

AUXILIARY MARCH

HISTORY & RULES

1. Explore and share with your Unit or family the history of auxiliaries in marching bands. What's the difference between auxiliaries in marching bands and a winter guard?
2. There is a Hall of Fame for individuals who have made significant contributions to the sport of marching band, color guard, winter guard, and skills associated with auxiliary marching skills. Research an individual who is well known for their skill in auxiliary marching, and share with your Unit or family.
3. Define these terms: drill, chasse, and parallel toss.
4. Identify and demonstrate: about face, left face, right face, fall out, at ease.
5. Learn the rules of being part of the auxiliary in a marching band. Learn the importance of posture, stretching, practicing, and uniforms.

EQUIPMENT:

6. Draw a detailed diagram of a football field, basketball court, stage, or other performance venue, including measurements and different areas for the auxiliary to perform. What would a very large auxiliary do? Get creative with the space and possible areas to perform a routine.
7. Describe the appropriate clothing and footwear options for marching auxiliaries. How do auxiliaries incorporate flags, rifles, and sabers with their uniform?
8. List the equipment required for auxiliary marching. List the equipment that is optional but recommended.
9. Flags are an important piece of equipment for auxiliaries. Research the different materials from which a flag can be made. In what lengths do they come?

PRACTICE:

10. Demonstrate how to carve, windmill, and butterfly with a flag, rifle, or saber.
11. Practice a single toss, figure eights, drop spin, and flutters.
12. Practice a hip turn, side step with sashay, a chair step, a rolling step, a lateral slide, and a crab step.

PLAY:

13. Attend a high school or college band competition and watch the marching auxiliaries. Do they utilize costume or equipment changes? Do they use their facial expressions to tell a story of the song being played?
14. Participate in an auxiliary camp or clinic.
15. Perform with a marching auxiliary team five times during your Program Level.

BASKETBALL

HISTORY & RULES:

1. Explore and share with your Unit or family the history of basketball.
2. Research the life of a famous female professional basketball player and share with your Unit or family.
3. Define and demonstrate these terms: jump ball, traveling, three- second rule, shot clock, goal tending, foul, possession arrow, rebounding, slam dunk, double dribble, and free throw.
4. Identify and describe these team positions: point guard, shooting guard, forward (post), and center.
5. Learn the 13 rules of basketball as developed by founder James Naismith and the importance of stretching.

EQUIPMENT:

6. Draw a detailed diagram of a basketball court, including measurements of the free-throw line, three-point field goal area, and the sidelines.
7. Describe the appropriate clothing and footwear options for basketball.
8. Know the size of the metal hoop that holds the net and the purpose of a backboard.
9. Know the size and weight of an NBA ball, WNBA ball, and a junior-sized ball.

PRACTICE:

10. Demonstrate skill in these dribbling techniques: dribble, low dribble, and combination dribble.
11. Demonstrate effective passing using the chest pass, bounce pass, and overhead pass.
12. Successfully demonstrate the set-shot and jump-shot shooting styles.
13. Practice drills to enhance agility, getting open, defensive skills, low post moves, rebounding, and shooting.

PLAY:

14. Play three shot-improving games with your friends (e.g., HORSE, knock-out).
15. Attend or watch a high school, college, NBA, or WNBA basketball game.
16. Participate in the game of basketball five times Within your Program Level

BOWLING

HISTORY & RULES:

1. Explore and share with your Unit or family the early origins of bowling and what event standardized the game.
2. Research the life of a famous female professional bowler and share with your Unit or family.
3. Define these terms: foul, foul line, frame, gutter, strike, spare, double, turkey, and bowling league.
4. Describe the bowling scoring system. Identify the scoring difference between a spare and a strike.
5. Learn the rules of bowling, including the purpose for the arrows on a bowling lane. Learn the importance of stretching.

EQUIPMENT:

6. Draw a detailed diagram of a bowling lane, including the approach, bumpers/gutter/channel, the foul line, heads, pines, back end, pin deck, pit, arrows, and measurements of the different areas on a lane.
7. Identify and explain the different materials of a ball's composition and the importance of differently weighted balls.
8. Explain why some bowlers use two different balls during the same game.
9. List and explain the four different types of modern era pins.

