

SAINTS GLOBAL

LEADER GUIDE

SPORTS

PHYSICAL CORE

Version 2026.1





PURPOSE & IDENTITY

SKILL BADGE PURPOSE

This skill badge is designed to help saints develop essential skills in sports. Through structured learning and hands-on activities, participants will gain practical experience and deepen their understanding of key concepts.

DEVELOPMENT CORE: PHYSICAL

This badge develops physical attributes through focused activities and reflection. Saints will grow in this area while building practical skills.

CORE FOCUSES

- Understanding fundamental concepts and principles
- Developing practical application skills
- Building confidence through hands-on experience
- Connecting learning to daily life

TIME COMMITMENT

4-6 weeks (suggested)

RECOMMENDED AGE

12+ years



SAFETY CONSIDERATIONS

SUPERVISION

Ensure appropriate adult supervision for all activities following Saints Global guidelines. Never leave youth unsupervised during badge activities.

PRIVACY

Respect personal experiences and information shared during activities. Maintain confidentiality and help youth understand appropriate boundaries.

ENVIRONMENTAL SAFETY

Assess outdoor locations and weather conditions before activities. Ensure proper shelter, hydration, and protection from hazards appropriate to the environment.

FIRST AID

Maintain a first aid kit and ensure at least one leader is trained in basic first aid. Know the location of the nearest medical facility and have emergency contact information readily available.

EMERGENCY CONTACTS

Troopmaster: _____

Emergency: _____



THE DPAR METHOD

Saints Global uses the DPAR method for skill badge completion. As a leader, you should practice DPAR yourself when preparing to teach.

D

DISCOVER

Learn foundational knowledge and concepts. Research, study, and explore the topic.

YOUR ROLE AS LEADER:

- Immerse yourself in the material before teaching
- Study each requirement—understand what AND why
- Anticipate questions saints might ask

P

PLAN

Create a personal action plan with goals and timeline.

YOUR ROLE AS LEADER:

- Design your teaching approach for each requirement
- Gather materials and prepare discussion questions
- Consider how to adapt for different learning styles

A

ACT

Execute through hands-on practice with leader guidance.

YOUR ROLE AS LEADER:

- Shift from teacher to guide—step back
- Create safe space for practice and mistakes
- Model the skills yourself when helpful

R

REFLECT

Review what was learned and share experiences gained.

YOUR ROLE AS LEADER:

- Facilitate meaningful conversations
- Ask open-ended questions, listen more than speak
- Celebrate growth and help saints see their progress



STEP 1: DISCOVER

LEADER PREPARATION

- ☐ Review all DISCOVER requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 1: DISCOVER — TEACHING GUIDE

Requirement 1a: Explain common risks encountered in sports participation and how to anticipate, prevent, mitigate, and respond to them.

HOW TO TEACH

- Walk through risks by sport category (contact, endurance, equipment, environmental)
- Use a scenario from a real recent game (collision, heat day, ankle roll) and rank first three actions
- Have the Saint name what changes when stakes rise (playoffs, fatigue, tight score)
- Reinforce that risk awareness is the foundation of competitive sports, not an afterthought

Completion: Saint explains common sports risks and how to anticipate, prevent, mitigate, and respond to each.

Requirement 1b: Demonstrate knowledge of first aid or treatment for common sports injuries, including sprains, strains, contusions, abrasions, dehydration, heat illness, fractures, dental injuries, and concussions.

HOW TO TEACH

- Demonstrate first-aid for at least four common sports injuries on a Saint role-playing each
- Walk concussion protocols specifically — when to remove, when to call EMS
- Have the Saint identify which injuries continue play and which stop it
- Reinforce that knowing when to stop matters more than knowing the treatment

Completion: Saint demonstrates first aid for the listed sports injuries including concussions and dental injuries.



STEP 2: PLAN

LEADER PREPARATION

- ☐ Review all PLAN requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 2: PLAN — TEACHING GUIDE

Requirement 2a: Explain the importance of physical exams, healthy habits, avoiding harmful substances, and proper nutrition for long-term sports performance.

HOW TO TEACH

- Walk the role of a physical exam, sleep, nutrition, and habit avoidance in performance
- Have the Saint name specific habits he should adopt and avoid
- Discuss what substances and behaviors degrade performance long-term
- Reinforce that long-term performance comes from daily disciplines, not training hours

Completion: Saint explains the importance of physical exams, healthy habits, avoiding harmful substances, and proper nutrition for long-term performance.

