

Good Sportsmanship

3-5

SS.5.2

Objectives

Students will be able to:

- Explain the importance of good sportsmanship
- Identify qualities and behaviors of a good sport

Standards Met

- **3.4.2.** Discuss the importance of public virtue and the role of citizens, including how to participate in a classroom, in the community, and in civic life.
- **4.** Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.

Overview of Physical Activity

Did you know? Playing sports is not the only thing that counts as being active. Other types of physical activity include biking, walking, playing games like tag, taking the stairs, doing chores, gardening, dancing, and more.

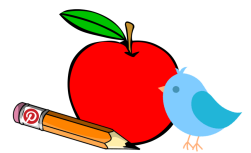
Physical activity involves any body movement that uses energy. Being physically active provides many benefits to our health: it helps maintain a healthy body weight; it strengthens our bones and muscles; it improves our mood and mental health; it reduces risks of developing chronic diseases like heart disease, diabetes and even cancer; and it increases our chances of living a longer life. General physical activity guidelines recommend 60 minutes of physical activity a day for children and 150 minutes a week for adults.

In order to achieve these goals, the **Healthy People 2020** guidelines recommend:

- Increase regularly scheduled elementary school recess in the United States
- Limit screen time (television, videos and video games) to 2 hours a day
- Increase the proportion of trips made by walking
- Increase the proportion of trips made by bicycling

For more information on physical activity, go to:

www.mentorprojectfiu.com



M.E.N.T.O.R. Project

USDA United States Department of Agriculture National Institute of Food and Agriculture FIU

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Make The Connection

Materials

- Worksheet: Good Sportsmanship for Grades 3-5

Using the worksheet titled **“Good Sportsmanship” for Grades 3-5**, help your students understand the benefits of being physically active while practicing good sportsmanship.

1

Engage your students in a class discussion about their favorite sports or outdoor games and list them in a column. Ask your students about what they enjoy most about these activities. Next, explain how playing sports or doing other activities such as biking and dancing helps us stay physically active. Mention some benefits of being physically active and list them on the board.

2

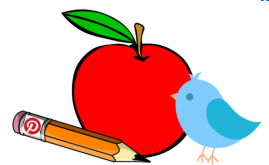
Next, introduce the concept of good sportsmanship. Explain that winning should not be one’s number one priority when playing sports. Having fun and fostering a good relationship with teammates is what matters the most. Next, give examples of sports etiquette, or good manners during sports, and list them in a column. Include examples such as handshaking the opposite team before and after the game, clapping the opposite team when they appear on the field, clapping the winning team, following the rules of the game and respecting a referee’s decision. Ask students to mention other examples of good manners during sports.

Following the discussion, explain what it means to be a good sport and why it is important. Talk about how good sports don’t brag about their wins, but instead they recognize their opponent’s efforts and are fair, polite and fun to play with. Good sports also know how to lose and they congratulate the winning team as well as their own teammates for their efforts during the game.

3

After the class discussion, do an overview of the **“Good Sportsmanship” worksheet for Grades 3-5**.

Explain the activity and clarify any questions the students may have.



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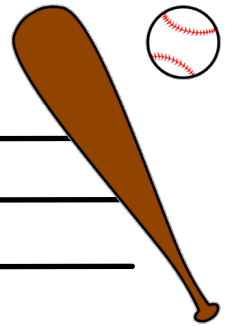
Name: _____ Date: _____

Good Sportsmanship

3-5

Your baseball team has a big game today against another school. The game is tied and the stakes are high. Your teammate Matt fails to catch a ball and causes your team to lose the big game. The other team goes to semi-finals thanks to John's last hit.

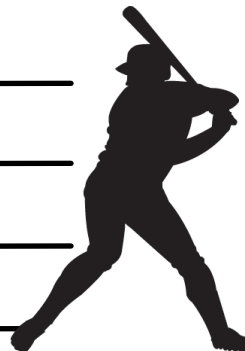
1) What should a good sport do/say to Matt?



2) What should a good sport do/say to John?

3) List 4 ways you could show good sportsmanship to the other team:

1. _____
2. _____
3. _____
4. _____



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Good Sportsmanship

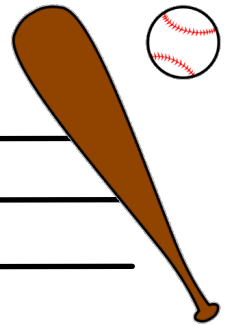
3-5

Answer Key

Your baseball team has a big game today against another school. The game is tied and the stakes are high. Your teammate Matt fails to catch a ball and causes your team to lose the big game. The other team goes to semi-finals thanks to John's last hit.

1) What should a good sport do/say to Matt?

Any good practice counts, from shaking hands with Matt to recognizing his efforts in the game.

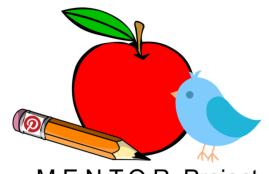
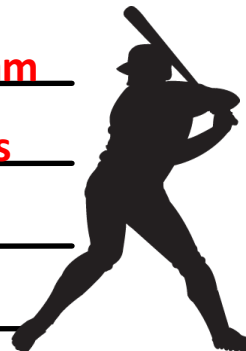


2) What should a good sport do/say to John?

Any good practice counts, from shaking hands with John to congratulating his good play.

3) List 4 ways you could show good sportsmanship to the other team:

1. **Shaking hands with the opposite team**
2. **Applaud good plays from both teams**
3. **Follow the game's rules**
4. **Don't argue with an official**



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USDA United States National Institute
Department of Food and Department of Agriculture
Agriculture

FIU

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