PRACTICE:

10. Identify and demonstrate different bowling styles and approaches.
11. Practice lining yourself up with the target and swinging the ball accurately using target alignment drills and swing path drills. Do this at least 30 times a week for two weeks to improve your accuracy.
12. Practice your foot movement by researching and demonstrating the 3-step, 4-step, and 5-step approach.
13. Set up 10 different bowling configurations with missing pins, and for two weeks practice different strategies to knock down the pins. Learn what pin is to be hit, and where to properly hit it to pick up a split. Record your success to compare your progress over the time spent practicing.

PLAY:

14. Attend or watch a bowling tournament.
15. Within your current Program Level, participate in bowling with your family, Unit, or Troop for five games.

CHEERLEADING

HISTORY & RULES:

1. Explore and share with your Unit or family the history of cheerleading.
2. Research when the first organized female cheer squad developed. What is a major difference between the first squad developed and how cheerleading is conducted today?
3. Define these terms: base, candlesticks, choreography, and herkie.
4. Identify and describe five different cheerleading jumps or tumbling.
5. Learn the rules of being part of a cheerleading squad or competition team. Learn the importance of safety, strength training, posture, and stretching.

EQUIPMENT:

6. Draw a detailed diagram of a football field, basketball court, or stage, including measurements and different areas for cheerleaders to perform or compete.
7. Describe the appropriate clothing and footwear for cheerleaders.
8. List the equipment required for cheerleading. List the equipment that is optional.
9. What are spotters? Why are they important?

PRACTICE:

10. Learn the importance of practicing cheer moves. Create a routine with different drills and exercises that enhance strength and agility. Practice this routine 10 times over three weeks.
11. Demonstrate how to do a pike jump, spread eagle, and a side hurdle.
12. Practice the basic cheer motions: cheer stance, high V, low V, diagonal, and side lunge.

PLAY:

13. Attend or watch a high school or college cheer team on a game night or at a cheer competition. Take notes on the different stunts and drills performed. Do they utilize costume or equipment changes? How long did their routine last? Are there divisions in the competition?
14. Perform with a cheerleading team five times during your Program Level.

COMPETITIVE CYCLING (ALREADY SENT)

COMPETITIVE SWIMMING

HISTORY & RULES:

1. Explore and share with your Unit or family the history of how competitive swimsuits, goggles, and other swim equipment have changed over the years to help athletes improve their time and technique.
2. Research a famous female competitive swimmer and share with your Unit or family.
3. Explain the rules for each of the four racing strokes (butterfly, backstroke, breaststroke, and freestyle). Explain the rules for legal starts, turns, and finishes for the four racing strokes as well as Individual Medley (IM) and relays. What is the process for a disqualification during a race?
4. List at least five safety rules to follow while on the pool deck and while you are swimming. What are some etiquette rules for lap swimming?
5. Learn the importance of stretching before and after you swim.
6. Explain to your Unit or family the process for seeding, timed finals, and preliminary heats.

EQUIPMENT:

7. Draw a detailed diagram of an Olympic- sized pool with racing lanes, starting blocks, backstroke flags, and touchpads. Include measurements of the pool, and map different race patterns.
8. Describe the appropriate clothing and footwear options for competitive swimming.
9. List the equipment required for competitive swimming. List the equipment that is optional but recommended.
10. Investigate the purpose of lane lines, starting blocks, backstroke flags, and touchpad.

PRACTICE:

11. Learn and demonstrate the proper technique for the four racing strokes (backstroke, breaststroke, freestyle, and butterfly).
12. Learn and demonstrate the proper technique for the turns for the four racing strokes.
13. Learn and demonstrate the proper technique for the forward start, the backstroke start, and a relay start.
14. Swim 25 yards each of backstroke, breaststroke, freestyle, and butterfly. Then tread water for one minute.

PLAY:

15. Attend or watch a high school, college, or professional swim meet.
16. Compete in a swim meet and swim at least two different events.

DISC SPORTS

HISTORY & RULES:

1. Explore and share with your Unit or family the history of Ultimate Frisbee (Ultimate) and disc golf.
2. Research the highest level of competition for Ultimate Frisbee or disc golf. Share how to reach that level with your Unit or family.
3. Learn the "10 Simple Rules" of Ultimate Frisbee. Identify and describe the positions in Ultimate.
4. Learn the rules and courtesies of disc golf.
5. Learn how to score a game of Ultimate and of disc golf.

