



Girl Scouts – Illinois Crossroads Council
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Fit To Be ME!

Module 5

Physical Fitness and Sports



The New Normal? What Girls Say About Healthy Living

In early 2006, the Girl Scout Research Institute released a new original research report entitled ***The New Normal? What Girls Say About Healthy Living***. Studies were designated to examine both attitudinal and behavioral issues that inform girls' health and emotional well-being such as: body image, diet, exercise, and sources of health related information.

Every phase of the research included girls from diverse racial/ethnic geographic and socio-economic backgrounds. Sixteen (16) groups, totaling 2,060 girls were studied and divided in to the following groups:

- Locations: Alabama, Colorado, New Jersey, and Minnesota
- Age groups: 8-10 year olds, 11-12 year olds, 13-15 year olds, and 16-17 year olds
- Weight: normal and overweight

The New Normal? What Girls Say About Healthy Living sheds light on the childhood obesity crisis by asking girls directly how they define health and what motivates them to lead a healthier lifestyle. Findings suggest that today's girls are defining "health" on their own terms, placing the same value on emotional well-being and self-esteem as they do on diet and exercise. For girls, being healthy is more than just eating right and exercising; it is also about feeling good and being supported by family and peers. The study also highlights the important role that adults, and in particular mothers, play in shaping the healthy habits and self-perception of girls.

So what is the status quo? Where do girls feel comfortable? Do they feel they are perceived as "normal?" The messages that tell girls what a "normal lifestyle" is, may be conflicting; on one hand girls are told to be happy with the way they are, and on the other hand, they are given the message that being overweight is unhealthy and unattractive. The major finding of this study reveals that girls today use a new set of "norms" to define health. This "new normal" departs from what adults may believe, in four distinct ways:

Major finding #1: *Aspiring to be "normal healthy"*

Major finding #2: *Emotional health is central*

Major finding #3: *Tension between health awareness and behaviors*

Major finding #4: *The influential role of mothers*

According to the American Academy of Pediatrics, obesity is now the most chronic health problem among children in the United States. In addition to obesity, children today are faced with other challenges, such as teen pregnancies, eating disorders, adolescent depression, and other serious health and fitness ailments. Every girl deserves to live a happy, healthy life in which she feels comfortable in her own body, confident in her choices, and capable of fulfilling her dreams.

Research shows that for most girls, being healthy has more to do with appearing "normal" and feeling accepted than maintaining good diet and exercise habits. Girls claim that emotional health, self-esteem, and body image play a critical role in girls' attitudes about diet and exercise, and although girls may demonstrate basic knowledge about healthy foods, they often do not put this into practice.

So How Do We Start Living Healthier and Fit Lives?

In response to this research, Girl Scouts - Illinois Crossroads Council has teamed up with the United Way of Lake County to launch our own healthy living initiative called *Fit to Be Me!* The *Fit to Be Me!* initiative is an important program because it addresses the “whole girl” rather than just the food she eats, her weight, and her exercise habits. *Fit to Be Me!* combines health and fitness curriculum and self-esteem programs to support youth development and confidence enhancement. A variety of curriculum options focused on the differentiated definitions of fitness - mental, physical, emotional, and academic – are addressed through activity choices.

The information gathered will allow girls to work together or individually to become healthier and happier about themselves. As girls travel through the “*Fit to Be Me!*” journey, note that badges can be earned with each module. Five modules are part of the journey! Girls choose which activities and topics they want that will help them become healthier young women today and tomorrow.

The *Fit to Be Me!* badge is made up of smaller segments which connect together to form a larger badge. In order to complete the entire *Fit to Be Me!* badge, girls have to complete all five modules. Girls have the option to choose and complete activities within each module. The goal of Illinois Crossroads Council is to help girls be as healthy as they can be! As an incentive, our council will provide each girl with a complimentary segment of the *Fit to Be Me!* badge upon completing each module’s pre- and post-evaluations. The segment(s) will be mailed to each girl after the completed pre- and post-evaluations have been reviewed. Deadline for all completed pre- and post-evaluations is April 30, 2008.

The modules will be available on our council’s Web site, www.ilcrossroads.org.

Module 1 - Nutrition

due for release in summer 2007

Module 2 - Healthy Development, Self-Esteem, and Emotional Well-Being

due for release in November 2007

Module 3 - Being Safe

due for release in March 2008

Module 4 - Healthy Habits

due for release in March 2008

Module 5 - Physical Fitness and Sports

due for release in March 2008

Mark Your Calendar!

Saturday, May 3, 2008

***Fit to Be ME!* Celebration**

for the girls who have completed the *Fit to Be ME!* journey

More details will be announced on our Web site!



Fit To Be ME!

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**Module 5- Physical Fitness and Sports
 Pre-Evaluation**

- | | | |
|---|------|-------|
| 1. Do you know what physical fitness means? | Yes | No |
| 2. Do you play any sports? | Yes | No |
| 3. Do you play on any sports team through your school or park district? | Yes | No |
| 4. Sitting on the couch is a great physical fitness activity. | True | False |
| 5. Being physically fit is only important for adults. | True | False |
| 6. Playing sports only involves running. | Yes | No |
| 7. The only benefit of physical fitness is weight loss. | True | False |
| 8. It is too hard to find time to exercise or play sports. | Yes | No |
-

Today's date: _____ **Age:** _____
 (mm/dd/yy)

- Ethnic Background:**
 African American
 Native American
 Asian/Pacific Islander
 Hispanic/Latino
 Caucasian (White)
 Other

Please complete and send this page with the completed Post-Evaluation (page 28) and Adult Evaluation (page 29) to Girl Scouts - Illinois Crossroads Council, c/o Membership/Program Group.

What is physical fitness?

