



CHAMPS



Accountability Teacher Guide



www.athletesforhope.org
contact@athletesforhope.org



Welcome

CHAMPS is a program created by Athletes for Hope to inspire the next generation of youth to learn the importance of physical activity, mental health, and leadership from athlete role models.

The program's curriculum focuses on social-emotional learning by pairing interactive exercises with leadership lessons to promote physical and mental health. There are six units with each unit of the curriculum containing on-demand videos, a student workbook, and a teacher guide. Depending on availability, we also offer the opportunity for selected schools to have athlete virtual or in-person visits.

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CHAMPS

Curriculum Overview

Our program is designed around the CHAMPS Curriculum: Courage, Honesty, Accountability, Mindfulness, Positivity, Strength

	Mental Health Objective	Leadership Objective
Unit 1: Courage	Recognize courage is needed to understand and manage emotions	Recognize the benefits of overcoming fear
Unit 2: Honesty	Understand how to be truthful with how you are feeling and learn to share important information with trusted adults	Understand how to be truthful in what you say and do in your interactions with others
Unit 3: Accountability	Learn to take responsibility for the choices you make that can help you be at your best	Learn to take responsibility for how your words and actions affect others
Unit 4: Mindfulness	Learn skills and techniques to help you slow down and be present and aware of your thoughts and feelings	Learn to be aware of how others are feeling
Unit 5: Positivity	Foster a healthy mindset that looks at things in a productive way	Encourage the uplifting of others
Unit 6: Strength	Foster an understanding of resilience	Learn to lead despite adversity



Mental Health: Our emotional, psychological, and social well-being. It refers to how we think, feel, and act and helps determine how we handle stress, relate to others and make healthy choices.

Leadership: The ability of an individual or multiple people to influence, guide and inspire others. Leaders set a good example and help others when they are in need.

Physical Activity: Any activity that involves moving your body. It includes everyday activities, physically active play, and organized sports and exercise.

Accountability

Word of the Month

Definition

Taking responsibility for your words and actions.

Goals

- Create a safe place for students to be able to talk about all emotions, and help process negative feelings
- Teach students what it means to take accountability in all aspects of life
- When trying a new sport or activity, encourage students that new skills take time to develop into habits

Objectives

- Learn to take responsibility for the choices you make that can help you be at your best
- Learn to take responsibility for how your words and actions affect others

Core Questions

- What is honesty?
- Why is being honest sometimes difficult?
- How do you show honesty with your mental health?
- When was the last time you tried something new? How did you feel?
- How do you show honesty in your class?
- How does honesty help you lead?

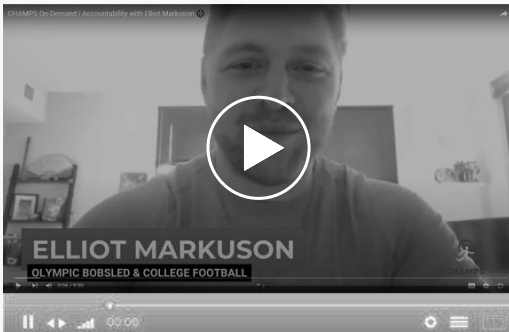


Accountability

Program Structure

Week 1

- ✓ Watch Accountability Video #1
Featuring Elliot Markuson,
Team USA Bobsledder



- ✓ Distribute Student Workbook

Week 3

- ✓ Watch Accountability Video #2
Featuring Katie Walker,
Paralympic Track Cyclist



Week 2

- ✓ Mental Health Lesson plan



Week 4

- ✓ Leadership Lesson plan



Mental Health

Accountability Lesson Plan

Definition

Being truthful in what you say and do (INTEGRITY)

Objective

Understanding how to be truthful with how you are feeling and learning to share important information with trusted adults



Mental Health

Accountability Lesson Plan

Warm Up Activity: “Telephone” or “Whisper Down the Lane” (5 Minutes)

Objective: The goal is to pass a message through the group and see how much (or how little) it changes by the time it reaches the last person.

