

# Athlete Legacy Kit

This kit contains activities and related materials to help teach girls of all ages more about the history of athletics in the Girl Scout world. This is just one of seven legacy topics that have been important to Girl Scouting since the movement started in 1912. The other legacy topics are Artist, Citizen, Cook, First Aid, Girl Scout Way and Naturalist.

The activity ideas included in this kit are taken directly from handbooks of the past or are modern interpretations inspired by skills Girl Scouts have learned through the years. Girls can choose to do as many or as few as they like, though leaders and advisors should help them choose ones that are appropriate for the girls' level. Citations at the end of the activities provide a place to go to learn more about that activity or era.

Just as the legacy topics have been part of Girl Scouting for its first 100 years, they will continue to be part of its future. Girls who are interested in doing even more activities related to any of the legacy topics can earn the modern-day version of these badges. Age-appropriate requirements for legacy badges can be found in the Girls Guide to Girl Scouting.



Girl Scouts getting ready to play a game at camp in the 1920s.

## **Introduction**

Playing games is something that has long been associated with Girl Scouting. Between encouraging girls to be involved in organized sports, such as soccer or softball, and playing our own games, Girl Scouts allows girls to be more active. Take a look at some of these activities and games to get a better idea of what being an athlete has meant to Girl Scouts through the years.

## **Athlete Legacy Kit Contents**

This kit contains:

- Leader Guide
- Magazine mats for the “Newspaper Race” game
- Girl Scout magazines from the past
- Instructions for games
- Instructions for yoga poses
- Girl Scout Game book
- Girl Scout Athlete Photographs from the past
- Athlete Related Career Cards
- Archival Gloves

Please be sure to handle materials gently and return them to the kit when finished. Use the list above to make sure you have all of the kit items.

## Athlete Activity Ideas

The first five activities meet badge requirements in the Girl's Guide to Girl Scouting.



- ❑ The “Human Knot” game is a fun way to learn to work together and communicate with your troop. Stand in a circle and place your hands in the middle. Grab hands with girls that aren’t standing next to you. When you grab hands you are forming your knot. Take a few steps back. Try and untangle yourselves without letting go of each others hands. *This completes Step 3 of the Athlete badge in the Brownie Girl's Guide.* (Similar to activity found in Brownie Girl Scout Handbook from 1986)
- ❑ Go on a run with your troop. Running or even walking can be a great form of exercise. Make sure that you stretch properly before running or walking, and that you are drinking plenty of water to stay hydrated if you are going on a long walk. *This completes Step 2 of the Athlete badge in the Junior Girl's Guide.*
- ❑ Observe, in person or on television, two events involving a sport such as soccer, basketball, football or volleyball. Go to a sporting event! Can you try any of the sports you saw? *This completes Step 1 of the Athlete badge in the Cadette Girl's Guide.*
- ❑ A great way to stay in shape and relax is to do yoga. Yoga is a physical, mental, and spiritual discipline that originates in modern India. The goal of yoga is to reach a state of perfect spiritual insight and tranquility. Try some of the simple yoga poses included in the kit with your troop. Take a yoga class with your troop. *This completes Step 2 of the Athlete badge in the Senior Girl's Guide.*
- ❑ Find out how many girls in your troop play an organized sport. Talk about what it is like to be on a team. Discuss the requirements of being on a team such as being a team player and attending practices. Have some of the girls who play sports talk about the rules of the game they play and demonstrate some of the skills. Try researching different kind of drills used to practice the sport. Then if you are old enough and once you have an understanding of the skills required to play the sport, try coaching, or teaching the skills to a group of

younger Girl Scouts. You can also look into becoming a referee for local teams. *This completes Step 3 of the Athlete badge in the Ambassador Girl's Guide.* (Similar to Interest Projects for Cadette and Senior Girl Scouts, 1997, p. 162).



- ❑ Being safe has always been a priority in Girl Scouts. Before participating in any games or activities, sit down with your troop and discuss different safety precautions and rules. Make sure to talk about safety measures that should be taken when playing games, both inside and outside.
  
- ❑ For years Girl Scouts have cleverly been able to rest even when the ground was wet and there were no sit-upons in sight. Next time your troop needs a place to sit for a bit, try this: Everyone stands in a circle touching shoulder to shoulder. Then everyone turns left, and on the count of three, each girl gently sits down on the bent knees of the person behind her. If this is done right you should be able to have a self-supporting, sitting circle. Enjoy the rest! (Daisy Girl Scouts Leader Guide, 1983, p. 59)
  
- ❑ Play this updated version of an old game called "Newspaper Race" (Games for Girl Scouts, 1942, p. 47). Instead of playing with actual newspapers, you can use the mats in the kit that are taken from old magazines. Look through the copy of the magazine included to learn about what girls were reading back then. This game is best played in a room where there is a lot of space, and can also be played outside.
  - Divide your troop into two equal teams.
  - You will use the mats provided in the kit to stand on. Each of the teams gets their own set of mats; there is the same number for each team.
  - Designate the starting line and finish line with at least 15 feet in between.
  - Each team must get all their players across the designated space without their feet touching the floor – you can only stand on the magazine mats you put down.
  - The first team to get their entire team across the finish line without touching anything but the mats wins.

- Repeat the game with a different number of mats. What's the fewest number you need to get across?
- You may have played the game "Telephone" before. This game is not new. Girl Scouts have been playing different versions of it for many years. Have fun hearing what the message sounds like all the way at the end!
  - As a troop sit in a line or circle.
  - Have one girl or your leader start by whispering a phrase into the person to her right's ear. For example "Girl Scouting is so fun!"
  - Make sure no one else hears the phrase.
  - Continue sending the message to the right all the way down the line or around the circle whispering from girl to girl.
  - The last person in the line or circle should say the phrase aloud – did the message change from the original?
- Learn about games and sports from other countries.
- The types of games that Girl Scouts have played through the years have changed a little bit. Look through the Girl Scout game book that is included in the kit. Decide with your troop on a few games to play. Are they like the games that we play today?
- With your troop learn about Title IX and why it was so important for women.
- Take a look at the historical photographs found in the kit. See if any of the athlete-related activities girls did back then are similar to the ones you and your troop do today!
- Career exploration has long been part of Girl Scouting. Girls around the country have been encouraged to find out what jobs are available in fields and industries they are interested in, and to connect with people working in those areas to learn more about the profession. Check out the career cards in this kit. Read about different women who held these athlete-related positions in 1978. Do any of them interest you? Do some research to figure out a modern-day job that is similar to one of the career cards and interview a person who works or has worked in that position. What is the same and what is different about the job? Make a copy of the

blank career card and fill it out during or after your interview. Add this person to your personal network!

### **Wrap-up**

These are just a few ideas inspired by Girl Scout publications of the first 100 years. Feel free to explore and dabble in other activities that you come across or think of, and teach others about what you've learned. If you are interested in one of the sports you learned about, look into joining a team in your area. Have fun!