To fully understand the definition of “physical fitness”, it is helpful to break down the two words. Merriam Webster’s Dictionary defines *physical* as “of or relating to the body;” *fitness* is explained as the state of being fit or healthy. Therefore, physical fitness is the state of being fit or healthy in relation to the body. It has to do with how well your muscles, bones and organs all function to keep you healthy. This module will address how you can keep your body fit with different exercises that help your body work the best it can and you will learn about the parts of your body that benefit from physical fitness.

Source: Merriam Webster Dictionary. Online. <http://www.m-w.com/dictionary>

Physical Fitness and Sports Module Supplies Needed

- Paper
- Pencils
- Markers
- Sporting supplies (if you chose to play)
- Supplemental pieces
- Additional resources provided

Prior to the Program

Dear Girl Scout Leader/Advisor: Thank you for your willingness to work with your Girl Scouts on this very important topic. The information they will learn from this module will go with them for a life time! Before learning about physical fitness and sports, please have your Girl Scouts examine how they keep themselves active. Quizzes and activities about physical fitness and sports are located in the section titled Supplemental Materials, pages 18-25:

- ✓ Stretches
- ✓ Calcium Counts Word Search
- ✓ Sports Quiz
- ✓ Sports Food and Drink Quiz

Safety Rules

- Be mindful of the girl’s limitations, especially physical.
- Be respectful of what beliefs girls may already have about exercise and sports; help educate the Girl Scout troop about the importance of physical fitness and the fun of sports.
- Be aware of activities that may involve contact. Girls may respond differently to contact based on their own experiences, even if contact intended to be positive.

Physical Fitness

Physical fitness is vital to a healthy body. The more fit a person is, the more likely she is to live a healthy and happy life. Any activity that gets the body moving, from raking the leaves to an intense game of basketball, can help the body. There are a variety of benefits that one can receive by being physically active.

Have the girls brainstorm different types of activities. Remember, the heart has to be pumping, so sitting on the couch is not a great answer!

Some components of a healthy body are strong bones and muscles, especially the heart. Below are some examples about the systems and components that play a large role in physical fitness and sports.

Bones

There are 206 bones in the human body! Bones have many functions: they protect internal organs, give the body structure and support, and much more! Bones are hard and alive, changing just like other parts of the body. They need food and certain minerals like calcium and phosphorus to become strong. Calcium is an essential mineral for the growth, maintenance, and reproduction of the human body, especially bones. Calcium is absorbed and stored in the bones. It is very important to get enough calcium from the diet, or the body will have to pull stored calcium from the bones to use for different body functions. If this happens, bones can weaken from calcium depletion, and lead to a bone disease called, osteoporosis. Vitamin D is important too, because it works as a partner with calcium to help your bones absorb the calcium. Certain foods are known as “bone foods” because they have the nutrients that are especially good for bones. Exercise is important to bone health and actually helps bones to grow and stay strong. Bones grow as a girl grows, so when a girl is young and not yet an adult, her bones are still growing to help her become a strong adult.

Taking Care of Bones

Your bones help you function everyday, so it's important to take care of them. Here are some tips:

- Protect the skull bones (and the brain inside) by wearing a helmet for bike riding, rollerblading, and other wheel sports.
- When using a skateboard, in-line skates, or a scooter, be sure to add wrist supports and elbow and knee pads. If you fall, these bones will be protected!
- When playing sports, always use the right protective equipment.
- Strengthen the skeleton by eating “bone-healthy” foods, like low-fat cheese, yogurt and broccoli. They all contain calcium, which helps bones harden and become strong.
- Stay active! Exercise like dancing, running and playing sports, helps strengthen bones and keep them strong.
- If pain is experienced, see a doctor before participating in any physical activity or sports.

Source: KidsHealth. “The Big Story on Bones.” Online. http://www.kidshealth.org/kid/body/bones_noSW.html

Source: Physicians Committee for Responsible Medicine. Online. http://www.pcrm.org/health/prevmed/strong_bones.html

Bone Strength Activity

(This activity fulfills requirement #1 of the A Healthier You badge for Junior Girl Scouts)

(This activity fulfills requirement #2 of the A Healthier You badge for Junior Girl Scouts)

(This activity fulfills requirement #5 of the Women's Health Interest Project for Teen Girl Scouts)

Nutrients and physical activity are essential to healthy bones. When bones are not strong, bone diseases, such as osteoporosis, can occur. Osteoporosis is a disease that causes bones to become fragile and break easily.

Materials: Pencil and paper. Any equipment desired for chosen activities.

1. Find out what bones are made of and how exactly calcium builds and maintains bone strength. Explore foods and supplements that support bone health. Share findings with a friend or family member.
2. Calcium is a nutrient that helps bones grow and stay strong. Find ten different foods that are rich in calcium. For one week, try to eat at least one calcium-rich food at each meal. Keep a daily record of the calcium-rich foods and share with a friend or family member.
3. Look into the role of exercise in bone health. Share your findings with a friend or family member.
4. Helpful activities for bones are called weight-bearing, like walking, running, skiing, or jumping rope. For at least one week, do some type of weight-bearing physical activity for at least 30 minutes each day. Record each activity and length of time.

Calcium Foods Activity

(This activity fulfills requirement #3 of the Healthy Habits Brownie Try-It)

Materials: "Calcium Counts" Word Search found in *Supplemental Materials* on Pages 18-19.

- Complete word search to find rich food sources of calcium!

Muscles

There are more than 600 muscles in the human body. There are large muscles, like the ones found in legs, and there are very small ones, such as the muscles that move eyes. Without muscles, a person would not be able to move! Sometimes muscles can be controlled, like lifting our arm, and that is called "voluntary." Other times muscles do their job automatically, like pumping blood through the body, and this is called "involuntary".