How to Play:

1. **Form a Line or Circle:** Have all participants sit or stand in a line or circle, making sure they are close enough to whisper to one another but can't overhear other whispers down the line.
2. **Choose the First Player:** The first player thinks of a short phrase or sentence. It can be something simple like “The cat wore a purple hat” or something a bit tricky like “The giraffe danced under the disco ball.”
3. **Whisper the Message:** The first player then whispers the phrase or sentence into the ear of the person next to them, as quietly as possible. The message can only be whispered once—no repeating!
4. **Pass It On:** The second player then whispers what they heard to the next person, and so on, until the message reaches the last person in the line or circle.
5. **Reveal the Message:** The last player says the message they heard out loud. Then, the first player reveals the original message. Everyone can compare how much the message changed!

Rules:

- No repeating the message if someone doesn't hear it well.
- Players should whisper only once and as quietly as possible.
- The game is about fun and cooperation, not getting it “right.”

Purpose:

- This game is not only entertaining but also shows how communication can get distorted as it's passed along, highlighting the importance of listening carefully and clear communication.

Follow Up Questions:

- Would anyone like to admit that they passed along the message wrong?
- What's one thing we can do our best at to make sure we pass along the message correctly?
 - Looking for “listening closely” as an answer

Mental Health

Accountability Lesson Plan (Continued)

Physical Activity: Red Light, Green Light

(5 Minutes)

Red Light, Green Light is a fun and simple game that helps kids work on listening skills, self-control, and quick movement.

How to Play:

1. **Choose a "Traffic Light":** One player is designated as the "traffic light" and stands at one end of the playing area with their back to the other players.
2. **The Starting Line:** All other players start at the opposite end of the playing area, lined up side by side.
3. **Green Light - Move Forward:** The game begins when the "traffic light" calls out "Green Light!" and the players are allowed to move forward toward the traffic light.
4. **Red Light - Freeze:** At any time, the traffic light can shout "Red Light!" and immediately turn around. All players must stop moving instantly and freeze in place. If the traffic light sees anyone moving after "Red Light" is called, that player must go back to the starting line.
5. **Repeat the Process:** The traffic light continues alternating between "Green Light" and "Red Light," turning their back for green lights and watching closely for movement during red lights.
6. **Winning the Game:** The first player to reach the traffic light wins the game and becomes the new traffic light for the next round.

Variations:

- **Speed Control:** Add other signals like "Yellow Light" where players must move in slow motion.
- **Movement Restrictions:** Instead of just walking or running, players can be asked to hop, crawl, or do animal movements like crab walking.

Key Rules:

- Players must stop immediately when "Red Light" is called.
- Anyone caught moving on a red light must return to the starting line.
- The first to tag the traffic light wins and gets to be the traffic light for the next round.

Mental Health

Accountability Lesson Plan (Continued)

Scenario Discussion

(10 Minutes)

"You're frustrated because your soccer team lost, and you didn't play well after staying up late playing video games. When your friend asks about the game, how can you show accountability? What choices can you make to perform better next time?"

Follow Up Questions:

- If the roles were reversed would you want your friend to own up to his actions?
- Would you feel better after talking about why you didn't play like you wanted?
- Who's someone you could go to for advice on how to handle the night before better next time?

Leadership

Accountability Lesson Plan

Definition

Taking responsibility for your words and actions

Objective

Learn to take responsibility for how your words and actions affect others



Leadership

Accountability Lesson Plan

Warm Up Activity: Human Knot

(5 Minutes)

Objective: The goal is for a group to untangle themselves from a “human knot” without letting go of each other’s hands.

