



GIRLS L.E.A.D

(Learning Empowerment through Athletic Development)

Fall Curriculum

(Sept. - Dec. 2022)

new
york
edge

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GIRLS L.E.A.D

INTRODUCTION

SCOOPERS

- Level 1
 - Grades K-5

MINOR LEAGUE

- Level 2
 - Grades 6-8

OLYMPIANS

- Level 3
 - Grades 9-12

Learning

Empowerment

THROUGH

Athletic

Development



MISSION:

Girls L.E.A.D provides young women and girls, of all ages, the opportunity to freely participate and actively engage in sports-related activities in a safe and inclusive environment. Along with allowing participants to engage in a healthy and active life-style, Girls L.E.A.D also teaches the importance of having confidence and love for yourself and those around you. Additionally, the Girls L.E.A.D program makes it a priority to tackle and sheds light on important female related topics.



FALL OUTLINE

OVERVIEW

SEPTEMBER:

- WELCOME TO GIRLS L.E.A.D
 - SETTING PERSONAL GOALS.
- LEARNING THE BASICS OF YOGA AND MINDFULNESS

OCTOBER:

- WOMEN'S HEALTH
- HIGIENE
- BUILDING AND ESTABLISHING HEALTHY RELATIONSHIPS
- FALL BALL
 - FLAG FOOTBALL
 - VOLLEYBALL
 - BASKETBALL
 - HANDBALL

OVERALL MATERIAL LIST

NOVEMBER:

- ORIGIN OF TRADITIONAL NATIVE AMERICAN GAMES
 - LACROSSE
 - THE HAND GAME
 - ARCHERY
 - CHUNKY
- HOW TO EXPRESS ONE'S FEELINGS
- HOW TO COMMUNICATE EFFECTIVELY

DECEMBER:

- THE MOST SUCCESSFUL SPORTS TEAMS: WHAT MADE THEM SUCCESSFUL?
- TEAM BUILDING ACTIVITIES
 - HUMAN KNOT
 - PASS THE HULA-HOOP
 - Pictionary
 - CHARADES
 - HOT-DOG TAG

MONTHLY

PARTICIPANT COURSES

SEPTEMBER:

- **SOCIAL MEDIA FOR STUDENTS**
 - Social Media for Students has been designed to give students the information that they need to develop responsible social media habits. This course illustrates the long-term consequences that irresponsible social media usage can have on a student's educational, athletic, and professional careers. It shows students ways in which they can use social media to promote their team, school, community, and their own personal brand. Social media has turned every user into a mass communicator. Learning how to skillfully and safely utilize it now, will greatly help you as you continue to use social media in the future.

NOVEMBER:

- **CAPTAINS COURSE**
 - Student-athletes are prominently featured via on-screen hosts and captain interviews throughout the ten-segment curriculum, while participants learn about leadership skills and reflect on and the important role of the team captain.

WHEN & HOW TO USE:

Each virtual course takes 1-3 hours to complete. These courses can be offered to participants as an alternative to hosting an in-person session. Each of these courses are free to all sites and participants. However, in order to gain access to courses, participants will be asked to submit their own email addresses. Therefore, please ensure each participant has access to their own email address before assigning the courses below.

OCTOBER:

- **BULLYING, HAZING AND INAPPROPRIATE BEHAVIORS**
 - In a fast-growing world of electronic and social media, these issues are becoming more prevalent and, in some cases, more severe. That is why the National Federation of State High School Associations has developed the course Bullying, Hazing, and Inappropriate Behaviors. This course takes a hard look at these difficult issues and provides recommendations and procedures that coaches should follow to protect their students, their program, and themselves.

DECEMBER:

- **SPORTSMANSHIP**
 - Sportsmanship is the foundation for interscholastic sports and activities. In this course, you will learn the definition of sportsmanship and highlights of what good sportsmanship looks and sounds like. Appropriate conduct and behavior will also be discussed, as it is at the core of creating and providing a positive interscholastic experience. Coaches, officials, parents, and fans all have a role in creating a positive environment for young people and understanding those roles is critically important. Do your part in contributing to good sportsmanship in your school and community and take the course "Sportsmanship", available for free on the NFHS Learning Center.

OVERVIEW:

During the first month (2 weeks) of Girls L.E.A.D Fall Programming, participating sites will cover the following educational information regarding the purpose/mission of Girls L.E.A.D. Additionally, participants will use these first two weeks of programming to establish their own personal, "why" and goals for the semester. During this time, participants will also complete a vision board activity that conveys the "why" and personal goals they selected.



During 'Stepping into September', participants will also be introduced to the health benefits (mentally and physically) that yoga offers. Sports and/or Girls L.E.A.D specialist will be responsible for teaching the participants the basic yoga principles and techniques by following the included Yoga Curriculum.

Along with participating in yoga activities, Sports and/or Girls L.E.A.D specialist will also be responsible for teaching and incorporating meditation and mindfulness techniques during the beginning of each Girls L.E.A.D sessions. How to incorporate these techniques into teaching, please see the included Mindfulness Curriculum.