EQUIPMENT:

6. Draw a detailed diagram of an Ultimate Frisbee field, including end zones, brick marks, and field measurements.
7. List the equipment required for Ultimate. List the equipment that is optional but recommended.
8. Research the three main components of a disc golf course: disc pole holes, tee signs, and tee pads. Design a course with information you learned.
9. List the discs essential for disc golf and the purpose of their design. List the equipment that is optional but recommended.

PRACTICE:

10. Know when and demonstrate how to throw backhand and forehand using the correct grips.
11. Demonstrate two other types of throws and know when you would use them.
12. Toss with a partner to practice the different throws and catches.

PLAY:

13. Attend or watch an Ultimate or disc golf tournament.
14. Participate in the game of Ultimate Frisbee or disc golf five times on three different courses within your Program Level.

FENCING

HISTORY & RULES:

1. Explore and share with your Unit or family the history of Olympic fencing.
2. Research the life of a famous female Olympic fencer and share with your Unit or family.
3. Define these terms: piste, en-garde, right-of-way, target area, and point of action.
4. Identify and describe: plastron, lame, piste, allez, en-garde line, and target area.
5. Learn the rules of Olympic fencing and corresponding styles of Olympic fencing. Learn the importance of stretching.

EQUIPMENT:

6. Draw a detailed diagram of a piste including measurements and different areas of performance.
7. Describe the appropriate clothing and footwear options for Olympic fencing.
8. List the equipment required for fencing. List the equipment that is optional but recommended.
9. Practice putting on your protective gear. Protective gear must always be worn for this sport.

PRACTICE:

10. Participate in lessons given by a coach trained in fencing .
11. Learn and demonstrate the following skills: en- garde, advance, retreat, parry, and riposte.
12. Practice and demonstrate the following moves: lunge, flunge, and fleche.
13. Practice basic footwork drills, movement drills, and partner drills three times a week for a month.

PLAY:

14. Attend or watch two rounds of fencing competitions or a tournament.
15. Participate in an individual or team competition during your Program Level.

FIELD HOCKEY

HISTORY & RULES:

1. Explore and share with your Unit or family the history of field hockey and how hockey sticks have changed over the years.
2. Research a female field hockey player and share with your Unit or family.
3. Identify and describe each of the major positions played on the field.
4. Learn the rules of field hockey. Learn the importance of stretching.

EQUIPMENT:

5. Draw a detailed diagram of a hockey field, labeling the different areas of the field and including field measurements.
6. Describe the appropriate clothing and footwear options for field hockey. Learn what extra gear the goalkeeper is required to wear.
7. List the equipment required for field hockey. List the equipment that is optional but recommended.
8. Learn how to measure properly for a hockey stick and why there are different sized balls.

PRACTICE:

9. Learn and demonstrate how to dribble and shoot the ball.
10. Learn and demonstrate three types of passes.
11. Practice five field hockey drills three times a week for a month.
12. Participate in a field hockey camp or clinic.

PLAY:

13. Attend or watch a field hockey game played by professional or college players.
14. Participate in the game of field hockey five times within your Program Level.

GOLF

HISTORY & RULES:

1. Explore and share with your Unit or family the history of golf.
2. Research the life of a famous female golfer and share with your Unit or family.
3. Learn the proper way to score. Define the following score terms: ace (or hole-in-one), birdie, bogey, double bogey, eagle, double eagle, handicap, and par.
4. Learn the etiquette and rules of golf including the handicap system. Learn the importance of stretching before and after a game or practice.

EQUIPMENT:

5. Draw a detailed golf course, including the following features: clubhouse, driving range or practice area, tee, fairway, rough, green, flag, hole, water hazard, and sand bunker.
6. Describe the appropriate clothing and footwear options for golf.
7. List the equipment required for golfing. List the equipment that is optional but recommended.
8. Identify and describe the different types of clubs and their purpose: driver, fairway woods, hybrids, irons, and putters.

PRACTICE:

9. Take a golf lesson from an approved golf instructor.
10. Demonstrate the three proper ways to grip a golf club: ten fingers, overlapping, and interlocking. Find which grip is most comfortable for you.
11. Visit a local miniature golf course with your Troop, Unit, or family. Learn correct putting techniques, and practice on a practice green at a golf course or miniature golf course.
12. Learn and demonstrate how to properly swing each type of golf club. Practice your golf swing three times a week for two weeks to improve the control of your approach swing, full swing and putting stroke.

PLAY:

13. Attend or watch a golf tournament or golf scramble.
14. Participate in nine-hole game of golf five times within your Program Level.

