

Fair Play

Playing fair means that everyone has the same chance to play, because everyone follows the same rules. That's what this badge is all about. You'll learn to work together to have the most fun possible. That's fair play!

Steps

1. Follow the rules
2. Include everyone
3. Be part of a team
4. Keep score
5. Have a field day

Purpose

When I've earned this badge, I'll know how to play fair in sports.

Let's
make a
sport out
of having
fun!





When It's Okay to Change the Rules

You can make up your own rules, as long as all the players are using the same ones. You might change them when you want to be silly, when the game is just for fun, or if you are playing with someone:

- who is just learning the game
- who is younger than you (it's no fun to win all the time!)
- with a disability
- who is hurt



Tip Before Takeoff

Make the games you play in this badge active. No board games or card games. That's a rule!

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

STEP

1 Follow the rules

Rules are important in any game or activity. How would you know how to play if you didn't have them? Think more closely about rules in this step.

CHOICES – DO ONE:

- Teach the rules of an active game.** It might be Mother, May I?; Simon Says; or Red Light, Green Light. Teach the rules to a friend or family member and play together. Then talk about how the rules helped you play fairly.

FOR MORE FUN: Learn a game you haven't played before, then teach those rules.

OR

- Make up two new rules for hide-and-seek.** For example, the person who's "it" could have to do 10 jumping jacks after they count and before they start seeking. Play the game with your new rules. Afterwards, talk about what it was like to follow the new rules. Did you like them?

OR

- Learn two rules for a sport or active game that's popular in another country.** Team up with an adult to find one online, or ask a coach or sports teacher. Then, play part of the game or sport with Brownie friends, or just talk about the rules you found.

FOR MORE FUN: If you can, watch a game online or on television and see if athletes follow the rules!

STEP 2 Include everyone

When you play a game, do you include everyone who wants to join in? Part of playing fair is making sure everyone has a chance to play. Find out more about who plays sports today.

CHOICES – DO ONE:

- Ask a woman about Title IX.** Title IX is a law passed in 1972. It required schools to allow girls to have the same sports teams, gym time, and uniforms that boys did. Talk to a woman who went to school before 1972 about how this law affected her.

FOR MORE FUN: “IX” means “nine” in the number system used in ancient Rome, called “Roman numerals.” Talk about other places you’ve seen these kinds of numbers, and find out how to write them up to 10.

OR

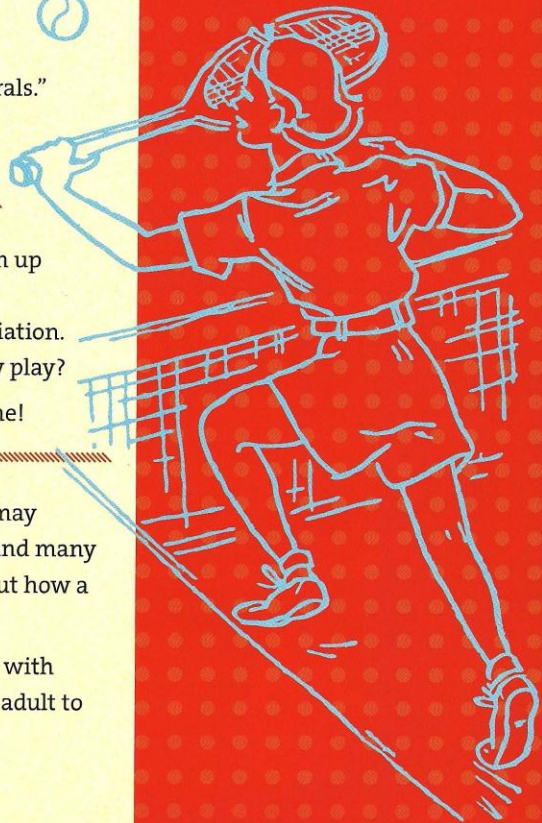
- Find a sport that women play professionally.** Team up with an adult to find a book or information online about a professional women’s sports group or association. When did the group form? When and where do they play?

FOR MORE FUN: Go see a team of women play a game!

OR

- Learn about disabilities and sports.** Some people may have a disability that makes playing sports harder, and many still find a way to play! Work with an adult to find out how a sport is played by people with disabilities.

FOR MORE FUN: If there is a sports league for people with disabilities in your area, go watch a game. Or ask an adult to help you find a game to watch online.



