



***Female Athletes Getting Kids Moving***

# **The BAWSI Play! Playbook**

**For Athletes**



## **Table of Contents**

1. Introduction.....	3
a. What is BAWSI Play!?	3
b. How BAWSI Play! Can Help You Make a Difference .....	3
2. Getting Kids Moving in 3 Easy Steps .....	4
a. Step 1: Weekly Session Overview .....	4
b. Step 2: Preparing for Your Weekly Session .....	5
c. Step 3: Leading Your Weekly Session .....	6
3. Appendices	
a. Appendix 1: Your BAWSI Play! Program At A Glance .....	8
b. Appendix 2: Opening and Closing Cheer Ideas .....	9
c. Appendix 3: First Day Tips .....	10
d. Appendix 4: Meaningful Facts to Share with the Students .....	11
e. Appendix 5: Attention Getters .....	12
f. Appendix 6: The BAWSI Song .....	13



## **Introduction**

### **What is BAWSI Play!?**

BAWSI Play! is a free toolkit that equips female athletes nationwide with the tools, resources, and support they need to initiate and lead their own programs to get underserved elementary school students moving and involved in fun, active play. Teams of female athletes connect with an underserved elementary school in their area and pick a day of the week, a time of the day, and 4-8 weeks to go to the school to play with the children and lead them in fun, high-energy activities. BAWSI Play! was created by and is provided free of charge to any athlete by the Bay Area Women’s Sports Initiative (or BAWSI, pronounced “bossy”), a nonprofit organization based in San Jose, California, that awakens the power of female athletes as positive change makers in the world.

BAWSI Play! consists of (1) a how-to-get-started Handbook for coaches and athletic departments, (2) a step-by-step guide called the Playbook for the athletes to use to get kids moving on their school playgrounds, (3) an Activities book with more than 30 fitness activities and fun game ideas, and (4) Feedback Forms, which include three types of surveys for measuring program successes and opportunities for improvement. (See [Appendix 1](#) on page 8 for a chart outlining “Your BAWSI Play! Program At-A-Glance”.)

### **How BAWSI Play! Can Help You Make a Difference**

The need to foster a love of exercise in the next generation is increasingly important. Obesity has reached epidemic proportions with 1 of every 3 children in America being overweight or obese. The health and social problems associated with this and the lack of physical activity are staggering:

- Overweight and obese children have much higher risks of developing heart disease (the leading cause of death in America), high blood pressure, asthma, and cancer.
- 1 of every 3 children born in America in 2000 or later is predicted to develop diabetes, a life-threatening disease, at some point in their life as a result of being overweight or obese.
- A sedentary lifestyle contributes to poor academic performance, social and psychological problems, and low self-esteem.

A solution, however, is not out of reach. Simply moving and playing can reduce a child’s—and especially a girl’s—risk for obesity, cancer, osteoporosis, unintended pregnancy, gang involvement, and alcohol, tobacco and illicit drug use.

***You—female athletes—are a natural fit to lead children toward healthier futures by sharing your love of physical activity and modeling healthy life choices and fitness as a way of life.***

The goal is that BAWSI Play! will be reciprocally transformative: that children develop a love and lifestyle of physical activity and that you and your teammates will realize the powerful impact you can have on the world by just being yourselves and will discover your leadership capacities to be world-changers and leaders across all sectors—in government, business, nonprofits, education, and many more.

**Are you in? Then let’s Play!**



### **Getting Kids Moving in 3 Easy Steps**

#### **Step 1: Weekly Session Overview**

Your coach or athletic department has already chosen an underserved elementary school where you'll be leading your BAWSI Play! program. Here's what you'll be doing each week you're out there:

1. **Lead an Opening Cheer and Coach Introductions** (approximately 2 minutes).
2. **PLAY!** with the children and lead them in a range of fun, high-energy activities. (15-55 minutes)
3. **Lead a Closing Cheer and the BAWSI Song** (approximately 3 minutes).

Each week, you will need a leader to run the session. This includes leading the Opening Cheer and Coach Introductions, Closing Cheer, and BAWSI Song.

The time in between the Opening Cheer and Closing Cheer is when you really can make a difference: it's when you and your teammates will play with the children and lead them in a range of activities. The Playbook is designed with flexibility in mind so that you can be on the playground for anywhere from 20 minutes to an hour.

There are unlimited activities you can lead on the playground. You can:

- Use the activities listed in BAWSI Play! Activities book.
- Lead the children in your or your team's warm-up routines and exercises.
- Lead the children in adapted versions games you play in practice.
  - **IMPORTANT NOTE:** Games that require minimum equipment and include a lot of movement are best. Remember that your weekly sessions are not sports clinics but are instead time to get kids excited about being active and simply moving. Teach them games they can play on their own after you leave.
- Be creative! Ask the children to teach you their favorite games or make up your own games!