There are different types of muscles:

- Smooth muscle – Smooth muscles are involuntary, which means you do not control them. Smooth muscles receive messages from the brain. They are all over the body, such as in the digestive system and stomach. A bladder is an example of a smooth muscle.
- Cardiac muscle – Cardiac muscle is found in the heart and helps pump blood into the heart and out to the rest of the body. Just like smooth muscle, cardiac muscle is also an involuntary muscle.

- Skeletal muscle – Skeletal muscles attach to the bones and help the bones move. These muscles are voluntary because they do not move unless you make them move. Skeletal muscles are what most people commonly think of when they think of muscles.

Muscles are like rubber bands because they can stretch. Stretching muscles helps keep them in good condition and working properly. Have you ever had sore muscles? This happens when a muscle or group of muscles that are not usually used. Stretching before doing activities is helpful to avoid sore muscles; are used stretching gently conditions muscles and slowly prepares the body for vigorous movement.

Source: KidsHealth. “Your MultiTalented Muscles.” http://www.kidshealth.org/kid/body/muscles_noSW.html

Stretching Activity

(This activity fulfills requirement #1 of the GirlSports Brownie Try-It)

(This activity fulfills requirement #5 of the Fun and Fit badge for Junior Girl Scouts)

Stretching muscles before and after exercise is important to help keep muscles and joints loose, to help reduce the chance for injury, and to help relax the muscles.

Materials: You! (And *Supplemental Materials* for explanation on stretches, if needed).

1. Try these stretches. Hold each one for about 20 seconds.*
 - a. Front of thigh stretch
 - b. Back of thigh stretch
 - c. Calf stretch
 - d. Back stretch
 - e. Chest and front of shoulder stretch
 - f. V-sit stretch
2. Show family members how to do at least three of the following stretches:*
 - a. Front of thigh stretch
 - b. Back of thigh stretch
 - c. Calf stretch
 - d. Back stretch
 - e. Chest and front of shoulder stretch
 - f. V-sit stretch

*See *Supplemental Materials* for stretches.

Warm Up and Cool Down

It is important to warm up before taking part in physical activity, and just as important to cool down. Invite the girls to imagine a cold winter morning. Ask them what might happen if they were to bounce out of bed really fast. Talk about how it might be more likely to hurt yourself when moving so fast on a cold morning. Discuss how it feels much better to gently let your body get used to the colder temperature outside of your warm bed. This example can help explain how the body reacts the same way when exercising. Warm-ups and cool-down exercises help reduce the likelihood of injury by increasing the blood flow to the muscles and prepare them for exercise and relax them after a workout.

It is helpful to plan warm-up and cool-down exercises that are related to the main activity for which you are preparing. For example, if soccer is the exercise, a helpful warm-up might be to practice slowly kicking the ball back and forth. If skating is the main activity, a beneficial cooling exercise would be skating slowly for a couple minutes to cool down the exact muscles the body was using while skating. Remember, the point of warm-up and cool-down exercises is to slowly and gently use the muscles of the main activity so as to increase the blood flow before the activity and slow it down after.

Warm-up and Cool Down Activity

(This activity fulfills requirement #1 of the Court Sports badge for Junior Girl Scouts)

(This activity fulfills requirement #1 of the Sports Sampler badge for Junior Girl Scouts)

(This activity fulfills requirement #3 and #4 of the Fun and Fit badge for Junior Girl Scout)

(This activity fulfills requirement #1 of the Invitation to Dance Interest Project for Teen Girl Scouts)

Materials: Each girl

1. Dancing is a unique, physical activity in that many dance routines and steps require the use of almost all of the muscles. Design a warm-up exercise or routine to prepare the body for a dance activity. Include at least three exercises to stretch and strengthen the muscles and joints that will be used when dancing.
2. Develop a warm-up routine for a favorite sport or physical activity that is at least five minutes long. Include three stretches for the upper body and three for the lower body. Push-ups and sit-ups can be part of a warm-up too. Remember to include slow, deep breaths to help keep the heart rate down and to cool the body down.

Heart

Officially, the heart is a muscle. Because a healthy heart is central to physical fitness, it requires more focus. The heart is the strongest muscle in the body and is about the size of a fist. It has the very important job of pumping blood to and from the other muscles in the body. Blood carries oxygen, and just like everyone needs oxygen to breathe; so do the muscles. Without oxygen, muscles would not function properly.

Pulse Rate Activity

(This activity fulfills requirement #6 of the My Body Brownie Try-It)

Every heart pumps blood through the body. Every time a heart beats, it pushes a new supply of blood through the body. Arteries are the tubes that carry blood away from the heart. Have girls feel their blood going through their arteries when they take their pulse. When exercising the heart starts pumping faster to keep a steady supply of blood and oxygen circulating in the body; everyone can feel their pulse rate go up, as well.

Materials: Your hand and your wrist; a partner

1. Find your pulse by lightly pressing two fingers on the center of your wrist on the same side as your palm. Remember not to use a thumb when checking a pulse; it has a pulse of its own!
2. Take a friend's pulse using her wrist.
3. Check pulse after running around for about two minutes. Has the heart rate gone up or down? Why?

Physical Fitness in Your Life

Physical fitness is extremely important to one's health. Regular activity helps the whole body stay healthy, from the brain in the head, down to the bones and muscles in the toes. Running is not the only form of physical activity. There are so many fun activities to do that get the body moving and help it to stay healthy at the same time: dancing, skating, bicycling, swimming, basketball – are all great examples of ways to get exercise.

Sports and physical fitness are for anyone and everyone. When choosing a physical fitness activity or exercise, it is important to pay attention to your body, including your personal comfort level and limitations. Sometimes a person may feel that they cannot do something, yet it is not about the ability, but instead it is more because that person may feel fear. Fear can be very powerful in stopping a person from doing something that may end up helping the body and overall health. Sometimes it is necessary to push past the fear to try something new. It helps a person grow as an individual to try to do the best they can in any situation. However, if something does not feel right or pain becomes a common occurrence, then that activity might not be most suitable at the moment. Remember, just because an activity did not work at a certain time, there may be another time and another place for it to become a regular activity.

