

Individual Sports Emblem



The Individual Sports Emblem for Explorers is very self-explanatory. The main goal of the emblem is to encourage boys to get involved in some type of physical activity, as well as learning some types of sports that might be new to them. The resources offered here are designed to enhance this emblem, providing the leader with additional information and programming ideas to incorporate into the various requirements.

Sports Participation – The “TAKE” Method

A great way to help your boys in earning this emblem might be to get involved in some individual sports as a “group.” For instance, the **TAKE** Method:

- Take the boys swimming and have them learn the various swimming strokes.
- Take the boys ice or roller skating and have a group lesson.
- Take the boys bowling, teaching them how to bowl and keep score.
- Take the boys miniature golfing.
- Take the boys on a hike or walk.
- Take the boys to the local track for track and field events.

Many boys might not have the opportunity or support at home to get involved in sports, be it team or individual. It is important to provide extra time for this emblem in order to accomplish the requirements.

IMPORTANT NOTICE

Some of the sports mentioned in the handbooks require a great deal of adult supervision and guidance, especially for boys of the Explorer age group. Make sure proper safety rules are followed and that safety equipment is used at all times when necessary.

Weightlifting is not usually recommended for this age group. However, starting a routine of physical fitness and activity is highly recommended. Young boys need to know the value and importance of keeping their bodies healthy.

Attending or Watching a Sporting Event

Again, this must be an individual sport. Here is a partial listing of ideas for this requirement:

Events to Attend

- High School or College Track and Field Meets
- High School or College Swimming Meets
- High School or College Tennis Matches
- Gymnastics Tournaments
- Surfing and Sailing Events
- Skiing Competitions (water or snow)



Events to Watch on Television (This could be done together at the corps.)

- Golfing Events
- Tennis Events
- Televised Swimming/Track and Field
- PBA (Professional Bowling Association)
- Ice Skating
- Gymnastics



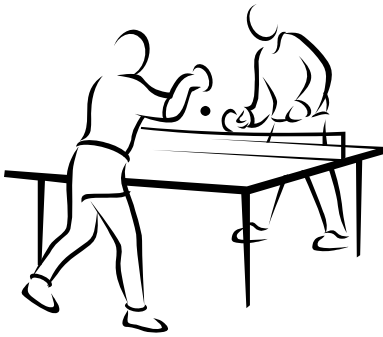
Demonstration

For this requirement the boys must demonstrate the basic skills involved in two different sports. They do not need to excel in these skills, but need to be able to demonstrate them. Here are a few ideas:

- Ping Pong – show the correct way to serve and return the ball.
- Tennis – demonstrate what the back hand and fore hand shots are.
- Bowling – how to hold a ball and the proper release/follow through.
- Swimming – show various types of swimming strokes.
- Billiards – demonstrate how to break and ways to hold the cue stick.
- Ice or Roller Skating – how to get started and how to stop.
- Surfing – demonstrate how to paddle and how to stand up.
- Track – proper starting position and stride.
- Skate Boarding – starting and stopping.

Invite a few individuals to your meetings that can demonstrate skills on a higher level. For instance, invite someone who knows how to golf to come in and demonstrate putting. A tennis player could demonstrate a few tennis skills, etc.

Example - A Look at Table Tennis



Lots of people play table tennis for fun at school or at a friend's house. But top-level table tennis is very different from the game played at home. It's a challenging sport that is played extremely fast. The athletes are in incredible physical condition, and their hand-eye coordination would make any video game player jealous.

Table tennis, also known as Ping-Pong, is a young sport. It dates back to the early part of the 20th Century and doesn't require a lot of equipment. All that's needed is a ball, a paddle for each player and a table to play on. It's an inexpensive sport to play.

Like other racket sports, the serve is an important table tennis skill. The serve starts each rally, getting every point underway. A talented server can control the flow of a rally with proper ball positioning, speed or style of serve.

Players serve from behind their end of the table. The server uses their free hand to toss the ball in the air before hitting it with the paddle.

A player is not allowed to use their fingers to spin the ball. But many talented players use their rackets to put spin on the ball while serving.

The ball must first bounce on a player's own side of the net before crossing the net for the serve to be legal. The ball must hit the opponent's side of the table for the ball to be considered in play.

Players serve the ball five times in a row before switching to the other player serving. In the case of a 20-20 score or above, the service changes hands after each point.

A table tennis game is over when one player reaches 21 points. If the game is tied at 20-20, the game continues until a player wins by two points.

A point is scored:

- When a server fails to make a good serve.
- When either player fails to return the ball to the opposing player's side of the table.
- When the ball bounces more than once on a player's side of the table.
- When a player touches the net with their paddle or free hand.
- When a player touches the table surface with their free hand during play.



Example - A Look at Inline Skating

Inline skating is similar to ice-skating and skiing. To move you use a push and glide action called a 'stride'. Mastering the stride takes a lot of practice and patience.

Getting Started...

When you take your first skating step, you will start from the V-stance. Stand with your feet together and your toes turned outward. Imagine that your feet are the hands on a clock. Your right skate should point to one o'clock, and your left skate should point to eleven o'clock.

Step 1: Stand with your feet in a V-stance. Your knees should be slightly bent, and you should lean your body forward in the direction that you want to move. From this position push your right skate to the side and then return to the V-stance position. Repeat this move with your left foot.