VISION BOARD ACTIVITY INSTRUCTIONS
AND LEADING CONVERSATION
QUESTIONS

- VISION BOARD PURPOSE
- YOGA TEACHING CURRICULUM
- MINOR LEAGUE AND OLYMPIANS
 - SCOOPERS

HOW TO INCLUDE MINDFULNESS IN
YOUR TEACHING

- MINOR LEAGUE AND OLYMPIANS
- SCOOPERS



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September Material List

- ☐ Yoga Mats
- ☐ Poster Boards
- ☐ Magazines/photos
- ☐ Scissors
- ☐ Glue
- ☐ Writing Supplies

OVERVIEW:

The month of October will be focused around teaching participants how to take care of themselves and the importance of creating/developing healthy relationships, surrounding yourself with other individuals who are also positive, respectful, and supportive.



During the four weeks of Girls L.E.A.D Fall Programming in October, participants will particularly emphasis the following topics.

- Women's Health
- Higiene
- Building and Establishing Healthy Relationships

Sports and/or Girls L.E.A.D specialist will be responsible for teaching the previously mentioned topics of discussion by following the curriculums attached below. Sports and Girls L.E.A.D specialist should make sure that the material they are teaching corresponds with the grade level of their participants.



In light of the material being learned throughout Forget Your Fears October, Sports and/or Girls L.E.A.D specialist are expected to host a One Love Foundations Workshop with their participants. To become certified to lead the workshop, speciliest will access the One Love Foundation link below and complete the 2-4 hour free online seminar on domestic abuse.

FALL-BALL OVERVIEW:

To continue encouraging the girls and young women participating in the Girls L.E.A.D Fall Program to participate more in sports and overall physical activities, Sports and/or Girls L.E.A.D specialist are required to select at least two of the following sports to teach their participants.



- **Flag Football**
- **Volleyball**
- **Basketball**
- **Handball**

Throughout the four weeks of programming in October, it is encouraged to provide the participants with the opportunity to learn at least two of sports listed above.



WOMEN'S HEALTH

- SCOOPERS
- MINOR LEAGUES
- OLYMPIANS

HYGIENE

- SCOOPERS
- MINOR LEAGUES
- OLYMPIANS

BUILDING AND ESTABLISHING HEALTHY RELATIONSHIPS

ONE LOVE FOUNDATION WORKSHOP



October Material List

13

- ☐ Footballs
- ☐ Flag Football Straps
- ☐ Cones
- ☐ Team Pinnies
- ☐ Volleyballs
- ☐ Basketballs
- ☐ Handballs
- ☐ Handball Net(s)

OVERVIEW:

November is National Native American Heritage Month, therefore, during these four weeks of programming, participants will learn and celebrate the Native American culture.



Sports and/or Girls L.E.A.D Specialist will conduct a 'What Are You Thankful For?' activity. Further instructions to the activity and its leading discussion questions can be found below. The goal of the activity is provide the participants with the opportunity to express their gratitude and thankfulness for things in their lives.

Additionally, participants will also learn the strength and impact that their words hold. They will also be taught how they can use them (their words) to properly express themselves and empower those around them. Sports and/or Girls L.E.A.D Specialist are expected to use the resources provided below to lead discussions and conduct the include example activities that focus on 'How to Express One's Feelings' and 'How to Communicate Effectively'.



TRADITIONAL NATIVE AMERICAN GAMES:

To learn more about the Native American culture, participants will be provided the opportunity to learn the meaning of traditional games and play them themselves. Many of these games are still played by Native American people today.



- **Lacrosse**
- **The Hand Game**
- **Archery**

Throughout the four weeks of programming in November, it is encouraged to provide the participants with the opportunity to learn at least two of the games listed above.



WHAT ARE YOU THANKFUL
FOR ACTIVITY

REALIZING THE STRENGTH OF YOUR
WORDS

HOW TO EXPRESS ONE'S FEELINGS

- SCOOPERS
- MINOR LEAGUES
- OLYMPIANS

HOW TO COMMUNICATE
EFFECTIVELY

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November Material List

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- ☐ Lacrosse Sticks
- ☐ Lacrosse Balls
- ☐ Lacrosse Goal(s)
- ☐ Cones
- ☐ Letter Paper
- ☐ Writing Materials

OVERVIEW:

Throughout the first season of programming, participants have learned how to take care of themselves (body and mind) and how to effectively communicate their emotions. The goal of Sleighting December, is to now provide the participants with the opportunity to use each of these skills in a team setting.



Sports and/or Girls L.E.A.D Specialist are responsible for leading a discussion session with participants regarding The Most Successful Sports Teams: What Made Them Successful? Additionally, over the two weeks of programming in December, specialist's will conduct at least two of the four team building activities listed below.

- **Human Knot**
- **Pass the Hula-Hoop**
- **Pictionary**
- **Charades**
- **Hot-Dog Tag**



THE MOST SUCCESSFUL SPORTS
TEAMS: WHAT MADE THEM
SUCCESSFUL?

- SCOOPERS
- MINOR LEAGUE
- OLYMPIANS

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December Material List

20

- ☐ Hula-Hoop(s)
- ☐ Pictionary Game
- ☐ Charades
- ☐ Cones

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