It is important to know the numbers regarding physical fitness, and sports. According to the Girl Scout Research Institute, 40% of girls ages 11-17 indicate they do not play sports because they do not feel “skilled or competent” and 23% of girls do not think their bodies look good. Always try to keep in mind that the goal of sports and physical activity is to have fun and stay healthy. There is a place that has the perfect activity for everyone. It may be in your own backyard playing a game of soccer with your best friends!

Source: Girl Scouts. Online. http://www.girlscouts.org/research/facts_findings/physical_activity.asp

Why Do I Need To Be Physically Fit?

Physical fitness has many benefits. The body relies on activity to help circulate blood through the body, including vital organs and organ systems. Blood carries oxygen, and oxygen is needed for the proper functioning of our body parts. Cells in the heart and other organs depend on the oxygen in blood, because without oxygen they die. The likelihood of many diseases, including diabetes and cardiovascular (heart) disease, can be greatly reduced through the inclusion of physical activity as a part of a daily routine. Some additional benefits are outlined below:

- Helps to build and maintain strong bones and muscles, especially your heart.
- Helps to reduce the causes of disease and chronic illness by lowering LDL (“bad”) cholesterol and decreasing blood pressure.
- Helps to maintain a healthy mind and reduce feelings of anxiety and depression.
- Helps to increase fitness level and capacity for exercise.

Source: Center for Disease Control <http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm>

Source: American Heart Association <http://www.americanheart.org/presenter.jhtml?identifier=4563>

Physical Fitness Activity

(This activity fulfills requirement #3 of the Looking Your Best badge for Junior Girl Scouts)

(This activity fulfills requirement #6 of the From Stress to Success Interest Project for Teen Girl Scouts)

1. Make room in your schedule to participate in one of the following activities at least three times a week. Do this for at least one month. Compare how you feel before and after the one-month period.
 - a. Play an active sport for at least 25 minutes.
 - b. Participate in a vigorous physical activity for at least 25 minutes. Some examples include: running, jumping rope, biking, skating and dancing.
2. Keep a record of what activity you did, for how long, and how you felt after each activity.

Aerobic versus Anaerobic

Aerobic Exercise – Aerobic means “with oxygen.” Aerobic exercise is important for our health because through activity, oxygen is delivered to the muscles, especially our heart. Large muscle groups are involved in aerobic exercise, which helps to make sure the whole body is getting used. Aerobic exercises, such as walking or cycling, help build endurance, and bring in fresh oxygen to your body. This type of exercise requires a lot of oxygen as the source of energy. That is why physical activity is often accompanied by sweat and faster and shorter breaths. Because the body is using oxygen to perform the exercise, the body needs to increase its intake of oxygen. The body takes care of that on its own by causing a person to breathe heavier and faster to intake more oxygen when they are exercising.

Anaerobic Exercise – Anaerobic is just the opposite of aerobic and means “without oxygen.” These activities do not require heavy amounts of oxygen and pull energy from a different source in the body. Examples of anaerobic exercise are weightlifting and yoga.

It is important to understand that anaerobic exercise is important and can have different benefits than aerobic exercise. Weightlifting helps strengthen bones and muscles. Yoga increases flexibility and strength of the smaller muscles.

Source: Better Health Channel. Online.

[http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Aerobic_exercise/\\$File/Aerobic_exercise.pdf](http://www.betterhealth.vic.gov.au/bhcv2/bhcvpdf.nsf/ByPDF/Aerobic_exercise/$File/Aerobic_exercise.pdf)

Tips on Starting an Exercise Routine:

1. Make it just that: a routine. The body tends to respond better to a routine, so try to get in the habit of setting aside the same time of day so the body expects activity at that time. For example, routinely exercise 15-20 minutes after getting up in the morning. Bodies like balance and exercising and eating at the same time from day to day is helpful.
2. Start small. Do not try to conquer the whole track or be the best basketball player all at once. Nor do you have to be the best basketball player. As Chinese philosopher Lao-tzu said, “A journey of a thousand miles begins with a single step.”
3. Choose something that is fun and also fits your schedule and lifestyle. If you absolutely dislike running, do not join the track team! Choosing snowboarding if you live in Hawaii, may not be wise; maybe wakeboarding would be more appropriate.
4. Respect limits. Everyone has different capabilities and you know your body best.

5. Make a plan and set goals. Learn how to ice skate by checking out local ice skating rinks. Join a club and make a commitment to learn five basic moves by the end of the season. It helps to have a plan to chart your progress. Some things, especially when they are new, can be overwhelming at first.

Source: *The Quotations Page*. <http://www.quotationspage.com/quote/24004.html>

The American Heart Association sets forth a great way to improve your physical activity. It is called the FIT Formula. When considering any program to improve physical fitness, three elements are taken into account:

1. Frequency (how often)
2. Intensity (how hard)
3. Time (how long)

The FIT Formula:

F = Frequency (days per week)

I = Intensity (how hard, e.g., easy, moderate, vigorous) or percent of heart rate

T = Time (amount for each session or day)

When designing or improving a current physical fitness program, take the FIT Formula into account, and based on how well a routine is working, it can be altered accordingly. Maybe frequency needs to be increased the length of time decreased. Again, consider the body and its limitations.

Source: *The American Heart Association*. Online. <http://www.americanheart.org/presenter.jhtml?identifier=4563>

Sports

Sports activities are an excellent way to get physical exercise. Besides just receiving the benefit of physical activity, sports can also have other positive effects. Researchers at the *Melpomene Institute* have found that organized athletic participation is correlated with the following:

- Improved physical and mental health
- Decreased likelihood of dropping out of school
- Greater self-concept and sense of control
- Significantly lower rates of sexual activity
- Greater extracurricular improvement
- Improved academic grades
- Greater advancement in college
- Fewer disciplinary problems

Source: *Girl Scouts*. Online. http://www.girlscouts.org/research/facts_findings/physical_activity.