Step 2: Shift your weight to your right foot as you push off with your left skate. This movement propels you forward. As you lift your left foot, let your right skate glide forward along the ground. Congratulations - you have taken your first stride!

Step 3: Bring your feet together and coast while you recover your balance. Your skates should be about shoulder-width apart, and your weight should be on the balls of your feet.

Step 4: Now try this push and glide action with your other foot. This time push off with your right skate and glide with your left skate. Make sure you return to the parallel rolling position after every push and glide movement. When you feel more confident, try linking the push and glide movements together.

Stopping...

Stopping is the most important skating technique you can learn. It is not difficult, but it may feel awkward at first and it requires lots of practice. There are several ways to stop. The easiest way is the heel stop. Most inline skates come with a heel brake. It is usually on the right skate, but it can be moved to the left skate if you are left-handed.

Step 1: As you are gliding move your braking foot (the skate with the rubber stopper on the heel) forward. Your brake should be beside the front wheel of your back foot.

Step 2: Lift the toe of your braking skate until you can feel the brake touch the ground. Don't stop suddenly. Keep gliding as you slowly increase pressure on the brake. Make sure you are looking ahead. Don't look down at your skates.

Step 3: When the braking skate is in position, bend your back knee as you glide along. This will make you feel like you are sitting back, and will give you more control over the brake.

Falling...

At one time or another every skater has experienced that 'sinking feeling'. Falling is part of the fun of learning - so don't sweat it! The key is to fall safely.



Step 1: Always try to fall forward if possible. Try to stay relaxed. Bend at the waist to lower your center of gravity, and reduce the impact of the fall.

Step 2: As you hit the ground, try to direct the impact of the fall onto your protective gear. Do this by landing first on your knees, and then on to your elbows and wrists. Try to keep your fingers up to avoid scraping your knuckles.

Step 3: As you fall, try to keep your head up, and stretch your arms out in front of you. Bend your knees so that your skates are in the air. Slide along the ground on your protective gear until your body is flat on the ground. By doing this you spread the impact of the fall across your entire body.

If you are nervous about any of these instructions, try practicing each of these steps separately on grass.

ALWAYS WEAR PROTECTIVE EQUIPMENT – HELMET, KNEE PADS, ELBOW PADS AND WRIST GUARDS.



Inline Skating Internet Source – www.cbckids.cbc.ca

Devotionals

It's All About Attitude

When you are trying to learn a new sport, you have to have the right attitude. What does that mean? You have to be willing to learn, to try, to fail, and to not give up. If you keep a positive attitude, that will help you to succeed.

But if you have a negative attitude, it is very easy to complain and give up.

Can you share some examples of people that you have seen with good and bad attitudes?

The Bible has something to say about attitudes. *Read Philippians 2:1-11.* This scripture tells us that we need to have Christ-like attitudes, to react to things the way Christ would react.

Do you sometimes have a bad attitude? Is it the attitude Jesus would have? Pray and ask God to help you with your attitude each day.

God is on Our Side

What do you like the best about playing games? Are they fun? Do you like to win? How does it feel to be on the winning team? What about if you are on the losing team?

Have you ever been in a situation where you and your friends were picking teams before you played a game and all of a sudden you realized that all the good players were on the other team? There is no way you are going to win!

What about when you have to face the biggest pitcher on the other team? He throws the ball so hard! Or the basketball team you are playing against that has all the tall kids? What if you haven't practiced your skills enough and you are not sure if you are good enough to play the game?

All these things can be really scary. Can you name a few more situations that make you feel scared or alone?

Read Romans 8:28, 37-39. As Christians, in our daily lives we should have nothing to fear because God is on our side and nothing can separate us from Him and His love!

Walking on Water!

Have you ever tried to walk on water? Can you imagine if you could, how you could run in all the swimming events instead of needing to swim! That would be awesome! But Jesus walked on water – now that's a miracle!

It's hard to explain miracles, but Jesus did a lot of them. Walking on water was just one of them. We don't know how He did them. Jesus is God, so He can do anything! Jesus didn't walk on the water to get from one place to another; he did this miracle, like other miracles, to teach His disciples and to show them His power. Jesus is Lord of the universe. He's in charge of the water too, so He can walk on it whenever He wants to.

Miracles are incredible! They show us that God is awesome and powerful. Can you think of any other miracles Jesus performed?

Read John 6:16-21.

Why Do They Call it Good Friday?

Have you ever wondered why the day Jesus died is called Good Friday?

It is called Good Friday because it was a good day for us! Jesus died for us, in our place. That day was both a happy day and a sad day. It was sad because Jesus suffered and died. But it was happy because Jesus paid the penalty for our sins.

At that time, the day was viewed as Good Friday, but by Easter morning, after Jesus rose from the dead, everybody knew it was good.

Read John 19:17-18. Have the boys draw a picture of Good Friday or Easter morning.

Photo Collection

This requirement can be met in a few different ways. The Explorer can take photographs on his own to create a photo journal, or he can use magazines and newspapers to create a scrapbook about a specific sport. The important thing to remember here is that we are looking at **INDIVIDUAL SPORTS**, not “team” sports (basketball, baseball, football, soccer, etc.).