Requirement 2b: Select two sports and outline how you will train, practice, and participate safely and responsibly in each.

HOW TO TEACH

- Help the Saint pick two real sports he will participate in, not aspire to
- Have him outline training, practice, and participation for each
- Discuss what safe and responsible look like specifically in each sport
- Reinforce that a written training outline beats showing up and hoping

Completion: Saint selects two sports and outlines how he will train, practice, and participate safely in each.



STEP 3: ACT

LEADER PREPARATION

- ☐ Review all ACT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 3: ACT — TEACHING GUIDE

Requirement 3a: Participate in two organized sports for a defined season or competitive period, demonstrating regular practice and active participation.

HOW TO TEACH

- Confirm the Saint participates in two organized sports across a defined season
- Have him log practice attendance and game/competition participation
- Discuss what changed in his fitness and skill across the season
- Reinforce that consistent participation teaches what tournaments do not

Completion: Saint participates in two organized sports for a defined season with regular practice and active participation.

Requirement 3b: Demonstrate proper techniques for your selected sports that reduce injury risk and improve performance.

HOW TO TEACH

- Demonstrate the proper techniques for each of the Saint's sports
- Have him practice each technique until form is consistent
- Discuss what poor technique costs in injury risk and performance
- Reinforce that correct technique under fatigue is the actual skill

Completion: Saint demonstrates proper techniques for his selected sports that reduce injury risk and improve performance.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)**Requirement 3c: Identify required equipment and protective gear for each sport and demonstrate correct use.****HOW TO TEACH**

- Walk required equipment and protective gear for each sport with the Saint
- Have him demonstrate correct use of each piece
- Discuss what gets skipped when athletes hurry and what it costs them
- Reinforce that gear is worn correctly or it is decoration

Completion: Saint identifies required equipment and protective gear for each sport and demonstrates correct use.

Requirement 3d: Demonstrate sportsmanship during competition, including respect for officials, teammates, opponents, and rules.**HOW TO TEACH**

- Use a real recent moment of conflict, frustration, or unfair call
- Have the Saint explain what sportsmanship looked like in that moment
- Discuss respect for officials, teammates, opponents, and the rules as separate disciplines
- Reinforce that sportsmanship is built in the small moments, not the big ones

Completion: Saint demonstrates sportsmanship during competition including respect for officials, teammates, opponents, and rules.

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STEP 3: ACT — TEACHING GUIDE (CONTINUED)

Requirement 3e: Serve in a leadership or support role (captain, organizer, encourager, or official helper) for at least one sports activity.

HOW TO TEACH

- Place the Saint in a real leadership role (captain, organizer, encourager, official's helper)
- Watch how he handles a teammate's mistake or a difficult opponent
- Discuss what his role required that playing alone would not
- Reinforce that leading in sports is a separate skill from playing well

Completion: Saint serves in a leadership or support role for at least one sports activity.



STEP 4: REFLECT

LEADER PREPARATION

- ☐ Review all REFLECT requirements thoroughly
- ☐ Gather necessary resources and materials
- ☐ Prepare discussion questions and activities
- ☐ Identify potential challenges saints may face

STEP 4: REFLECT — TEACHING GUIDE

Requirement 4a: Explain how participating in sports affected your physical fitness, discipline, and teamwork skills.

HOW TO TEACH

- Give the Saint a moment of quiet reflection before answering
- Ask for specific changes in fitness, discipline, and teamwork
- Discuss what training revealed about his own habits off the field
- Avoid correcting the Saint's reflection — listen and affirm

Completion: Saint explains how participating in sports affected his physical fitness, discipline, and teamwork skills.

Requirement 4b: Describe a moment of challenge or conflict in sports and how you responded with good sportsmanship.

HOW TO TEACH

- Begin with a brief personal example of good sportsmanship under pressure
- Ask the Saint to recall a specific moment of conflict and his response
- Discuss what would have happened if he had responded differently
- Keep the connection grounded in a real moment, not a general principle

Completion: Saint describes a moment of challenge or conflict in sports and how he responded with good sportsmanship.



RESOURCES & CONTACT

RECOMMENDED RESOURCES

- Saints Global Resource Library — Online materials and guides
- DPAR Method Quick Reference — Printable guide for leaders
- Child and Youth Program Guidebook — LDS Church Official Documentation for Children and Youth
- For the Strength of Youth — A Guide for Making Choices

SAINTS GLOBAL CONTACT INFORMATION

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Thank you for leading Saints Global!

Your dedication makes a difference in the lives of our children and youth.