



Curriculum Topics Girls on Track (Grades 6-8)

- (1) Getting to Know Each Other
 - ❖ To provide girls with the opportunity to learn more about each other
 - ❖ To introduce the concepts of the 12-week program
 - ❖ To introduce the various components of each lesson
- (2) Understanding the "Girl Box"
 - ❖ To introduce the concept of the "Girl Box"
 - ❖ To begin exploring various ways girls can positively cope with the "Girl Box"
 - ❖ To further establish an open and honest rapport between the girls and their coaches
- (3) Learning to Deal
 - ❖ To identify various stressors (including school and related academic worries) that cause anxiety
 - ❖ To learn how effective time management skills can alleviate the stress associated with these concerns
- (4) The Balance Beam of Life
 - ❖ To identify people and individuals in our lives who are extremely important to us
 - ❖ To learn why it is important to balance time with our friends and family, with all of the other activities we do
 - ❖ To learn how effective time management skills can help us do this
- (5) Eating, Energy, and Extraordinary!
 - ❖ To teach the girls about positive and balanced eating habits
 - ❖ To explain why the different food groups are so important
 - ❖ To teach the girls how to incorporate healthy eating into their busy schedules
- (6) Empowered Bodies
 - ❖ To define the terms "emotional eating" and "restricted eating" and discuss how these behaviors might make us feel
 - ❖ To provide information on anorexia and bulimia
 - ❖ To continue the conversation on positive and balanced eating habits
- (7) Full of Feelings
 - ❖ To identify and recognize what we are feeling
 - ❖ To learn how to cope with all of our different emotions
 - ❖ To explore the importance of listening to our inner voice
- (8) Centering- The Importance of Slowing Down
 - ❖ To identify how running can be a form of relaxation and time for self-reflection
 - ❖ To learn new stretching and deep breathing techniques that can be relaxing
 - ❖ To develop a strong sense of self
- (9) Celebrating Gratitude
 - ❖ To introduce the concept that seeking gratitude for our circumstances is a choice
 - ❖ To provide girls with an understanding that seeking gratitude provides us with a positive perspective on our current set of circumstances
- (10) Communicating with Care
 - ❖ To learn effective communication and conflict resolution skills
 - ❖ To introduce the importance of standing up for oneself
- (11) Collaborative Leadership
 - ❖ To learn what collaborative leadership means
 - ❖ To understand why being a collaborative leader is important in today's society
 - ❖ To begin applying collaborative leadership skills to different situations



- (12) Life... the Ultimate Rush
 - ❖ To learn how to use a decision-making process as a way to handle situations involving alcohol, tobacco, or drug use
 - ❖ To understand the reason(s) people give into peer pressure
- (13) Gossiping and Bullying, Power vs. power
 - ❖ To learn how to use effective communication and conflict resolution skills as a way to deal with gossiping and bullying
 - ❖ To learn the difference between "Big P" and "little p" power
- (14) Cruising...the Internet!
 - ❖ To address the safety concerns associated with the internet and online social networks, particularly cyber bullying and online harassment
- (15) Crushes, Love, and Relationships!
 - ❖ To identify qualities to look for in someone we want to become romantically involved with
 - ❖ To identify difficult situations that many young girls face when in a relationship
 - ❖ To learn why it is important to use effective communication and self-confidence skills in a romantic relationship
- (16) Practicing our 5k!!!
 - ❖ To run a 5k
 - ❖ To consider areas of improvement in their cardiovascular AND emotional stamina so they can do their best at their season-ending 5k experience
- (17) Tuning into a New Message!
 - ❖ To increase awareness regarding where girl stereotypes come from
 - ❖ To explore various ways, both personally and on a societal scale, we can create a culture where these stereotypes are no longer promulgated or accepted
- (18) You Call It!!
- (19) Celebrating our Living Planet
 - ❖ To increase awareness regarding the importance of taking care of our planet
 - ❖ To increase awareness around "going green"
 - ❖ To celebrate the connection between all that lives
- (20) Passing the Baton- Being Role Models for Our Younger "Sisters"
 - ❖ To determine what traits we admire in those women who have gone before us
 - ❖ To explore ways we can model out of the Girl Box behavior to those younger than us
 - ❖ To emphasize the importance of passing on what we have gained and learned through our challenges to those who walk behind us
- (21) Using our Power- Designing our Community Impact Project
 - ❖ To finalize what the group community project will be
- (22) Using our Power- Implementing our Community Impact Project
 - ❖ To work diligently on the community project
 - ❖ To have FUN!!
- (23) Girl Bonds- Friendships for a Lifetime
 - ❖ To say our farewells to one another
 - ❖ To celebrate what we have learned over the last 12 weeks
 - ❖ To honor one another
- (24) Final CELEBRATION!