

DARCY TESSMAN, M.A.
*Assistant Agent, 4-H
Development, Cochise
County*

JEANMARIE KEIM, PH.D.
*Senior Lecturer,
UA South*

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This information
has been reviewed by
university faculty.

Citizenship

Teaching youth that they are all a part of a team, sport, and community is important. Citizenship encompasses all of the other aspects of character. Good citizenship in sports is evident when we cooperate, follow the rules, respect authority (referees and coaches) and take care of the equipment and field.

Game: Blob Tag^b

Group size: 10-50

Time: 6 minutes; 1 minute to review rules, 3 minutes to play, 2 minutes to debrief participants

Supplies: none

Setting: Gym or field

Goal: Build an understanding of citizenship.

Teach

- Establish boundaries and out of bounds area.
- One person is "it." When this person catches another, they hold hands and work together to catch others.
- The Blob will continue to grow.
- Communication is very important to catch everyone.
- If a person runs out of bounds, they automatically join the Blob.
- Objective: Understanding the importance of working together
- Debrief participants:
 - What worked best when chasing others to join the Blob?
 - Why was teamwork important?
 - How does teamwork relate to being a good citizen?

Enforce

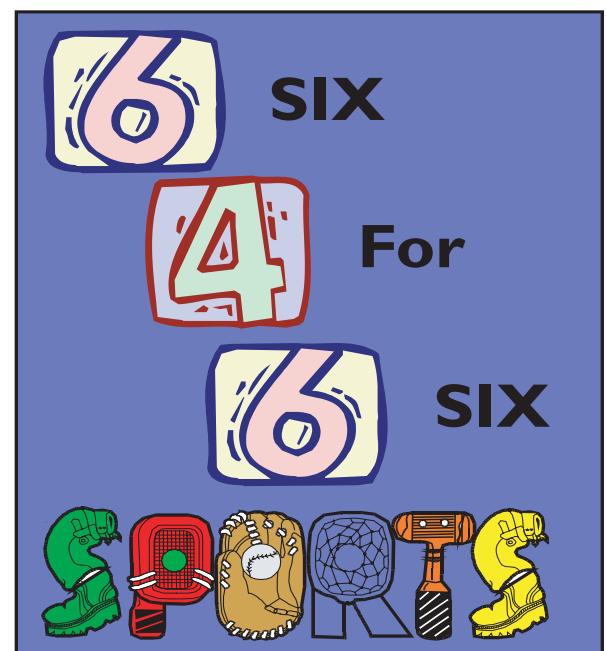
- Expect athletes to play by the rules.
- Have athletes assist with taking care of the field and equipment.
- Ask athletes how they can improve their citizenship.

Advocate

- Point out that athletes are good citizens when they demonstrate caring toward other athletes, especially when one is hurt or another team has made a really great play.
- Talk with athletes about all the different aspects of citizenship.
- As a team and good citizens, complete a project for the larger community such as cleaning up a trail or park or doing something for a group of senior citizens.

Model

- Model citizenship by taking care of community fields, locker rooms, equipment, etc., that the team uses.
- Demonstrate cooperation with officials and other teams.
- Involve parents and allow them to demonstrate citizenship by helping the team.



Activities to Build Citizenship

- Marble Pass^C. Divide the group into two teams. Each team receives one marble and each player receives a piece of PVC pipe. One person “starter” puts the marble in the first PVC at the start line. The group moves the marble through each person’s PVC without touching it to the finish line. Rules: only the starter touches the marble; you are not allowed to block the ends of the PVC with fingers, etc.; and if anyone but the starter touches the marble or the marble falls out, the team must start over.
- Debrief participants:
 - Discuss how citizenship, cooperation and teamwork are related.

The 6 Pillars Of Character^a

TRUSTWORTHINESS: Be honest. Don’t deceive, cheat or steal. Be reliable—do what you say you’ll do. Have the courage to do the right thing. Build a good reputation. Be loyal—stand by your family, friends, team, and country.

RESPECT: Treat others with respect; follow the Golden Rule. Be tolerant of differences. Use good manners and sportsmanship, not bad language or “trash talk.” Be considerate of the feelings of others. Don’t threaten, hit or hurt anyone. Deal peacefully with anger, insults and disagreements.

RESPONSIBILITY: Do what you are supposed to do. Persevere: keep on trying! Always do your best. Use self-control. Be self-disciplined. Think before you act. Consider the consequences. Be accountable for your choices.

FAIRNESS: Play by the rules. Take turns and share. Be open-minded; listen to others. Don’t take advantage of others. Don’t blame others carelessly

CARING: Be kind. Be compassionate and show you care. Express gratitude; thank coaches and officials. Forgive others. Help people in need.

CITIZENSHIP: Do your share to make your school and community better. Cooperate. Stay informed; vote. Be a good teammate. Obey laws and rules. Respect authority.

Thoughts for the Day

“I can’t play being mad. I go out there and have fun. It’s a game, and that’s how I am going to treat it.”
Ken Griffey, Jr.

“Do not throw in the towel; use it for wiping the sweat off your face.” Unknown

“I’ve worked too hard and too long to let anything stand in the way of my goals. I will not let my teammates down, and I will not let myself down.” Mia Hamm

“Doing your best is more important than being the best.”
Shannon Miller

a. Nish, S.(ed.) (2001). Good Ideas to Help Young People Develop Good Character (3rd ed). Ca: Joseph and Edna Josephson Institute of Ethics.

b. Beedy, J.P. Sports Plus: Developing Youth Sports Programs that Teach Positive Values. Beverly MA: Project Adventure.

c. Fark, J.V. Together Everyone Achieves More: Challenge Adventure Initiatives. Ohio: Marion County Extension Agent.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, James A. Christenson, Director, Cooperative Extension, College of Agriculture, The University of Arizona.

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