There are many ways in which you can organize your time on the playground as well. You can:

- All stay together and lead all of the children in large group games. (Have one or two of your teammates lead the games and the others play the game with the children.)
- Break into groups and have you and your teammates each lead a group.
  - Each group can play the same game and then each group moves onto another game at the same time.
  - Each group can play different games and change whenever they want.
  - You and your teammates can each pick one game to lead the whole time and have the groups of children rotate from station to station when the leader indicates to do so.
- Do a mix of group games with all of the children and games for which the children break into smaller groups.

***The goal is to have fun and keep the kids moving so take ownership of this time, make it what you want, be creative, play, and have fun with it!***



## ***Female Athletes Getting Kids Moving***

### **Step 2: Preparing for Your Weekly Session**

This quick Pre-Session Checklist will make sure you and your teammates are ready to go before each weekly session.

#### **Pre-Session Checklist:**

- Select session leader.
- Pick your Opening and Closing Cheers.
- Pick activities to lead.
- Obtain equipment if needed.
- Plan carpools and rides.
- Plan to arrive 10 minutes before session starts.
- Remember to wear your college or team gear.

In detail, each week before you and your teammates need to:

- **Select session leader.** Choose a new leader each week so you and your teammates each have an opportunity to lead the group.
- **Pick your Opening Cheer and Closing Cheer.** You may want to have a standard Opening Cheer and Closing Cheer that you use every week or you may want to change it up each week. Pick your cheers before you head to the school. See [Appendix 2](#) on page 9 for ideas.
- **Pick activities to lead.** Decide which activities you and your teammates will lead to start the day. Photocopy and distribute activity instructions from the Activities book if needed. (Putting activity instructions in plastic sleeves in a binder will make them reusable and last longer.)
- **Obtain equipment if needed.** If any equipment is needed, find out if the elementary school has the equipment and if you can borrow it. If you need to bring equipment with you, locate the equipment at least one day before you go to the playground.
- **Plan carpools and rides.**
- **Plan to arrive 10 minutes before the session starts.**
- **Remember to wear your college or team gear.** You and your teammates should all wear the same team apparel (home jerseys, matching practice shirts, etc.) to the playground to represent your school, your sport, and that you're part of a team. Bright colors are easiest to spot on a playground.
- **BEFORE THE FIRST WEEK,** call the school to remind them that you and your teammates will be on the playground that week. Ask who the staff member will be that will gather the children so you can introduce yourselves to the children and let them know why and when you'll be on the playground. See [Appendix 3](#) on page 10 for additional first day tips.



## ***Female Athletes Getting Kids Moving***

### **Step 3: Leading Your Weekly Session**

This quick Weekly Session Checklist will make sure you're ready to go before each weekly session.

#### **Weekly Session Checklist:**

- Arrive 10 minutes before the session starts.
- Check in with the office.
- Go to the playground. Obtain equipment if needed.
- Gather for the Opening Cheer and Athlete Introductions.
- Play!
- Gather and do the Closing Cheer and BAWSI Song.
- Thank and dismiss children.
- Return equipment if necessary.
- Check out at the office.
- Debrief as a team.

In detail, each week you and your teammates need to:

- **Arrive 10 minutes before the session starts.**
- **Check in with the office** to sign in and let them know you are there.
- **Go to the playground. Obtain equipment if needed.** Be sure you have confirmed in advance if you are borrowing equipment and that you know where to find it and where to return it.
- **Gather for the Opening Cheer and Athlete Introductions.** When the children arrive, the session leader gathers everyone together for the Opening Cheer. Everyone stands in a big circle (or, if it's a large group, in several smaller circles with one of your teammates in each circle) and puts one hand toward the center. Your leader leads the cheer. For example:
  - Leader: "Let's Play! on three. One, two, three ..."
  - Everyone: "Let's Play!"

The leader then starts the Athlete Introductions by saying (1) her name and (2) a meaningful fact about herself. (See [Appendix 4](#) on page 11 for a list of meaningful facts to share with the students.) The rest of the team introduces themselves and shares a similar meaningful fact about herself.

- **Play!** Once Athlete Introductions are complete, the leader tells the children what they're going to do that day (stay in one big group, break into groups, etc.), reminds them of the program rules established the first week, and then starts the games!
  - **Remember, the goal is to have fun and keep the kids moving** so if one activity isn't working, try something else. Be creative. Have fun with it! Remember: The more you play, the more they will play.
  - Using attention getters are a great way to regain children's focus and attention. See [Appendix 5](#) on page 12 for a list of attention getters.
- **Gather and do the Closing Cheer and the BAWSI Song.** Three minutes before the end of your session, gather everyone in a big circle (or, if it's a large group, in several smaller circles with one of your teammates in each circle) and put one hand toward the center.