GYMNASTICS

HISTORY & RULES:

1. Explore and share with your Unit or family the history of gymnastics.
2. Research a famous female gymnast and share with your Unit or family.
3. Define these gymnastic terms: apparatus, composition, execution, flexibility, routine, sequence, and virtuosity.
4. Identify and describe the different types of gymnastics: artistic, rhythmic, tumbling, and sport acrobatics. Explain the competitive scoring system in the different types of gymnastics.
5. Learn the safety rules of gymnastics, including the importance of a spotter. Learn the importance of stretching before participating in gymnastics.

EQUIPMENT:

6. Describe the appropriate clothing and footwear options for gymnastics.
7. List and explain the pieces of apparatus used in artistic gymnastics: vault, uneven bars, balance beam, and the floor.
8. List and explain the pieces of apparatus used in rhythmic gymnastics: ribbon, ball, hoop, rope, and club.
9. Explain the uses of additional gymnastics equipment such as: the springboard, chalk, and wedges.

PRACTICE:

10. Participate in a gymnastics class or join a gymnastics team .
11. Learn and demonstrate two new tumbling skills.
12. Learn and demonstrate two skills on any apparatus.

PLAY:

13. Watch an international gymnastics competition such as the Olympic Games, Pan American Games, or Goodwill Games.
14. Attend a gymnastics meet or competition.
15. Participate in a gymnastics performance or meet to display your new skills.

ICE HOCKEY

HISTORY & RULES:

1. Explore and share with your Unit or family the history of ice hockey.
2. Research a famous female ice hockey player and share with your Unit or family.
3. Identify and describe each of the major positions played on the rink.
4. Learn the rules of ice hockey. What is body checking and why is it prohibited in women's hockey? Learn the importance of stretching.

EQUIPMENT:

5. Draw a detailed diagram of an ice hockey rink, labeling the different areas of the rink and including rink measurements.
6. Describe the appropriate clothing and footwear options for ice hockey. Learn what extra gear the goalkeeper is required to wear.
7. List the equipment required for ice hockey. List the equipment that is optional but recommended.
8. Learn how to measure properly for an ice hockey stick.

PRACTICE:

9. Learn and demonstrate how to dribble and shoot a goal.
10. Learn and demonstrate three types of passes.
11. Practice five ice hockey shooting drills three times a week for a month.
12. Participate in an ice hockey camp or clinic.

PLAY:

13. Attend or watch an ice hockey game played by professional or college players.
14. Participate in the game of ice hockey five times during your Program Level.

JUMP ROPE

HISTORY & RULES:

1. Explore and share with your Unit or family the history of jump rope and why it is difficult to figure out its origins.
2. Research the U.S. National Jump Rope Championship and share the information with your Unit or family.
3. Define these terms: double under, triple under, switch, traveler, two-in-one, and wheel.
4. Identify and describe different types of competitive jump rope events: speed, freestyle, and team.
5. Learn the safety rules and five health benefits of jump roping. Learn the importance of stretching before jump roping.

EQUIPMENT:

6. Describe the appropriate clothing and footwear options for jump roping.
7. Describe what kinds of ropes should be used for different events.
8. List the equipment required for jump rope competitions and performances. List the equipment that is optional but recommended.

PRACTICE:

9. Learn and demonstrate five single rope skills.
10. Learn and demonstrate how to turn and jump Double Dutch. Also demonstrate how to complete one Double Dutch trick.
11. Practice jumping rope four times a week for a month.
12. Participate in a jump rope workshop, camp, or team.

PLAY:

13. Attend or watch a jump rope tournament.
14. Participate in a jump rope performance with a team, or make up a three-minute performance with your Unit or friends.

LACROSSE

HISTORY & RULES:

1. Explore and share with your Unit or family the history of lacrosse and the possible origin of the name.
2. Research how lacrosse has been involved in the Olympics and share with your Unit or family.
3. Identify and describe each of the major positions played on the field.
4. Learn about and discuss some of the differences between: field and box lacrosse, men's and women's lacrosse, and U.S. and international lacrosse.
5. Learn the rules of lacrosse. Learn the importance of stretching before and after a game.

