



# Learn About Sports

*Sports and Fitness – Step 2*

## Purpose

The "Learn About Sports" Step provides for general knowledge of sports and sportsmanship. The Trailman should be exposed to many different sports and learn how to train to get better. He should also learn how to be a good sport.

1. How many different sports exist? Name and discuss some.
2. What is the difference between team and individual sports?
3. How should one train for different sports?
4. Why is practice important?
5. What is being a good sportsman?

## Notes to the Trail Guide

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1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

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## Skills Progression

	<ol style="list-style-type: none"><li>1. Exposure to sports</li><li>2. Learn about practice</li><li>3. Learn about being a good sport</li></ol>
	<ol style="list-style-type: none"><li>1. Learn a few rules to some sports</li><li>2. Training and practice are required for improvement</li><li>3. A good sport does not cheat</li><li>4. A good sport helps his opponent when he falls</li></ol>
	<ol style="list-style-type: none"><li>1. Can describe the difference between team and individual sports</li><li>2. Shows improvement with practice</li><li>3. "Practice makes perfect" OR "perfect practice makes perfect"</li><li>4. A good sport praises his opponent after a win or loss</li></ol>

# Helps

1. How many different sports exist? Name and discuss some.
  - a. **Goal:** To learn that there are more than 5 major sports.
  - b. **Lesson:** There are a great number of sports.
  - c. **Examples:**
    - i. Major sports in the US:
      1. Football; basketball; baseball; soccer; hockey
    - ii. Other sports:
      1. Field hockey; ultimate Frisbee; golf; swimming; others
      2. More - see list below or search online
    - iii. This may be a good Step to discuss during the Olympics.
2. What is the difference between team and individual sports?
  - a. **Goal:** To learn the difference between team and individual sports.
  - b. **Lesson:** Team sports require coordination with others; individual sports can be done alone and rely only on your own effort.
  - c. **Examples:**
    - i. Team
      1. Cooperation; teamwork; practice to make each other better; learn team plays; understand where your teammate will be on the field/court
      2. Football; basketball; baseball; soccer; hockey; others
      3. Auto racing has one primary driver but a host of support in the garage, pits, and office. A driver will not do well if he has no help.
    - ii. Individual
      1. Individual effort; individual award
      2. Some individual sports can be participated in as a team such as relays in track or swimming
      3. Golf; disc golf; bowling; running; swimming; wrestling; gymnastics, diving, others
  - d. **Example activities:**
    - i. Let boys participate in an individual event then a group game and discuss the differences.
      1. Foot race vs. fireman's carry race; or
      2. Shuttle run vs. catch (toss ball between team, which team has the most throws without dropping it)
3. How should one train for different sports?
  - a. **Goal:** To learn how and why to train for a sport.
  - b. **Lesson:** There are different exercises used to train for different sports. There are also lots of ways to practice.
  - c. **Examples:**
    - i. Strength: lifting weights, push-ups, sit-ups, etc...



1. Ability to use muscles to push others out of your way (football), push others where you want them to be (wrestling), hit/kick the ball further (baseball/soccer), and many others.
2. All sports need strength, however some sports, like football or wrestling, need one to be very strong.
3. Activity: How many push-ups can be done in 1 minute?
- ii. Endurance: running, swimming
  1. Ability to compete for long periods of time.
  2. Most sports need endurance, especially long distance running and soccer.
- iii. Speed
  1. Ability to move in one direction as fast as possible
  2. Activity: 40 yard dash
- iv. Quickness:
  1. Ability to react and change position (usually based on response to others)
  2. Mentally and physically.
  3. Activity: Reaction skills. Have boys "mimic" what the Trail Guide does. Like: Raise right hand, touch nose with left hand, jump, touch knees, touch ears, sit down, hands out, .... Try to get quicker and quicker.
- v. Agility:
  1. Ability to accelerate, decelerate, and change directions
  2. Many professional athletes learn agility and balance from ballet or gymnastics.
  3. Activity: shuttle run
- vi. Stretching:
  1. Ability to stretch and warm up muscles for use in physical activity.
  2. Helps warm up muscles
  3. Helps prevent damage such as a pulled hamstring
  4. Activity: See Sports and Fitness Step 1 - Nutrition and Fitness for stretching exercises.

