your Best

### 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. The team will attempt to pass a hula hoop(s) around the circle without unclasp hands.

**Time:** 15 minutes total

Brief the group: 2 minutes

Exercise: 10 minutes

Reflection: 3 minutes

**Hula Hoops Represents:** The hula hoops can represent the various levels of competition and each teammate will need to bring their best for the team to be successful for each scenario.

### Directions:

- Have the team join hands in a circle.
- Have two participants unclasp their hands, and place a hula hoop on the arm of one player. Have them join hands again.
- Challenge the team to pass the hula hoop from one person to the next, completely around the circle, without unclasp hands. To do this, players will have to step through the hula hoop with one leg, duck their head through, step through with the next leg, and allow the hoop to dangle on their arm as it passes to the next player. Don't tell the players how to do this. They must work together to figure out how to pass the hula hoop around.

### Facilitator Notes:

- There are several variations to this activity. Options include having the team stand with their backs toward the center of the circle, and timing the team, then having them see if they can do it again faster. You can do this with more than one hula hoop at a time.

### Processing the Ideas:

- Discuss the importance of sportsmanship: bringing your best to all competition. How did this group do in demonstrating sportsmanship to all members of the team as they tried to move the hoops around the circle?
- How does this relate to a team setting? (trust, support, and cooperation...)
- Did each scenario present a different obstacle? What did you do to help each other to be successful during each time?
- How will SPORTSMANSHIP look on your team? Identify 3. Refer to Sportsmanship checklist.
- One team member writes and reports later.