EQUIPMENT:

6. Draw a detailed diagram of a lacrosse field, labeling the different areas of the field and including field measurements.
7. Describe the appropriate clothing, safety equipment, and footwear options for women's lacrosse in the U.S. Learn what extra gear the goalie is required to wear.
8. List the equipment required for lacrosse. List the equipment that is optional but recommended.
9. Learn the standard measurements of a lacrosse stick (crosse) and ball along with the what type of lacrosse stick is best for each position.

PRACTICE:

10. Learn and demonstrate how to cradle, pass, catch, and pick up balls from the ground.
11. Learn and demonstrate how to legally check in girls during a lacrosse game.
12. Practice five lacrosse drills three times a week for a month.
13. Participate in a lacrosse camp or clinic.

PLAY:

14. Attend or watch a lacrosse game played by professional or college players.
15. Participate in the game of lacrosse five times within your Program Level.

MARTIAL ARTS

HISTORY & RULES:

1. Explore and share with your Unit or family the different types of martial arts.
2. Research different martial arts styles besides the one you practice and share with your Unit or family.
3. Identify and describe the following three different fighting stances: stand up, clinch, and ground.
4. Learn the different safety guidelines for practicing a martial art. Understand the importance of practicing with an instructor, knowing correct breathing techniques, and stretching before and after practice.
5. Define the role of respect, dignity, and discipline in your martial art and the purpose of the sport.

EQUIPMENT:

6. If your martial art includes the study of weapons, draw and describe the purpose or use of two of them.
7. Describe the proper protection to wear when sparring.
8. Explain the tradition behind wearing a uniform when practicing or testing.
9. Explain the belt system of your particular martial art system.

PRACTICE:

10. Learn and practice one martial arts technique at least three times a week for one month.
11. Engage in repetitive exercise practices with a partner or on your own.
12. Learn and practice grappling (throws, holds, and escapes) with a partner in a supervised environment.
13. Demonstrate the way to throw a proper punch or kick.
14. Practice appropriate breathing techniques used in martial arts.

PLAY:

15. Attend or watch a martial arts competition.
16. Participate in five martial arts classes taught by an experienced instructor

PERFORMANCE DANCE

HISTORY & RULES:

1. Learn the history and origins of the type of dance in which you primarily participate, plus one other.
2. Research the life of a notable female dancer, choreographer, or dance company in your primary form of dance and share with your Unit or family.
3. Define these terms in dance: arm styling, alignment, balance, choreography, dance, and poise.
4. Learn the fundamentals of dance and the importance of stretching.

EQUIPMENT:

5. Draw a detailed diagram of a stage or studio with the different sections of performance.
6. Describe the appropriate clothing and footwear options for the dance in which you primarily participate. Do other types of performance dance have different clothing essentials? Name one other type of dance that is different from your primary form of dance and its clothing.

PRACTICE:

7. Practice at least three times a week for one month.
8. Learn and demonstrate popular dances from three different time periods.
9. Choreograph a dance that your Unit or friends could easily learn.
10. Participate in a dance class, camp, or lessons.

PLAY:

11. Attend or watch a dance competition.
12. Join a dance company or group that performs or competes regularly. Participate in a minimum of five group practices and one dance performance.

ROLLER HOCKEY

HISTORY & RULES:

1. Explore and share with your Unit or family the history of roller hockey and the difference between traditional roller hockey, inline hockey, and skater hockey.
2. Research how roller hockey is played at a national or international level in the United States and share with your Unit or family.
3. Identify and describe each of the major positions played on the rink.
4. Learn the rules of roller hockey. Learn the importance of stretching.

EQUIPMENT:

5. Draw a detailed diagram of a roller hockey rink, labeling the different areas of the rink and including rink measurements.
6. Describe the appropriate clothing and footwear options for roller hockey. Learn what extra gear the goalkeeper is required to wear.
7. List the equipment required for roller hockey. List the equipment that is optional but recommended.
8. Learn how to measure properly for a hockey stick and when a ball is used versus a puck.

PRACTICE:

9. Learn and demonstrate how to dribble and shoot a goal.
10. Learn and demonstrate three types of passes.
11. Practice five roller hockey shooting drills three times a week for a month.
12. Participate in a roller hockey camp or clinic.

PLAY:

13. Attend or watch a roller hockey game played by professional or college players.
14. Participate in the game of roller hockey five times during your Program Level.

