



A patch program designed by Girl Scouts of NE Kansas & NW Missouri

Program Age Levels: Junior, Cadette and Senior Girl Scouts

Purpose: To increase your knowledge about sports and enhance your athletic skills

Requirements: Complete six activities



1. Participate in active sports with your troop, group or service unit for a total of nine hours in one year. Keep a record of your participation and make sure to include how your skills improve with practice!
2. Learn about three new sports you've never played. Pick one of the sports and practice a skill or strategy needed for the sport. Tell a friend about what you've learned and show them your practiced skill or strategy.
3. Check out a sports equipment kit from the council office. Read the instructions and learn what to do with the equipment. Play the sport with your troop for at least thirty minutes.
4. How many famous female athletes can you name? Pick one current, living famous female athlete and learn three things about her that you didn't already know. Share what you've learned with a friend.
5. Nutrition and a balanced diet play an important role in getting and keeping your body ready for sports. Find three ways to make your own meals and snacks more nutritious this week. How can you maintain healthy habits like these?
6. Design and make your own piece of sports equipment. Create a game using your new design and play it with your friends or your troop.
7. Help a group of Daisy or Brownie Girl Scouts do an activity involving the sport equipment kit. After you're done, write a paragraph about your experience.
8. Interview an adult female friend or family member to find out what sports and games they participated in as they were growing up. Make a poster or write a story to illustrate the differences between your personal experiences with sports and theirs.

