

"The Ripken Way"

LESSON 1

SPORTSMANSHIP

Average lesson time: 25 minutes

• LESSON GOAL •

To realize that we cannot always change a situation; however, we can control our reaction to that situation.

SCOUTING REPORT



This lesson will focus on sportsmanship, on and off the field. In sports and in life, we can't always change the situation we are in, but we can control our reaction to that situation. "The Ripken Way" teaches us that sportsmanship is how a person reacts to the situation around them. "The Ripken Way" also teaches that sportsmanship is about recognizing and understanding that winning is secondary to participating. Doing the best you can in sports, in school, and in your personal life is what life is all about. Winning and losing in sports is often out of your personal control. Much like the weather, we cannot control when it rains or when it's sunny, but we can control our reaction. Although we cannot always control the circumstances that come our way, we can control how we react to them.

KEY WORDS

LESSON | 1 2 3 4 5 6 7 8 9 10 11 12

Humility – not proud or bold; not thinking that you are more important than others

Professional – a person who is an expert at his or her work and shows a positive attitude towards it

BALL

STRIKE

OUT

KEYS TO SPORTSMANSHIP “THE RIPKEN WAY”

- Everyone has ups and downs in life but we all have the freedom to choose how we respond to a given situation.
- It is important that we learn to win and lose with kindness, consideration for our opponents, and **humility** in our words and actions.
- Being a good sport means acting **professionally** and showing a positive attitude.



WARM-UPS

Start the session by showing two video clips:

Video 1: Cal & Bill – Introductory Remarks (run time – 1:22)

Cal and Bill Ripken briefly introduce the entire program.

Video 2: Cal & Bill – Sportsmanship (run time – 1:22)

Cal and Bill Ripken give their thoughts on sportsmanship and how they once faced a difficult situation that was out of their control.

BREAKIN’ IT DOWN

Today we are going to talk about sportsmanship.

- **Have you ever seen someone who was not a good sport?**
- **How were they acting?**

Possible answers: Yelling/screaming; throwing thing; swearing; being rude; sulking; ignoring others.

In sports, you can win or lose even if everyone is trying their best to win. Losing is as much a part of the game as winning. Sportsmanship applies to what you do on and off the field. If you act professionally, then you are practicing good sportsmanship. It takes a mature attitude to celebrate the successes of others, especially if we are on the losing side.

You might feel badly if you lose or feel like bragging if you win, but good sportsmanship is about controlling those feelings. The same holds true for other “teams” in our lives, the drama club, the chess team, a church choir, the orchestra, or marching band. On any day we can suddenly forget the script or words in a song.

- Have you ever drawn a blank on a test question even when you aced the answers while studying?

These things happen to all of us. Many things in life are out of your control. The one thing that is 100% under your control is you.

- How many of you have ever been on a team where you won or successfully worked with a group of people towards a goal like a concert, play, or science project?
- What kind of things did you say to your classmates or teammates when you were successful?
Possible answers: Nice job; good game; great performance, you really helped us win.
- Have you been on a team or in a group where things did not go well?
- What kinds of things would you want somebody to say to you when you were on the side that didn't come out on top?

Possible answers: Hang in there; good game; better luck next time; you worked hard; you played well.



Winning and losing applies to life as well. You can not always control the situations or problems you encounter in life, but you can control your reaction. For example, you can not control where you live, but you can be proud of your family, take pride in your home, respect your neighbors, and learn everything you can to make your life and community better as you grow older.

DRILLS

Allow groups 12 -15 minutes to complete this drill.

For each of the situations listed below, ask for volunteers to act out the provided scenario. Have the students come up with how they could react to the situation in a way that shows good sportsmanship. There are many ways to react to each of the situations, so allow more than one student to respond to each of the scenarios.

Scenarios:

RUNNING LATE FOR PRACTICE

You are running late for practice and you are in a rush. You put your bag down and run out onto the field. After practice is over, you come back to get your bag and it is gone.

Positive Possibilities: Ask the coach and teammates if they saw the bag; try to retrace your actions and think of where you could have been more responsible with your belongings; check with the maintenance crew to see if it was taken to lost and found; think of a way you can personally replace the lost bag.

YOUR SCIENCE FAIR TEAM SUCCEEDS

You are the leader of a group of classmates that have worked over the last three months on a science fair project and earned a ribbon from the judges.

Positive Possibilities: Congratulate the entire "team" for their hard work on the project; recognize the individual contributions, large or small, that each member made to the overall success of the day; thank your teacher/coach/parents for their help.

A FRIEND HAD A TOUGH GAME

You are walking down the hall at school with your friends talking about the game your team played last night and won. As you approach your classroom, a friend from the opposing team, who had a tough game, tries to avoid talking to you because they are feeling that they may have cost their team the game.

Positive Possibilities: Say hello to your friend and let them know that everyone makes mistakes; tell your friend about a time when you made an error in a game or on the field; let your friend know that you respect them for trying hard to do their best.

THE UNDERSTUDY FOR THE BIG ROLE

You are the understudy for a major role in the school play and on opening night you need to step in for the actor, who suddenly became ill. After the play everyone is congratulating you for a great performance.

Positive Possibilities: Take time to check on the other student whose place you took; let them know you are sorry they aren't feeling well; let those congratulating you know that you appreciate their support and how fortunate you are to have been selected as the understudy; let people know that you benefited from working closely and learning from the actor whose role it is.

A CLOSE CALL IN DODGEBALL

You and your friends are playing dodgeball. One of the players on the other team gets hit in the foot, but the referee doesn't see it.

Positive Possibilities: Rally your team by letting them know they can make up the missed call by staying focused and trying harder; register your concern in a respectful way with the referee, letting the referee know that you think a player was hit; congratulate and recognize the teammate who got the point that was missed.



EXTRA INNINGS

Challenge students to practice good sportsmanship over the next week. In addition to practicing good sportsmanship, students should record, in their scorebook, twice over the next week when they observe someone displaying good sportsmanship and twice when they observe poor sportsmanship.

Remember, sportsmanship is more than just winning and losing on the field – it's about accepting the situations we're faced with and doing our best to persevere and succeed.



Instructor's Note: This would be a good exercise for instructors to do along with their students, especially if the instructor can observe and acknowledge acts of good sportsmanship among the students during the next session of Healthy Choices, Healthy Children.

"Sportsmanship, for me, is when someone walks off the court and you really can't tell whether he won or lost, they carry themselves with pride either way."

- Jim Courier