The Women's Sports Foundation Web site (www.gogirlgonetwork.com) has a helpful interactive index for referencing any kind of sport. This organization is a strong supporter of the Girl Scouts. The *Supplemental Materials* pages 24-25 offers a guide of some sports that could be considered when researching sports that include a brief description and some important factors to think about. Remember, there is something for everyone it just takes a little exploring to find the right sport.

Bicycle Sports Activity

(This activity fulfills requirement #2 of the Sports and Games Brownie Try-It)

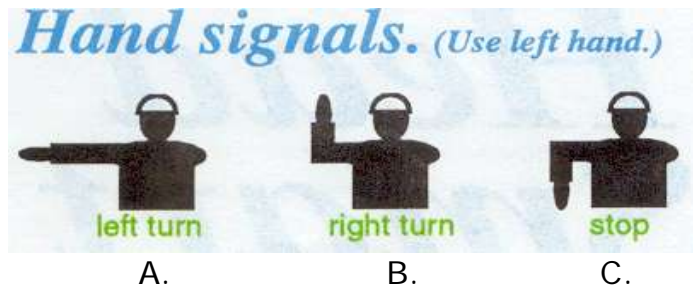
(This activity fulfills requirement #8 of the Safety First! for Junior Girl Scouts)

Bicycling is a great way to get exercise and become physically fit. There are many ways to use a bicycle. Safety is important, as well, and knowing the correct and safe way to use sports equipment can help girls be successful and safe when doing the activity. Complete the following activities to become more comfortable on a bicycle and get some exercise too!

Materials: Bicycle; helmet; tennis shoes; knee/elbow pads, if desired.

1. Learn the basics of bicycle safety and develop a checklist of at least 10 things, including hand signals, protective gear, rules of the road and to make sure your bike is working properly. For help, research a book on bicycles or ask a local bike shop owner.
2. While on your bicycle, try to ride as slowly as you can without stopping.
3. Ride in circles. Make small circles without falling.
4. Now ride in a long, straight line.
5. Practice using these hand signals.
 - a. To turn left, put left arm straight out with palm forward.
 - b. To turn right, put left arm out and bend upward at the elbow, with fingers pointing up.
 - c. To stop, put left arm out and bent down at the elbow, with fingers pointing down.

See images below.



6. Set up a bicycling practice course. Place large orange cones, buckets, or other item that can be used to make a course. Try to ride around the course without touching the objects.

Source: *Bike Miami Valley*. Online. <http://www.bikemiamivalley.org/safety1.htm>

Scores and Stats Activity

(This activity fulfills requirement #3 of Court Sports badge for Junior Girl Scouts)

(This activity fulfills requirement #4 of Field Sports badge for Junior Girl Scouts)

(This activity fulfills requirement #3 of On the Playing Field Interest Project for Teen Girl Scouts)

Materials: Paper; pen or pencil.

1. Learn how to keep score in a court sport such as tennis, racquetball, or basketball.
2. Learn how to keep score in a field sport such as soccer, baseball, or football.
3. Attend a game in your area or watch one on television and keep score of the game. At the end, does your score match the official score?
4. Pick a sport with which you would like to become more knowledgeable. Learn the rules, basic skills, and strategies of that sport.

Getting Motivated and Making Time for Exercise

Exercising is important to our health on so many levels. The list of benefits goes on and on: besides a toned body, there is heart health, cancer prevention, strong bones, glowing skin, and an overall positive attitude. Finding time and motivation to take advantage of these benefits is the hard part. Below you will find some tips to ensuring a fool-proof exercise plan from the "Busy Girl's Guide to Exercise." Included are some added "dimensions" to exercising you may not have thought of to get you motivated.

Sports Equipment

Exercising can be fun, and there are great ways to set the mood for a good workout.

Fashion Fan

Sportswear has branched out from gray shorts and white tube socks. Check out the latest sneakers and sweat suits — the colors can be fun and bright, or dark and daring.

Techie

Is music a motivation or does a favorite TV show sound more appealing? Whatever the choice, there is a cute portable "something or other" you can bring along with you to the gym, the court, or the park to keep the motivation in tune.

Trend Seeker

Whether it be double-dutch jump rope or kick boxing, some people find it necessary to be on the social scene with the latest and the hottest activity at the moment. Check out new trends in exercising and give them a try.

Workout/Fake-out

Some people find it harder than others to get into athletics. Thoughts of being clumsy or getting distracted easily are common reasons for people to not get involved in exercise. Maybe these "fake-outs" are the way to go.

People Watching

Walking around town or in a local park can be an excellent way to add to workout minutes. Imagining different stories for people passing by is a great tool for getting the mind off working out. Take a detour to the playground and use the swings to work out the calf muscles in the legs.

Boogie Nights

Using sneakers is not the only way to get a workout. Putting on dancing shoes and getting out to a dance club or taking dance lessons, are great ways to exercise. Whether it be salsa lessons or trying to bring back break dancing, music thumping can get the heart jumping.

Babysitting

Hanging out with younger siblings or looking after neighborhood kids can be an excellent way to work up a sweat. Kids never run out of batteries or creative ways to play, and they often have creative games to play!

Feeling Good

Exercise affects all aspects of life, from sleep to mood.

Sound Sleep

Sleeping better and waking up feeling more rested is a great side effect, even after just a few days of working up a sweat. Getting a good sleep provides the energy needed to get through all the other activities that make up a busy life.

Happy Days

After those initial aches and pains, smiling and laughing come a lot more often. A quick poll with friends and family may show that they are noticing a lot more laughter and smiles.