ROWING

HISTORY & RULES:

1. Explore and share with your Unit or family the history of rowing as a sport.
2. Research the life of a famous female coach, coxswain, or rower, and share with your Unit or family.
3. Define these terms according to rowing: catch, crab, drive, feathering, finish, leg drive, missing the water, puddles, release, recovery, run, rushing the slide, skying, and washing out.
4. Identify and describe each rower position.
5. Define a coxswain and the following calls: "Check it down," "Hold water," "Let it run," and "Power 10."
6. Learn the rules of rowing and the definition of the rowing directions: stern, bow, port, and starboard.

EQUIPMENT:

7. Draw a detailed diagram of a shell for eight people and a coxswain, including measurements, the different areas and parts of a shell, and where each crew member would sit by position.
8. Describe the appropriate clothing and footwear options for rowing.
9. List the equipment required for rowing. List the equipment that is optional but recommended.
10. Draw a picture of an oar and label the following parts: shaft, blade, handle, sleeve, collar, and clam. Record the differences between a sculler's oars and a sweeping oar.

PRACTICE:

11. Learn the importance of stretching and conditioning for this sport. Warm up before and cool down after each training session and race.
12. Develop a conditioning plan to be able to row the standard race distance for your age.
13. Implement your conditioning plan and work up to being able to race according to the standard rowing distances for your age group.
14. In three to six different training sessions, practice the four parts of a stroke in repetition: catch, drive, finish, and recovery.

PLAY:

15. Attend or watch a rowing competition by an amateur or college team.
16. Participate in an individual or crew competition during your Program Level.

RUGBY

HISTORY & RULES:

1. Explore and share with your Unit or family the history of rugby.
2. Research how rugby has been involved in the Olympics and share with your Unit or family.
3. Define these terms: scrum, ruck, maul, try, and line-out.
4. Identify and describe each of the major positions played on the field. Learn the numbers that coordinate with each position for standard rugby.
5. Learn 10 rules in the game of rugby and how the game is scored. Learn the importance of stretching before and after a game.

EQUIPMENT:

6. Draw a detailed diagram of a rugby field, including marked field lines and measurements.
7. Describe the appropriate clothing and footwear options for rugby.
8. List the equipment required in rugby including protective gear. List the equipment that is optional but recommended.

PRACTICE:

9. Learn and demonstrate how to properly throw and catch a rugby ball.
10. Learn how to do a line-out and practice with proper supervision.
11. Learn the proper way to tackle and practice the skill.
12. Engage in three different rugby practice drills.

PLAY:

13. Attend or watch a college or professional rugby game or rugby sevens match.
14. Participate in the game of rugby five times within your Program Level.

RUNNING

HISTORY & RULES:

1. Explore and share with your Unit or family the history of competitive running.
2. Research the life of an Olympic female runner and share with your Unit or family.
3. Describe the following types of running: jogging, track, cross-country, and marathon.
4. Explain the importance of pacing, consistency, breathing techniques, and hydration, and give an example of each.
5. Learn at least five safety rules to follow while running. Learn the importance of stretching before running and the importance of cooling down afterward.

EQUIPMENT:

6. Draw a detailed diagram of a track, including markings and measurements.
7. Describe the appropriate clothing and footwear options for running.

PRACTICE:

8. Develop a five-minute conditioning plan of exercises to warm up prior to running and to cool down afterward. Practice your exercises each time you run or jog.
9. Practice all the safety rules that you learned each time you run.
10. Learn and practice three of the listed drills to improve speed, form, and efficiency in running: high knees, A-Skip, B-Skip, butt-kicks, butt-kicks with variation, straight-leg bounds, and/or Carioca.
11. Start with a distance of a quarter to a half a mile and practice running twice a week to gradually build your endurance.

PLAY:

12. Continue running twice a week for a total of eight weeks. Throughout the eight weeks, increase your distance while trying to decrease your running time.
13. Attend or watch a high school, college, or benefit race or marathon.
14. Participate in a 5k race or run the same distance.

SKATING

HISTORY & RULES:

1. Explore and share with your Unit or family the history of skating.
2. Research a famous female skater and share with your Unit or family.
3. Define these terms: crossovers, figures, inverted camel spin, salchow, swizzles/scissors, shoot-the-duck, t-stops, two-foot turn, and a three turn.
4. Learn the safety rules of skating, including stretching.

EQUIPMENT:

5. Draw a detailed diagram of an ice or roller skate and label the parts. Name a couple of additional parts on inline skates.
6. Describe the appropriate clothing for skating.
7. List the safety equipment required for skating.

