



Uncommon Sports

Sports and Fitness – Elective Step 3

Purpose

The "Uncommon Sports" Step provides for general knowledge of the wide range of sports in the world.

1. Can you name some uncommon or unusual sports or events?
2. Can you name some old fashioned games? How are they played?
3. Why would someone want to play one of these uncommon sports?
4. Which of these sports or games would you like to play?

Notes to the Trail Guide




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1. The goal is not for the boys to be experts at these skills, but to gain an increased knowledge and awareness of the skills of this Step.
2. Make it relative to your patrol.
3. Remember, these lessons should build from Fox to Hawk and from Hawk to Mountain Lion.
4. See the Leaders Guide for more information on Steps.

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Skills Progression

	<ol style="list-style-type: none">1. There is no real progression expected. Exposure to more sports is sufficient.
	<ol style="list-style-type: none">2. There is no real progression expected. Exposure to more sports is sufficient.
	<ol style="list-style-type: none">3. There is no real progression expected. Exposure to more sports is sufficient.

Helps

Helps:

1. Can you name some uncommon or unusual sports or events?
 - a. **Goal:** To learn that there are many sports played across the world and in the USA.
 - b. **Lesson:** People are different and find enjoyment in different things. Many people have fun playing active games while others like a mental challenge. There are hundreds of games that people can enjoy and more are being created all the time.
 - c. **Examples:**
 - i. Biathlon, jai alai, disc golf, curling, pickle ball, roller skating, ice skating, ga-ga ball, miniature golf, orienteering, four square, tetherball, badminton, ping pong, racquetball, cricket, others
 - ii. See list in the *Sports and Fitness Step 2: Learn about Sports*.
 - iii. This Step may work well during the Olympics.
 - iv. If the Trail Guide knows about any of the games mentioned briefly describe them.
2. Can you name some old fashioned games? How are they played?
 - a. **Goal:** To learn about games played by older generations.
 - b. **Lesson:** The older generations did not have the communication, technology, or surplus that we have today. They created games with what they had.
 - c. **Examples:**
 - i. Wiffleball, roll the bat (hit the bat), kick the can, red rover, hopscotch, duck-duck-goose, marbles, jacks, croquet, horseshoes
 - d. **Example activities:**
 - i. Play one of these games.
3. Why would someone want to play one of these uncommon sports?
 - a. **Goal:** To learn why people played these games.
 - b. **Lesson:** People played these games for many reasons, chiefly because they are fun. Other reasons could be exercise, training for other sports and games.
 - c. **Example:** Create a game that can be used to develop skills used in other games.
4. Which of these sports or games would you like to play?
 - d. **Goal:** To play a game/sport that is uncommon.
 - e. **Lesson:** Play an uncommon sport or game.
 - f. **Examples:**
 - i. Trail Guide may provide options for more than one game, or plan for a game of his choice.

Activity Ideas

- See the relevant patrol and branch section of the activities.
- Or, create your own activity relevant to your troop and region.
- Several ideas are listed above in the Helps section.

Game ideas

- See "Example Activities" above.

Scripture

Proverbs 12:22

Isaiah 40:28-31

1 Corinthians 9:24-27

Hebrews 12:1-3

Hebrews 12:11

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