

Pack the Knapp



Be a good sport!

Pillars emphasized: Trustworthiness, Respect, Responsibility, Fairness, Caring, Citizenship

We often hear about being a “Good Sport.” What does that mean? What does it look like?

1. Talk with students about being a good sport.

- “Have you ever heard someone say, ‘Be a good sport’?”
- “What do you think that means? ”

Record student’s answers. Consider using this list when you return from the basketball game. Did you see examples of these at the game?

2. Share the list below. Ask children to share what it would look like if someone was doing these things.

A good sport...	What it looks like	Pillar(s) demonstrated
Showing up prepared to play.		
Show respect for players of the other team.		
Accept a referee’s call even if you think it was wrong.		
Stay in control of your emotions.		
Support your teammates.		
Show understanding and compassion if someone makes a mistake.		

EXAMPLE

Here is an example of a completed chart. Remember, there are no wrong answers!

A good sport...	What it looks like	Pillar(s) demonstrated
Shows up prepared to play.	<ul style="list-style-type: none"> ▪ Be on time. ▪ Have the clothing or equipment you need. 	Responsibility Trustworthiness Citizenship
Shows respect for players on the other team.	<ul style="list-style-type: none"> ▪ Introduce yourself. ▪ Acknowledge when a player does well. ▪ Make sure the team knows where things are located. 	Respect Citizenship
Accept a referee's call even if you think it is wrong.	<ul style="list-style-type: none"> ▪ Stay calm. ▪ Talk to your coach about the call. ▪ Learn how the call might have been correct. ▪ Find out if there are ways to respectfully challenge a call. 	Respect Caring Citizenship
Stay in control of your emotions	<ul style="list-style-type: none"> ▪ Stay calm. ▪ Walking away from a challenging situation. ▪ Taking a deep breath before speaking. ▪ Thinking about how what you say will be perceived by others. ▪ Would you want your parents to know how you responded? ▪ Would you want your teammates to see your response? 	Responsibility Respect Caring Citizenship
Support your teammates.	<ul style="list-style-type: none"> ▪ Encourage your teammates. ▪ Help teammates shake off a mistake. ▪ Offer to help with extra practice. 	Trustworthiness Caring Respect
Show understanding and compassion if someone makes a mistake.	<ul style="list-style-type: none"> ▪ Acknowledge that mistakes happen to everyone. ▪ Let them know you care about them as a person, not by what they do or don't do. ▪ Ask how you can help. 	Respect Responsibility Citizenship