How to Play:

1. **Form a Circle:** Have a group of 6-10 players stand in a close circle, shoulder to shoulder.
2. **Create the Knot:** Everyone extends their right hand into the center of the circle and grabs someone else’s right hand (but not the person next to them). Then, they extend their left hand and grab a different person’s left hand, again avoiding the person standing next to them.
3. **Untangle the Knot:** Without letting go of any hands, the group must work together to untangle themselves and return to a circle, or as close to one as possible. This might involve stepping over, under, or around each other. Players will need to communicate and cooperate to figure out the best moves to untangle themselves.
4. **Complete the Circle:** The game is over when the group successfully untangles and forms a full circle while still holding hands.

Rules:

- No letting go of hands: Players must keep their grip on each other’s hands throughout the game.
- Work together: Players should talk through movements and make sure not to hurt anyone while untangling.
- Safety first: If the group feels stuck or the knot becomes uncomfortable, players can agree to restart.

Benefits:

- Encourages teamwork, communication, and patience.
- Helps build trust and problem-solving skills.
- Provides a fun physical challenge without needing any special equipment.

Leadership

Accountability Lesson Plan (Continued)

Physical Activity: Animal Relay Race

(5 Minutes)

Objective: The goal is for teams to complete the race as fast as possible while moving like designated animals.

How to Play:

1. **Divide into Teams:** Split the kids into two or more teams, depending on the group size. Each team will line up behind a starting line.
2. **Set the Race Course:** Mark a finish line or a turnaround point some distance away from the starting line. The course can be short (for younger kids) or longer to make it more challenging.
3. **Animal Movements:** Each team will take turns moving down the race course and back, but they must move like a specific animal. You can either assign the same animal for the whole race or switch animals for each round. Here are some fun animal movements:
 - o **Crab Walk:** Sit on the ground, hands and feet on the floor, belly facing up, and walk like a crab.
 - o **Frog Jumps:** Crouch low with hands on the ground and jump forward like a frog.
 - o **Bear Crawl:** Crawl on hands and feet, with your hips up like a bear.
 - o **Bunny Hops:** Hop with feet together like a bunny.
 - o **Penguin Waddle:** Keep feet together and waddle like a penguin.
 - o **Elephant Stomp:** Walk with large, heavy steps, using your arm as a "trunk."
4. **Relay Format:** One player from each team will perform the animal movement from the starting line to the finish line and back. Once they return to the starting line, they tag the next player on their team, who then does the same. This continues until all players on a team have completed the relay.
5. **Winning the Game:** The first team to have all its players complete the relay race wins!

Rules:

- Stay in character: Players must move like the assigned animal all the way to the finish line and back. If someone doesn't stay in character (e.g., they run instead of hopping), they must go back and start again.
- No skipping turns: Each player must complete the course before the next teammate can go.

Variations:

- Change the animals each round: Instead of sticking to one animal for the entire game, switch animals for each player or round.
- Obstacle Course Relay: Add obstacles along the race course that the kids have to navigate while doing their animal movements (e.g., crawling under a rope or jumping over cones).
- Timed Races: Instead of racing head-to-head, time each team to see who completes the race in the fastest time.

Benefits:

- Promotes physical activity, motor skills, and coordination.
- Encourages teamwork and cooperation.
- Sparks creativity by letting kids act out different animals.

Leadership

Accountability Lesson Plan (Continued)

Scenario Discussion

(10 Minutes)

"While running sprints with your team, you notice a teammate cutting corners. How can you be a leader and demonstrate accountability in this situation?"

Follow Up Questions:

- How would you approach your teammate without making them feel embarrassed or defensive?
- What do you think the impact of cutting corners is on the rest of the team?
- If you were the teammate cutting corners, how would you want someone to bring it up to you?
- What can you do to foster a team environment where everyone holds themselves accountable?

We want to hear from you!

About Athletes for Hope

Educating athletes on their potential to make a positive impact on the world, connecting them with the causes they care about & inspiring others to do the same.

Would you like an athlete visit?

Please fill out a form by clicking the button below on your phone or computer.

CHAMPS SCHOOL SIGN UP

Any Questions?

Reach out to Kendra Coleman at kcoleman@athletesforhope.org

Get Involved. Be Inspired.

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