Body Talks

The long-term physical benefits of exercising are too numerous to list, but there are benefits that are evident right now. Wiggle room in a favorite pair of jeans, glowing skin, and muscle tone are just a few.

Getting started on healthy living is the toughest part. Once motivation is established, try to stay on track through the seasons. You will be on your way to a happier healthier you!

Source: StTUDIO2B. "The Busy Girl's Guide to Exercise." Online.
http://www.studio2b.org/life/uniquelyme/the_busy_girls_guide_to_exercise.asp

Five Steps to Finding the Right Physical Activity or Exercise for You!

1. Have girls choose an activity that fits into any present schedule and lifestyle requirements. Do not choose something that occurs during the school day.
2. Have girls investigate choices. Ask around and research what is available. For example, check out the local park districts for classes. Decide if a solo or team activity is most suitable.
3. Have girls choose an activity that honors any limitations or injuries. It is always great to strive to do your best and reach for the stars; however, if a knee injury is present, playing basketball everyday may have to wait until the injury has time to heal.
4. Have girls choose an activity that interests you. Try something new.
5. Most importantly, have girls choose something fun! Pick an activity of interest so it is easier to keep up a routine.



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Fit To Be ME!

Module 5 Physical Fitness and Sports Supplemental Materials





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Stretches

Thigh Stretch

1. While standing, lift up your left leg so that your heel is almost touching your posterior.
2. Reach back and grab your left foot with your left hand.
3. Slowly pull your leg back so that your knee moves away from your body.
4. Feel the stretch in the front of your leg hold for twenty seconds.
5. Repeat with your right leg.

Back of Thigh Stretch

1. Place your hand under your left knee.
2. Pull your leg up.
3. You should feel a stretch down the back of your leg and lower back.
4. Repeat this stretch with your right leg.

Calf Stretch

1. While standing, lean against a wall with your left leg behind you.
2. Keep your right knee slightly bent.
3. Lean forward until you feel a stretch in your calf.
4. Repeat with your right leg.

Chest and Shoulder Stretch

1. Bring both arms behind you with your fingers interlaced.
2. Straighten your arms behind you.
3. Lift your chest up.

V-Sit

1. Sit on the floor and make your legs into a “V.”
2. Reach over and try to touch your right toes. Your knees can be slightly bent.
3. Then try to reach your left toes. Make sure you do not bounce.
4. Now lean forward and stretch your arms out in front of you.

Back Stretch

1. Lie on your back.
2. Bend your knees and bring them to your chest.
3. Feel the stretch in your back.
4. Gently return your feet to the floor.

Source: *Brownie Try-Its. 2000. GirlSports Try-It.. Girl Scouts of the USA: New York, NY.*



Calcium Counts Word Search

G	T	O	F	U	C	U	Y	P	C	X
L	U	N	X	E	H	S	O	B	O	I
F	R	M	P	Y	E	T	G	D	L	D
Y	N	I	Z	T	E	O	U	T	L	K
W	I	L	F	I	S	H	R	S	A	O
W	P	K	L	N	E	M	T	P	R	A
R	B	R	O	C	C	O	L	I	D	R
V	O	S	H	R	I	M	P	N	G	Z
M	K	X	N	T	P	L	N	A	R	Q
J	C	M	H	I	R	T	O	C	E	Y
L	H	O	R	P	A	E	Z	H	E	B
A	O	N	G	S	B	W	K	E	N	J
E	Y	P	I	R	U	T	I	O	S	R
R	W	A	J	V	N	B	O	T	W	Z

Directions: In the puzzle above, nine calcium-rich foods are hidden. See if you can find them! They can be vertical (up and down) or horizontal (sideways).

WORDS:

MILK
SPINACH
TOFU
BOK CHOY

BROCCOLI
YOGURT
TURNIP
COLLARD GREENS

CHEESE
FISH
SHRIMP



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Calcium Counts Word Search Answers

G	T	O	F	U	C	U	Y	P	C	X
L	U	N	X	E	H	S	O	B	O	I
F	R	M	P	Y	E	T	G	D	L	D
Y	N	I	Z	T	E	O	U	T	L	K
W	I	L	F	I	S	H	R	S	A	O
W	P	K	L	N	E	M	T	P	R	A
R	B	R	O	C	C	O	L	I	D	R
V	O	S	H	R	I	M	P	N	G	Z
M	K	X	N	T	P	L	N	A	R	Q
J	C	M	H	I	R	T	O	C	E	Y
L	H	O	R	P	A	E	Z	H	E	B
A	O	N	G	S	B	W	K	E	N	J
E	Y	P	I	R	U	T	I	O	S	R
R	W	A	J	V	N	B	O	T	W	Z

*Source: Brownie Try-Its. 2000. Healthy Habits Try-It.. Girl Scouts of the USA: New York, NY.



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Sports Quiz

1. The biggest reason there are not as many women as men in sports is because they did not play sports when they were a kid.
 - a. True
 - b. False
2. If a girl does not participate in sports by the age of 10, what percentage will not play sports by the age of 25? Less than:
 - a. 95%
 - b. 50%
 - c. 25%
 - d. 10%
3. Circle the answer that is true from these choices:
 - a. Male athletes are more skillful than female athletes.
 - b. Some sports are okay for women, but others are not.
 - c. Both girls and boys should be able to play the same sports.
 - d. None of the above.
4. Most sports only require strength for a player to be successful.
 - a. True
 - b. False
5. Identify the actions below that you can take to encourage female participation in sports.
 - a. If a classmate says something negative about girls playing sports, make it clear that you do not appreciate the comment.
 - b. Take a young boy and girl to a women's sports event to show them female role models in sports.
 - c. Have your team put on a mother-daughter clinic in your sport. Teach mom how to practice with and teach her daughter to play. Encourage mom to be a coach.
 - d. All of the above.
6. A girl must be allowed to try out for the boys' team if there is no girls' team for her in that sport.
 - a. True
 - b. False
7. Sports benefit girls in the following ways?
 - a. Increased likelihood of higher grades and more likely to graduate high school.
 - b. Increased confidence and self-esteem.
 - c. Less likely to get involved with drugs.
 - d. All of the above.