PRACTICE:

8. Practice keeping your balance as you skate.
9. Learn and practice the proper way to fall and to get up after a fall.
10. Participate in a skating skills class from an instructor or experienced skater.
11. Learn and demonstrate two new skating skills for traditional or inline roller skating or ice skating.

PLAY:

12. Attend or watch a skating sport: figure skating, artistic roller skating, speed skating, roller derby, or a hockey game.
13. Participate in skating with your friends, family, Troop, or an organized team five times within your Program Level.

SNOW SPORTS

HISTORY & RULES:

1. Explore and share with your Unit or family the history of snow skiing and snowboarding.
2. Research the life of a famous female skier or snowboarder. and share with your Unit or family.
3. Define these skiing and snowboarding terms: carve, cross over, cross under, fall line, mogul, ollie, Nollie, slalom, Schuss, slash, snow plough/snowplow, stem, switch.
4. Identify and describe the skill level suggested or required for different trails. Also identify the person who can assist you: a ski patroller and a ski instructor.
5. Learn "Your Responsibility Code" and other important rules at snow trails for snow sports. Learn the importance of stretching and warming up before and after participating in this sport.

EQUIPMENT:

6. Draw a detailed diagram of types of skis or snowboards used for different sporting events, including the camber and rocker descriptions.
7. Describe the appropriate clothing and footwear options for skiing or snowboarding.
8. List the equipment required and essential for skiing or snowboarding. List the equipment that is optional but recommended.
9. Demonstrate the proper way to get in and out of your equipment.

PRACTICE:

10. Practice getting on and off the tow rope and/or chairlift without assistance.
11. Participate in a skiing or snowboarding skills class from an instructor or experienced skier or snowboarder.
12. Learn and demonstrate your stance, along with five different moves and turns for skiing or snowboarding.
13. Learn and practice five different ski or snowboard drills in five separate sessions.

PLAY:

14. Attend or watch a skiing or or international event.
15. Participate in skiing or snowboarding with your friends, family, Troop, or an organized team five times within your Program Level

SOCCER

HISTORY & RULES:

1. Explore and share with your Unit or family the history of soccer.
2. Research the life of a famous female soccer player and share with your Unit or family.
3. Learn the general rules of soccer and the differences between indoor and outdoor soccer.
4. Identify and describe each of the major positions played on the soccer field.

EQUIPMENT:

5. Learn the difference between indoor and outdoor soccer fields. Draw a detailed diagram of an indoor or outdoor youth soccer field, including markings and measurements.
6. Describe the appropriate clothing and footwear options for soccer.
7. List the equipment required for soccer. List the equipment that is optional but recommended.
8. Know the number and size of a skills, junior, youth, and adult soccer ball.

PRACTICE:

9. Learn and demonstrate the following skills: dribbling, trapping, throw-ins, passing.
10. Attend a soccer clinic or camp that is focused on developing skills.
11. Learn and demonstrate penalty kicks and corner kicks.
12. Find three soccer drills to practice for two weeks to enhance specific skills.

PLAY:

13. Attend or watch a soccer game played by professional, college, or World Cup players.
14. Participate in the game of soccer five times within your Program Level.

SOFTBALL

HISTORY & RULES:

1. Explore and share with your Unit or family the major differences between fast-pitch and slow- pitch softball.
2. Research the life of a famous female softball player and share with your Unit or family.
3. Define these terms: hit, strike, foul ball, and slide.
4. Identify and describe each major position played on the field.
5. Learn the game rules and safety rules of softball. Learn the importance of stretching.
6. Identify and demonstrate ten umpire signals.

EQUIPMENT:

7. Draw a diagram of a softball field, labeling the dimensions, foul line, baselines, batter's box, and on-deck circle. Also outline the area each position covers.
8. Describe the appropriate clothing and footwear options for softball.
9. List the equipment required for each position played in softball. List the equipment that is optional but recommended.
10. Learn how to measure properly for a softball bat and why there are different sized balls.

PRACTICE:

11. Toss with a partner and work on ground balls. Catch at least 40 balls.
12. Practice running bases. Work on improving your time to first base as well as around all bases. Then practice sliding into second and third base.
13. Practice pitching. Understand how pitching differs in slow-pitch and fast-pitch.
14. Spend 30 minutes on hitting drills and 30 minutes of live batting.

PLAY:

15. Attend or watch a college softball game.
16. Play softball with your team, family, Unit, or Troop five times within your Program Level.

