

# Badge Blueprint



## Fair Play Badge

**Purpose:** This badge teaches girls how to play fair in games and sports.

**Step 1: Follow the rules.**

Make up two new rules to a game you frequently play. For example, change the rules to hide-and-seek so the seeker has to do 10 jumping jacks before and after she starts counting. Get creative! Pick any game everyone can play. Once you have new rules, put them into motion. Did you like the new changes? Was it challenging to follow a new set of rules? After playing, can you think of more fun rules you could add to other games to mix it up?

**Step 2: Include everyone.**

Find a sport that women play professionally. Using a computer lab or local library, research professional women's sports. Try to find a few different sports and some details about them. When and where did the sport form? Who are some well-known athletes who play those sports? How has the sport changed over the years? When and where do the teams play? How is the sport played?

**Step 3: Be a part of a team.**

Learning to work as a team is an important part of life. Take on the human knot team-building challenge and work as group to come up with a solution.

Stand in a circle and join hands with two different girls/family members who are not to the direct right or left of you. Once everyone has connected hands with two different girls, try to undo your human knot without letting go. The goal is to communicate and work together without giving up and letting go. This exercise also allows you to be creative and gives each girl a role.

**Step 4: Keep score.**

Select a sport that you would want to see live or watch on TV. Research the sport and how to keep score. Some sports you might enjoy are baseball, basketball, gymnastics, dance, softball, soccer, cheerleading and field hockey. Once you pick your sport, watch it and keep score. Does your score match the official score?

**Step 5 on next page**

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**Step 5: Have a field day.**

Make a team relay that combines three different games. Be creative! Some ideas include a three-legged race, bear crawls while keeping a large basket on your back, or balancing large bouncy balls on new plungers without touching the ball before transferring it to a teammate.

**Congratulations! You have now earned the Fair Play Badge!**

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Remember, the Volunteer Toolkit Online has more activities to explore and is a great resource for planning meetings.