Source: GoGirlWorld. <http://www.gogirlgo.com/cgi-bin/iowa/ggw/ahq/101/index.html?record=34>



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Sports Quiz Answers

1. **ANSWER: B - False.** The biggest reason why more men than women play sports in organized youth sports, junior high, high school, and college is that there are more opportunities (teams) for boys than for girls. Among adults, more women than men participate in sports and fitness; women purchase more athletic shoes and apparel than men.
2. **ANSWER: D – Less than 10%.** If a girl does not participate in sports by the age of 10, there is less than a 10% chance that she will be participating when she is 25 years old.
3. **ANSWER: C - Both girls and boys should be able to play the same sports.** There are physical variations in men and women. Men gain more mass per unit of volume in muscles due to differences in hormones. The bottom line is that differences in strength, power, skill, and coordination between men and women do not really matter, because in most sports, men play against men and women play against women.
4. **ANSWER: B - False.** There are few sports that require absolute strength. Most sports require skill, which is a combination of accuracy and coordination.
5. **ANSWER: D – All of the above.** All answers are great ways to encourage female sports participation!
6. **ANSWER: A - True.** The law says that any member of the "underrepresented sex" (the sex that has the fewest opportunities) has to have a chance to play on the team of the overrepresented sex if that player is not provided with a team of the player's own sex. It is okay for a school to say a girl or a boy cannot play football for a non-gender-related reason (too small to play, not strong enough to play) as long as the standard is fairly applied to both boys and girls.
7. **ANSWER: D – All of the above.** Playing sports has many benefits, such as increasing confidence and self-esteem, decreased risk of getting involved with drugs, and a greater likelihood of higher grades.

Source: GoGirlWorld. <http://www.gogirlgo.com/cgi-bin/iowa/ggw/ahq/101/index.html?record=34>



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Sports Food and Drink Quiz

1. What drink is better for rehydration and performance?
 - a. Water
 - b. A sports drink like Gatorade

2. What snack is best an hour before a practice or game to help energy levels and ensure proper hydration?
 - a. Cream cookies, fruit roll-up
 - b. Candy bar, chips, soft drink
 - c. Granola bar, pretzels, fruit juice
 - d. Bagel, banana, sports drink

3. You have a game in three hours, and you are deciding what to have for dinner. Which of the following meal(s) would best fuel your performance?
 - a. Turkey sandwich on a roll, banana, and lemon sorbet
 - b. Macaroni and cheese and applesauce
 - c. Fried chicken sandwich, mashed potatoes with gravy, and a juice pop
 - d. Spaghetti with tomato sauce and bread
 - e. Pepperoni pizza and an ice cream sundae

4. Which of the following has the most carbohydrates (sugar)?
 - a. Lemonade
 - b. Sports drink
 - c. Fruit juice
 - d. Soft drink

* Source: GoGirlWorld: Training Tips. <http://www.gogirlworld.org/cgi-bin/iowa/ggw/gym/tt/index.html?record=42>



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Sports Food and Drink Quiz Answers

1. **ANSWER: A.** Sports drinks are formulated to be even more effective than water for occasions when fluid, carbohydrate, and electrolyte replacement is needed. In fact, there are many occasions when a drink like Gatorade is more effective than water, but no occasion when water is more effective than a quality sports drink.

Although a cool drink of water feels satisfying, water "turns off" your thirst before complete rehydration occurs. Water also turns on the kidneys prematurely so you lose fluid in the form of urine much more quickly than when drinking a properly formulated sports drink. This is because the small amount of sodium in a sports drink like Gatorade--no more than what is in an equal size glass of milk--allows your body to hold onto the fluid you consume rather than losing it through urine.

A properly formulated sports drink should contain an optimum amount of carbohydrates (14 g. carbohydrate/8 oz.), electrolytes (sodium and potassium), and water. Plain water will not replace the electrolytes that the body loses through sweat, nor will it provide energy. A sports drink does both.

2. **ANSWER: C and D.** These foods are packed with carbohydrates and provide important vitamins and minerals. Choices C and D also include a beverage to promote hydration. Choices A and B list foods that provide carbohydrates but contain few nutrients and more fat than is recommended before exercise. Choice A doesn't include a beverage. The soft drink listed in choice B wouldn't be appropriate right before exercise because of the high sugar content and carbonation.

3. **ANSWER: A and D.** Both of these dinners are loaded with carbohydrates, the body's most important fuel for exercise, and they are low in fat and protein. You need to fuel your muscles so you have energy and can stay on top of your game. B, C, and E are not appropriate choices because although they have some carbohydrates, they have too much fat and protein for a pre-event meal. Also, fluids such as low-fat milk, water, fruit juice, and sports drinks are important to stay hydrated.

4. **ANSWER: A, C, and D.** Since these all have the most sugar, they're not good choices for rehydration. Why? The additional carbs slow fluid absorption. Translation: the more sugar, the greater the risk of stomachaches during exercise. A sports drink has only about half the sugar of the other drinks. However, not all sports drinks are created equally. Research shows that the optimal carbohydrate content is 14g/8oz. This amount provides energy to improve performance and allows for rapid fluid absorption.

* Source: GoGirlWorld: Training Tips. <http://www.gogirlworld.org/cgi-bin/iowa/ggw/gym/tt/index.html?record=42>



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Sports Reference

ARCHERY – A game using a bow and arrow to shoot a target.