TENNIS

HISTORY & RULES:

1. Explore and share with your Unit or family the history of tennis and the tennis racquet. Explain what is meant by the modern "Open Era."
2. Research the life of a famous female tennis player and share with your Unit or family.
3. Learn how the scoring system for tennis works. Understand the difference between Advantage and No-Ad scoring.
4. Identify and describe the difference between the ITF Rules of Tennis and The Code. Learn how The Code enables players to play fairly when tennis officials are not present.
5. Know the roles and responsibilities of chair umpires and line umpires at official tennis matches. Demonstrate the signals a line umpire would use to call a shot "out" or "good."

EQUIPMENT:

6. Draw a detailed diagram of a regulation tennis court, including the service line, back line, singles court, doubles court, and all measurements.
7. Describe the appropriate clothing and footwear options for tennis.
8. List the equipment required for tennis. List the equipment that is optional but recommended.
9. Describe the three primary surfaces of tennis courts: hard court, grass, and clay. Describe the effect these different surfaces have on the ball and how strategies may differ depending on the surface of the court.

PRACTICE:

10. Learn and demonstrate the following grips: Continental, Eastern Forehand, Semi- Western, Western, Eastern Backhand, and Two-Handed Backhand.
11. Learn and demonstrate the following tennis shots: down the line, cross court, lob, overhead, slice, and drop.
12. Practice these different techniques in serving the ball: a flat serve, a topspin serve, a slice or sidespin serve, and a kick serve.

PLAY:

13. Attend or watch a regulation tennis match among college players or a professional match. Keep track of the score as if you were the official scorekeeper.
14. Participate in the game of tennis five times within your Program Level.

TRIATHLON

HISTORY & RULES:

1. Explore and share with your Unit or family the origins of triathlon.
2. Interview a triathlete and ask them why they started racing, why they like the sport, and any other questions you may have about your upcoming race.
3. Identify and describe the different race distances: youth, sprint, Olympic/International, half, and full.
4. Learn some etiquette rules for passing while swimming, biking, and running. Understand what drafting is and when it is acceptable.
5. Learn how to set up a transition area. Share with your Unit or family the safety rules for transitioning between swimming, cycling, and running.

EQUIPMENT:

6. Describe the appropriate clothing and footwear options for a triathlon.
7. List the equipment required for a triathlon. List the equipment that is optional but recommended.
8. Discuss how to properly care for your triathlon equipment.
9. Prepare an effective checklist for proper race planning, including equipment, nutrition, and supplies.

PRACTICE:

10. Warm up before and cool down after each training session and race.
11. Develop a conditioning plan to be able to swim the most comfortable stroke(s), ride your bike, and run (run/walk) the standard race distance for your age.
12. Implement your conditioning plan and work up to being able to race according to the standard triathlon distances for your age group.
13. In three to six different training sessions, do six "bricks" (back to back disciplines): two swim-to-run, two swim-to-bikes, two bike-to-run.
14. Practice the two transitions (T1 & T2) until you are comfortable with them.

PLAY:

15. Attend or watch a triathlon.
16. Participate in a triathlon. Choose a race appropriate to your age, training, and experience level.

VOLLEYBALL

HISTORY & RULES:

1. Explore and share with your Unit or family the history of volleyball.
2. Research the life of a famous female volleyball player and share with your Unit or family.
3. Define these terms: ace, assist, attack/spike, block, dig, kill, platform, side-out, and tip.
4. Learn the basic rules of volleyball, including the six zones played. Learn the importance of stretching before and after playing the sport.
5. Identify and demonstrate 10 referee signals.

EQUIPMENT:

6. Draw a detailed diagram of a volleyball court, including zones, the attack area, and measurements.
7. Describe the appropriate clothing and footwear options for volleyball.
8. List the equipment required for volleyball. List the equipment that is optional but recommended.
9. Know the regulation net height with depending factors of sex, age, and location.
10. Know the size and weight of a ball for indoor, outdoor, and youth.

PRACTICE:

11. Learn and demonstrate how to serve, set, pass and block.
12. Pass and set to yourself 20 times.
13. Practice passing to a specific spot 20 times. Track how many times you hit the spot.
14. Practice drills to enhance ball control, passing, serving, serving, and blocking.

PLAY:

15. Attend or watch a college or professional volleyball tournament.
16. Participate in the game of volleyball five times within your Program Level.