#### 4. Why is practice important?

- a. **Goal:** To learn that practice helps make one better and is necessary.
- b. **Lesson:** Practice is the repetition of a skill in order to improve.
- c. **Examples:**
  - i. Test boys in a skill that they have not practiced then let them practice and test them again.
  - ii. Relate this to practice for a sport.
- d. **Example activities:**
  - i. Stand on a chair (with a spotter) and drop clothespins (or marbles) into a cup.
  - ii. Roll a ball on a table and knock down a stack of three cups.
  - iii. Throw a softball at a target, like a camp chair; the ball must stay in the chair.
  - iv. Bounce a ball to hit a target.
  - v. Use a putter to hit a golf ball into a target.

## 5. What is being a good sportsman?

- a. **Goal:** To learn what it means to be a good sportsman.
- b. **Lesson:** How should one act after winning, after losing? Taunting during a game is wrong. Always play by the rules.
- c. **Examples:**
  - i. Shake hands after a game.
  - ii. Congratulate the winner.
  - iii. Be humble if you win.
  - iv. Often, losing helps one understand where he is weak and how to improve.
  - v. If your opponent falls, help him up.
  - vi. Cheating shows poor sportsmanship. It is better to lose with honor than to cheat and win.
    1. Show video clips of:
    2. Yelling at official (bad example)
    3. Taunting (bad example)
    4. Coaches shaking hands after a game (good example)
    5. Players shaking hands/hugging after a game (good example)
    6. Press conference where winners praised skill of losing team (good example)

## Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed above in the Helps section.

## Game ideas

- None needed due to the activities above.

## Scripture

### Proverbs 12:22

- Fox - Don't cheat; obey the rules.
- Hawk - Cheating is both lying (saying something is yours when it is not) and stealing (taking something or credit that is not yours)
- Mountain Lion - Cheating is both lying (saying something is yours when it is not) and stealing (taking something or credit that is not yours). Many people think that the prize is the goal and winning by any means is ok. Having honor is far better and will lead you to becoming a man of integrity. God knows your heart.

### 1 Corinthians 9:24

- Fox - Sports are fun to play but only one person/team can win the top prize.
- Hawk - To win you must work hard both on and off the field. Likewise, work hard to please Jesus, He is our ultimate prize.



- Mountain Lion - There are many who play a sport, but if you want to win you must practice to win and work diligently to win. The same for spiritual goals, our prize is Jesus. We must be always seek him and try to be like him.

### Hebrews 12:1-3

- Fox - It takes hard work, focus, and perseverance to finish well.
- Hawk - It takes hard work, focus, and perseverance to finish well.
- Mountain Lion - It takes hard work, focus, and perseverance to finish well.

## List of (some) Sports

10K run	Beach ultimate	Capture the flag
5K run	Beach volleyball	Casting
Air hockey	Benchrest shooting	Clay pigeon shooting
Airsoft	Biathlon	Coastal and ocean rowing
All-terrain vehicle competition	Bicycle polo	Competitive eating
Alpine skiing	Big-game fishing	Competitive swimming
American football	BMX	Cornhole
American handball	Boardercross	Creeking
Angling	Bobsleigh	Croquet
Archery	Bocce	Cross country
Arm wrestling	Bodyboarding	Cross-country running
Artistic cycling	Bouldering	Cross-country skiing
Australian handball	Bowling	Curling
Auto racing	Bowls a.k.a. lawn bowls	Cycle polo
Axe throwing	Boxing	Cycle speedway
Backpacking (wilderness)	Breaststroke	Cycling
Backstroke	British bulldogs (American Eagle)	Darts
Badminton	Bronc Riding	Decathlon
Balance beam	Broomball	Deer hunting
Ball hockey	Bullriding	Demolition derby
Barrel Racing	Bumper pool	Desert racing
Baseball	Butterfly stroke	Dirt track racing
Basketball	Calf Roping	Disc golf
Beach handball	Canoe polo	Discus
Beach soccer	Canoeing	Diving
		Dodgeball