## ***Female Athletes Getting Kids Moving***

Your leader leads the cheer. For example:

- Leader(s): “‘Teamwork!’ on three. One, two, three ... ”
- Everyone: “Teamwork!”

The leader will then lead the BAWSI Song. See [Appendix 6](#) on page 13 for words, instructions, and a link to a video of athletes singing the BAWSI Song.

- **On the first week**, be sure to explain to the children how the song works and to say the words slowly and clearly for them to learn.
  - **Each week**, be sure to explain to the children that we sing this song to remind us how great we feel when we play and are active.
- **Thank and dismiss children.**
  - **Return equipment if necessary.**
  - **Check out at the office.**
  - **Debrief as a team** and discuss what went well and what could be improved for next week. Give each other high fives for using your leadership skills to make a difference in these children’s lives.

**Remember, we’re here to help and support you!** If you need anything, contact BAWSI at 408-247-2544.



## ***Female Athletes Getting Kids Moving***

### **Appendix 1: Your BAWSI Play! Program At A Glance**

<b>What</b>	<b>Who</b>	<b>When and Where</b>	<b>Tasks</b>
Decide to use BAWSI Play!	Coach or Athletic Department	Before being on the playground	<ul style="list-style-type: none"> <li>• Decide to use BAWSI Play! to make a difference in your community.</li> <li>• Commit to being on a playground once a week for a minimum of 4 weeks.</li> </ul>
Decide when to lead your BAWSI Play! program	Coach or Athletic Department	Before being on the playground	<ul style="list-style-type: none"> <li>• Decide when you'd like to be on the playground.</li> <li>• Name your program.</li> </ul>
Identify underserved elementary schools	Coach or Athletic Department	Before being on the playground	<ul style="list-style-type: none"> <li>• Identify an underserved school in your area at which you'd like to make a difference.</li> </ul>
Reach out to an elementary school principal	Coach or Athletic Department	Before being on the playground	<ul style="list-style-type: none"> <li>• Connect with a principal by email and/or phone.</li> <li>• Set up a time to meet in person.</li> </ul>
Meet with your elementary school principal	Coach or Athletic Department	Before being on the playground	<ul style="list-style-type: none"> <li>• Learn about the school and students you'll be working with.</li> <li>• Schedule when your athletes will be on the playground.</li> <li>• Give the Playbook and Activities book to your athletes.</li> </ul>
Prepare for your weekly session	Athletes	Before each day on the playground	<ul style="list-style-type: none"> <li>• Get ready to get kids moving each week.</li> </ul>
Lead your weekly session	Athletes	On the playground	<ul style="list-style-type: none"> <li>• Get kids moving!</li> </ul>
Collect feedback from 4 children (optional but recommended)	Athletes	Second-to-last or last day on the playground	<ul style="list-style-type: none"> <li>• Complete Program Participant Surveys with 4 children.</li> <li>• Review surveys with athletes and coach or athletic department.</li> </ul>
Collect feedback from athletes (optional but recommended)	Athletes and Coach or Athletic Department	At the end of the last day on the playground	<ul style="list-style-type: none"> <li>• Athletes complete the Athlete Experience Survey.</li> <li>• Review surveys with athletes and coach or athletic department.</li> </ul>
Collect feedback from the principal (optional but recommended)	Coach or Athletic Department	Within one week of the last day on the playground	<ul style="list-style-type: none"> <li>• Complete the Elementary School Contact Survey with the school principal or school contact.</li> <li>• Review surveys with athletes and coach or athletic department.</li> </ul>





## ***Female Athletes Getting Kids Moving***

### **Appendix 2: Opening and Closing Cheer Ideas**

- Your school's mascot ("Let's go, Pioneers!")
- Your team's or college's cheer (teach it to the children)
- The elementary school's mascot ("Go Panthers!")
- Fitness-inspired cheers ("Let's move!", "Play all day!", etc.)
- Activity-inspired cheers ("Relay day!", "Tag day!", etc.)
- Character-building cheers ("Teamwork!", "Commitment!", "Leaders!", etc.)
- Cheers that reflect how exercise makes you feel ("I feel great!", "I feel strong!", etc.)
- And many more! Be creative, be positive, and have fun with your cheers!



### **Appendix 3: First Day Tips**

- **Spread the word.** Before your first day, you may want to think about ways to get the children excited to play with you on the playground. Here are some ideas:
  - **Create colorful posters** with your team name, program name, and when you'll be on the playground to post around the elementary school. (Be sure to get the school's permission first.)
  - **Create a flier or write a paragraph** with information to be sent to the parents in the school's newsletter, through email, or with the children to take home.
  - **Submit a paragraph for the school newsletter** announcing the program and when it will take place.
  - **Ask the school to make PA announcements** right before recess so the students remember to meet you on the playground to play.
  - **Be creative!**
- **First day introductions.** Your principal or contact should already know that on your first day on the playground, they or another staff member will need to gather all the children together so you and your teammates can introduce yourselves and explain when and why you'll be on the playground with them. The principal or contact should encourage the kids to participate in the activities with you, and you should make it sound fun and exciting so they'll want to partake. This should take no more than 5 minutes.
- **Set ground rules.** At this time, you can also set your ground rules with the children so that expectations are clear for everyone. Example ground rules include:
  1. If you start your time on the playground in our activity groups, you stay the entire time with the activity groups. (Commitment!)
  2. Try everything.
  3. Respect yourself and others.
  4. Have fun.