Type: Individual/Team

Ease of learning: Easy

Endurance required: Anaerobic

BADMINTON – A game using a racket and “birdie,” the goal is to hit the “birdie” over the net.

Type: Individual/Team

Ease of learning: Easy

Endurance required: Aerobic

BASKETBALL – A game played on a court that requires players to play both offense and defense to win points by shooting a ball in a through a hoop 10 feet off of the ground.

Type: Team

Ease of learning: Moderate

Endurance required: Anaerobic/Aerobic

CANOEING – A game using a paddle to pull oneself through water in a small and slender boat.

Type: Individual/Team

Ease of learning: Easy

Endurance required: Anaerobic/Aerobic

CHEERLEADING – An activity requiring agility and coordination, this sport requires jumping in different positions, often choreographed with verbal cheers.

Type: Team

Ease of learning: Moderate

Endurance required: Anaerobic

DANCE – An activity with a very broad category, dance can range from ballet, to salsa to ballroom dancing. At a very basic level, dance is moving the body in a particular rhythm, usually to some form of music.

Type: Individual/Team

Ease of learning: Moderate

Endurance required: Aerobic

FIGURE SKATING – An activity using skates, one moves about on a frozen ice rink. Competitively, figure skating is often choreographed and put to music.

Type: Individual/Team

Ease of learning: Moderate

Endurance required: Anaerobic/Aerobic



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Sports Reference continued

GOLF – A game using a small ball, golf requires much coordination with the goal to use a club and hit the small ball into a small hole, often times at quite a distance.

Type: Individual

Ease of learning: Moderate

Endurance required: Little or none required

KARATE – A martial art form that is a group of techniques that allow for self-defense without the use of weapons. Karate is often more than just an activity, as there is a complete philosophy that accompanies it.

Type: Individual

Ease of learning: Moderate

Endurance required: Anaerobic/Aerobic

RUGBY – A game where players use an oval ball and kick or carry the ball over the opponent's goal to score a point. The team with the most points wins the game. Rugby can be very physical as tackling is allowed.

Type: Team

Ease of learning: Moderate

Endurance required: Anaerobic/Aerobic

SURFING – An activity that requires a large board and will quickly paddle out into a body of water to an oncoming wave, and then try to stand on the board and ride the wave to shore.

Type: Individual

Ease of learning: Difficult

Endurance required: Anaerobic/Aerobic

VOLLEYBALL – A game where players on a court “volley” and hit a white inflated ball over a net before it touches the ground. Players can use any part of the body, usually the wrists or forearms, to make sure the ball gets over the net.

Type: Team

Ease of learning: Moderate

Endurance required: Anaerobic/Aerobic

YOGA – An activity involving a series of postures that increase flexibility and balance while also emphasize breathing techniques. Yoga is much more than physical movement, as it places a large emphasis on a spiritual component which brings the mind and body together.

Type: Individual/Team

Ease of learning: Easy

Endurance required: Anaerobic

Source: *The Women's Sports Foundation*. Online. <http://www.womenssportsfoundation.org/cgi-bin/iowa/sports/index.html>



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Fit To Be ME!

Module 5

Physical Fitness and Sports

Additional Resources





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Web Site Resources

Physical Fitness and Health

- **Kids Health**, www.kidshealth.org
- **Girls Health**, <http://4girls.gov/fitness/index.htm>
- **Melpomene Institute**, <http://melpomene.org/>
- **Center for Disease Control on Physical Activity**,
http://www.bam.gov/sub_physicalactivity/index.html
- **The President’s Council on Physical Fitness and Sports**, <http://fitness.gov/>
- **YMCA**, <http://www.ymca.net/>
- **Fitness for Kids**, <http://www.fitnessforkids.org/home.htm>
- **Girls Are Champions**, <http://www.girlsarechampions.org/index.html>
- **American Heart Association**, <http://www.americanheart.org/presenter.jhtml?identifier=1200013>
- **United States Department of Health and Human Services**,
<http://www.healthfinder.gov/scripts/kids.asp?Keyword=297>

Sports

- **The Women’s Sports Foundation**, <http://www.womenssportsfoundation.org/cgi-bin/iowa/index.html>
- **Go Girls Only**, <http://www.gogirlsonly.org/>
- **Go Girl World**, http://www.gogirlgo.com/ggw_flash/index.html
- **Center for Sports Parenting**, <http://www.sportsparenting.org/csp/>
- **Amateur Athlete Union**, www.aausports.org/default.asp
- **Mom’s Team**, <http://momsteam.com/>
- **Girls in Sports**, <http://life.familyeducation.com/sports/girls-self-esteem/34429.html>
- **Girl Power**, <http://www.girlpower.gov/girlarea/sports/general.asp>
- **Girls Inc**, <http://www.girlsinc.org/ic/page.php?id=3.1.7>
- **Fair Play**, <http://fairplaytoday.com/>

Please note that Web sites will occasionally change. Internet research can be done by using various search engines and typing in the topic of interest.



Module 5 – Physical Fitness and Sports Post-Evaluation

- | | | |
|---|-----|----|
| 1. Did you learn about a new sport? | Yes | No |
| 2. Do you feel more comfortable participating in sports? | Yes | No |
| 3. It is important to be physically active is regardless of your age. | Yes | No |
| 4. Calcium is very important to the health of your bones. | Yes | No |
| 5. Your heart is a muscle. | Yes | No |
| 6. Do you think you are physically active enough? | Yes | No |
| 7. Do you think that you eat healthy enough? | Yes | No |
-

Today's date:
(mm/dd/yy)

Age:

Ethnic Background:

- African American
- Native American
- Asian/Pacific Islander
- Hispanic/Latino
- Caucasian (White)
- Other

Please complete and send this page with the Pre-Evaluation (page 4) and the Adult Evaluation (page 29) to Girl Scouts - Illinois Crossroads Council, c/o Membership/Program Group.