Professional Women in Sports

A sports professional is someone who earns money to play a game. There are different leagues for men and women. Not all sports that have leagues for men also have leagues for women. For example, there is no professional women's football league.

There was an **All-American Girls Professional Baseball League**. It started in 1943, when many men had gone off to fight in World War II. The league was very popular. But it ended a few years after the war, in 1954.

Today, there are some professional women's sports leagues. And there are many great female athletes who play in other kinds of groups!

Pick a female athlete you love—or find one you never knew about. Then, draw your own trading card of her. On the back, write why you think she's a great athlete.



Make your own card

Front

Back

Name:

Why she's a great athlete:

Share your card with Brownie friends!

STEP
3 Be part of a team

Being a good team member is part of playing fair. Learn to work together by playing one of the games below.

CHOICES – DO ONE:

Play Popcorn. One person is the caller who yells out an object and a number. The number called will be the number of players. Those players then pretend to be that object. For example, "Popcorn – 4!" means four girls get together and act like popcorn. Try it with objects like a train, piano, tree, waterfall, or roller coaster!

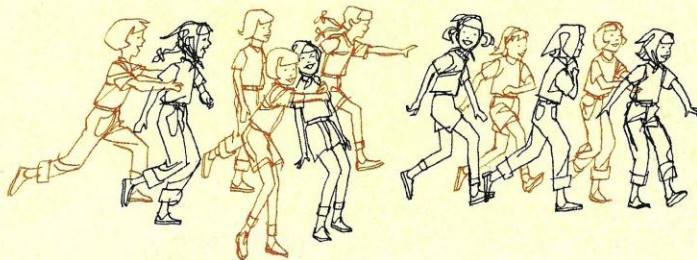
OR

Untangle yourself from a human knot. Divide into two teams of at least four people. Have each team stand in a circle. Players put both hands in the middle, then grab hands with two other people in the group. The teams must work together to untangle themselves without letting go of anyone's hand. The team that finishes first wins! Now form one big team and try to get your human knot untied.

FOR MORE FUN: Try this game with new girls or a group of Daisies.

OR

Try a game of Octopus Tag. Two people start as the octopus. They must hold hands as they run and tag other players. If someone gets tagged, they join the octopus. The game continues until the octopus has tagged everyone.



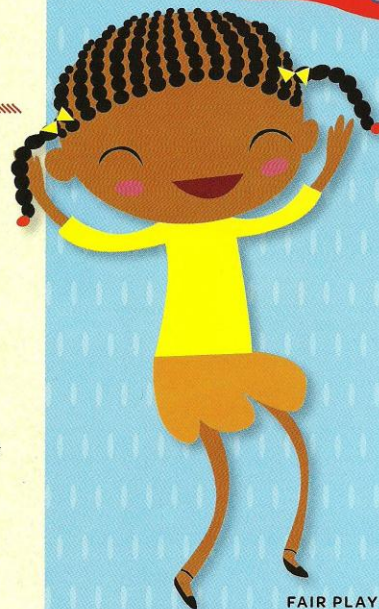
PLAY FAIR!

Team Cheer!

Make up a cheer for your team—and one for the other team, too. You could include actions like **high-fives, clapping, or jumping.**

TEAMWORK

Way to Go!



Points Match Up

Match these eight scoring words with the sport they belong to. A sports fan or sports book can help you!

touchdown

soccer

strike

basketball

home run

bowling

basket

tennis

goal

football

try

horseshoes

ace

baseball

ringer

rugby

STEP 4 Keep score

How will you know who wins if you don't keep score? Practice your scoring skills in this step.

CHOICES – DO ONE:

- See a sport live or on television.** Watch a whole game and find out how they score points. Keep your own score at home. Is it the same as the official score?