Drag boat racing	Fullbore target rifle	Inline hockey
Drag racing	Ga-ga	Javelin
Drifting	Geocaching	Judo
Egg and spoon race	Gig racing	Juggling
Eight-ball	Goat Tying	Jujutsu
Eight-man football	Golf	Jumping
Endurance Running	Grand Prix motorcycle racing	Karate
English pleasure	Greco-Roman wrestling	Kart racing
Equestrian vaulting	Gymnastics	Kayaking
Fast-pitch softball	Half marathon	Keep away
Fencing	Hammer throw	Kick the can
Field archery	Hare coursing	Kickball
Field handball	Heptathlon	Kickboxing
Field hockey	Hide and seek	Kneeboarding
Field lacrosse	High bar	Kung fu
Field target	High jump	Lacrosse
Figure skating	High power rifle	Laser tag
Fishing	Highland games	Legends car racing
Five-a-side football	Hiking	Logrolling
Flag football	Hillclimbing	Long jump
Floorball	Hockey	Longboarding
Fly fishing	Horse polo	Luge
Foosball	Horse racing	Lumberjack sports
Footbag (hacky sack)	Horseshoes (horseshoe throwing)	Marathon
Football	Hunting	Medley relay
Formula racing	Hurdles	Mini rugby
Freediving	Ice fishing	Miniature golf
Freestyle	Ice hockey	Miscellaneous sports
Freestyle BMX	Ice racing	Mixed discipline
Freestyle footbag	Individual medley	Modern pentathlon
Freestyle motocross	Indoor archery	Monster truck
Freestyle skiing	Indoor field hockey	Motocross
Freestyle snowboarding	Indoor soccer	Motorboat racing
Freestyle swimming		Motorcycle racing
Freestyle wrestling		Motorcycle speedway

Mountain biking	Rope climbing	Speed pool
Mud bogging	Rope jumping	Speed skiing
Nine-ball	Roping	Sport fishing
Nordic combined	Rowing	Sporting clays
Nordic skiing	Rugby football	Sports car racing
Off-road racing	Running	Sprint
Off-roading	Sack race	Sprint car racing
Olympic weightlifting	Saddle Bronc Riding	Squash
Orienteering	Sailing	Squash tennis
Outrigger canoeing	Sandboarding	Stand up paddle boarding
Paintball	Scuba diving	Steeplechase
Parallel bars	Sea kayaking	Steer Wrestling
Parkour	Short track motor racing	Stihl Timbersports Series
Pentathlon	Shot put	Still rings
Pickleball	Show jumping	Stock car racing
Pickup truck racing	Shuffleboard	Street hockey
Pocket billiards (pool)	Single scull	Street racing
Pole vault	Skateboarding	Street workout
Polo	Skater hockey	Streetball
Polocrosse	Skee ball	Streetboarding
Pommel horse	Skeet shooting	Strength athletics (strongman)
Powerlifting	Skeleton	Strength sports
Racquetball	Ski jumping	Strongman
Rafting	Skiboarding	Supercross
Real tennis	Skiing	Surf fishing
Red rover	Slacklining	Surf kayaking
Ringette	Sled sports	Surfing
Road bicycle racing	Slow pitch	Swimming
Road racing	Snooker	Sword fighting
Road running	Snorkelling	Synchronized swimming
Rock climbing	Snowboarding	Table tennis
Rock fishing	Snowmobile racing	Table tennis (a.k.a. ping pong)
Rodeo	Snowshoeing	Taekwondo
Rodeo-originated	Softball	
Roller hockey	Spearfishing	



Tag	Track cycling	Wakesurfing
Tag games	Track racing	Walking
Tag rugby	Tractor pulling	Wallball
Target archery	Traditional climbing	Wallyball
Target shooting	Trampolining	Water polo
Target sports	Trap shooting	Water volleyball
Team handball	Triathlon	Weightlifting
Team Roping	Triple jump	White water rafting
Tee-ball	Truck racing	Whitewater kayaking
Tennis	Tug-o-war	Wiffleball
Tetherball	Tumbling	Windsurfing
Three-legged race	Ultimate	Wolf hunting
Throwing	Ultimate (sport)	Wood chopping
Thumb wrestling	Uneven bars	Wood splitting
Toboggan	Vault	Woodsman
Toe wrestling	Volleyball	Wrestling

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