Remind the children about your rules each week during your Athlete Introductions so everyone knows and understands them.



## ***Female Athletes Getting Kids Moving***

### **Appendix 4: Meaningful Facts to Share with the Students**

When you are out on the playground, you are serving as role models to the students. They want to know about you and they will want to be just like you, too. Often, you may be one of few females or individuals that these students know who have attended college. Be thoughtful when choosing what to share each week with them as this is a great opportunity to share something meaningful with them. Ideas for meaningful facts to share include:

- Why you wanted to go to college.
- What you needed to do to get into college.
- What you want to be when you grow up.
- How you ended up playing college sports.
- Your favorite thing about playing sports in college.
- Your favorite thing about being active.
- What you do to healthfully fuel your body.
- What you like most about yourself.
- And more! Be thoughtful and creative! Think about what you could share about yourself that would be inspiring to the students.

Remember these students are anywhere from 5-11 years old and won't know what it means if you want to be a psychologist or if you eat Omega-3 fatty acids. Be sure to explain things in easy-to-understand ways. Keep it simple! And keep it positive!



### **Appendix 5: Attention Getters**

The purpose of attention getters is to get the attention of the whole group and quiet them down.

- Use a variety of these as utilizing one too much will cause it to lose its effectiveness.
- Be sure to teach your attention getters to the children, using good pace and speed and doing it multiple times so the children learn it and know what you expect the results to be.
- If you don't achieve quiet or eyes on you the first time, repeat it, but softer.
- Sometimes these can ramp up the children to get loud rather than quiet them down. Try to use more of the ones that quiet them down.
- Be sure to ask your school contact what attention getters the students already know and use so you can use those too!

#### **Sample Attention Getters:**

- "What's 2 + 2?", "What's 3 + 3?"
- Hold up an open hand. You say: "My hand is exposed". They say: "My mouth is closed".
- "Freeze...hands on knees".
- While holding one hand up in the air, begin a countdown on your fingers (remain silent).
- Shout: "1, 2, 3, eyes on me!" Kids respond: "1, 2, eyes on you."
- Start whispering.
- "If you hear me, clap once" or "If you can hear me, clap twice" or "If you can hear me, snap your fingers" or "If you can hear me, wink."
- Rhythmic clapping, snapping your fingers, tapping legs.
- You say: "Get it?" They say: "Got it!" You say: "Good!"
- Group countdown. (Kids join in and are silent at 0.)
- Get kids to elevate noise when your hands go up, lower hands and the volume goes down.
- Shout: "All set?" Kids respond: "You bet!"
- Say: "Bump, Bada, Dunt, Dunt..." Kids respond: "Dunt, dunt."
- Match Me. Put up a particular number of fingers and have the children match the number you have up. Change it several times until you have their attention.
- "Raise your hand if you can hear my voice" or "Put your hands on your hips if you can hear my voice" or "Squeeze your earlobes if you can hear my voice" etc. until everyone is focused. Try saying, "If you can hear my voice, touch your shoulders," as you touch your knees. If children are familiar with you, they will know you are trying to see who is actually listening!
- Be creative! Make up your own.



## ***Female Athletes Getting Kids Moving***

### **Appendix 6: The BAWSI Song**

After the Closing Cheer, the leader(s) gathers everyone together to sing the BAWSI Song.

- **On the first week**, be sure to explain to the children how the song works and to say the words slowly and clearly for them to learn.
- **Each week**, be sure to explain to the children that we sing this song to remind us how great we feel when we play and are active.

Here's how the BAWSI Song goes:

- Leader(s): "One, two, three ... "
- Everyone all together (crouched down and quiet for the first round):
  - "Ooo I feel so good,  
Like I knew I would,  
Ooo I feel so good!"
- Leader(s): "A little louder now... "
- Everyone all together (standing with bent knees at medium volume for the second round):
  - "Ooo I feel so good,  
Like I knew I would,  
Ooo I feel so good!"
- Leader(s): "A little louder now... "
- Everyone all together (standing with arms in the air at full volume for the third round):
  - "Ooo I feel so good,  
Like I knew I would,  
Ooo I feel so good!"

**Watch a video** of athletes singing the BAWSI Song at <http://youtu.be/EgObsNGmITk>.