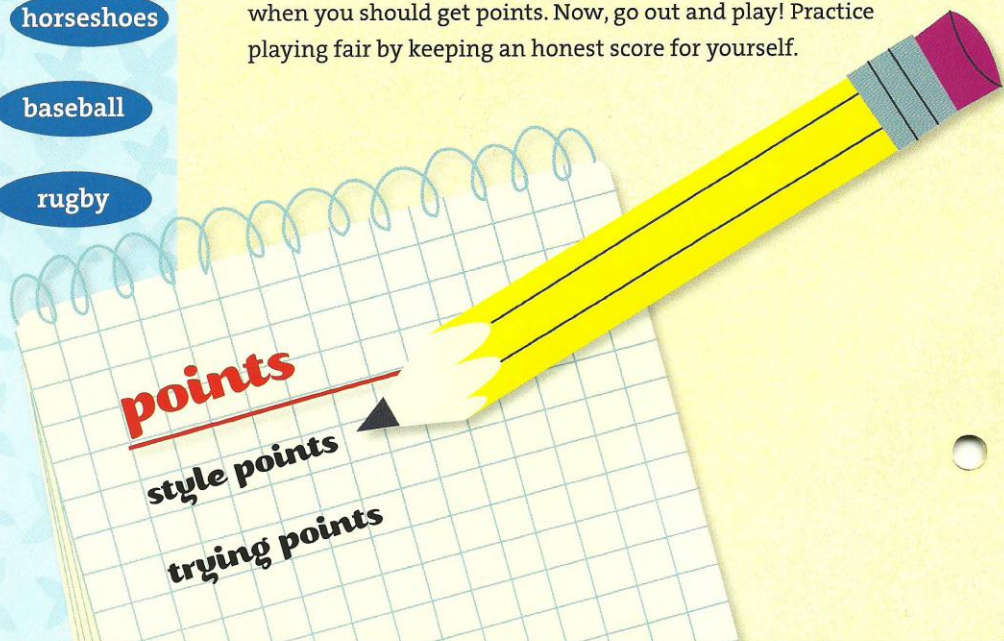
FOR MORE FUN: Pretend to be a referee and make up your own sport signals. Explain them to a friend.

OR

- Make more points.** Play the Points Match Up game on this page. Then choose one sport and find out how many points you get when you score. Now, think of ways to award more points if you were in charge. Would you give points for style or for trying really hard?

OR

- Keep score for a sport you play by yourself.** Choose a sport like biking, skating, or jumping rope. Then figure out how and when you should get points. Now, go out and play! Practice playing fair by keeping an honest score for yourself.



STEP 5 Have a field day

Put your playing-fair skills in action with a field day! You could even invite another Girl Scout group to play. At your field day, include a team game you make up, and teach the rules to everyone so you can play together. (Be sure to listen and play by the rules that other girls teach you, too!)

CHOICES – DO ONE:

- Make a team relay that combines three different games.** For example, you might hit a ball through two croquet hoops, then make a basket through a hoop, then throw a baseball to the next teammate so she can start. See which team can finish first!

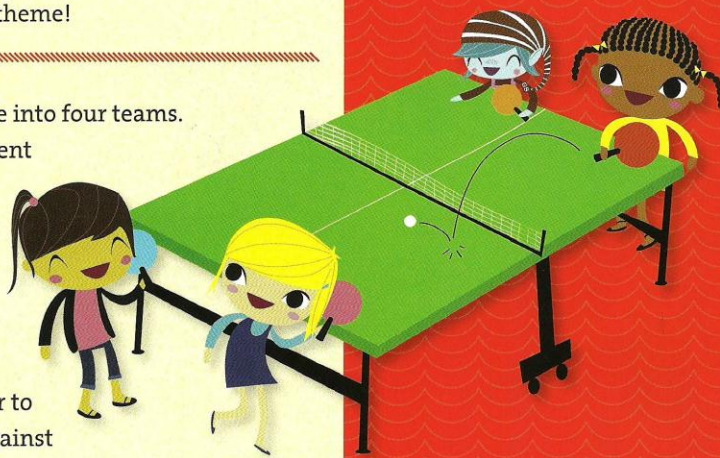
OR

- Make a theme day.** With your Brownie friends, come with ideas for a theme. Then make up games that go with it. For example, you could have a zoo field day and jump in sack races like bunnies, or make baskets in a game of Horse.

FOR MORE FUN: Dress up in the theme!

OR

- Make up a championship.** Divide into four teams. Then choose at least three different games. For example, you could see who can do the silliest jumping jack, throw a ball the farthest, and jump rope the longest. First, compete within your team. Then choose your team's strongest player. Send her to play in a championship game against the other teams' strongest players. Don't forget to cheer on your champion!



Be a Great Winner— and a Better Loser!

In games and sports, someone is the winner and someone is the loser. You will likely be both in different games at your field day. So it's a perfect time to practice being a good winner and a good loser. Before your event, talk with your Brownie friends about how. Maybe you can make some Field Day Rules for Winning Well and Losing Well?

