

GIRLS ON TRACK CURRICULUM
LEARNING GOALS FOR Spring 2015 Greenville County Sessions
Sites Running on **Mondays & Wednesdays** or **Tuesdays & Thursdays**

FEBRUARY 4 & 5: PARENT ORIENTATION MEETING AT TIME/SITE/LOCATION OF DAUGHTER'S SESSION

- To learn the program, meet the coaches, Q & A
- Complete health history questionnaires

PART ONE: SELF-CARE, SELF-AWARENESS, KNOWING SELF

FEB. 9 & 10 LESSON ONE: GETTING TO KNOW EACH OTHER

- To provide girls with the opportunity to learn more about each other.
- To introduce the various components of each lesson and the concepts of the 10-week program

FEB. 11 & 12 LESSON TWO: 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 between the girls and their coaches

FEB. 16 & 17 – NO Girls on Track – President's Day Holiday

FEB. 18 & 19 LESSON THREE: 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

FEB. 23 & 24 LESSON FOUR: 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 the other activities we do
- To learn how effective time management skills can help us do this

FEB. 25 & 26 LESSON SIX: EMPOWERED BODIES (WE SKIP LESSON 5, BUT YOU MAY INCORPORATE SOME OF THIS LESSON HERE)

- 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
- To discuss the importance of positive thoughts, an empowered body image and why all girls should develop a strong sense of self

MAR. 2 & 3 LESSON SEVEN: FULL OF FEELING

- To identify and recognize what we are feeling
- To learn how to cope with all of our different emotions and explore the importance of listening to our inner voice

MAR. 4 & 5 LESSON EIGHT: 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

MAR. 9 & 10 LESSON NINE: 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

PART TWO: CONNECTEDNESS - SELECTING HEALTHY RELATIONSHIPS AND KEEPING THEM HEALTHY!

MAR. 11 & 12 LESSON TEN: COMMUNICATING WITH CARE

- To learn effective communication and conflict resolutions skills and introduce the importance of standing up for oneself

MAR. 16 & 17 LESSON ELEVEN: COLLABORATIVE LEADERSHIP

- To learn what collaborative leadership means and understand why being a collaborative leader is important in today's society

MAR. 18& 19 LESSON TWELVE: 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 in to peer pressure

MAR. 23 & 24 LESSON THIRTEEN: 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

MAR 25 & 26 LESSON FOURTEEN: CRUISING... THE INTERNET

- To address the safety concerns associated with the internet and online social networks, particularly cyber bullying and online harassment
- To learn how to stay safe and make responsible decisions when place in a difficult online situation

MAR. 30- APR. 7 No Girls on Track – Spring Break and Snow Make up Day!

APR. 8 & 9 LESSON FIFTEEN: 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 be self-confident and use effective communication skills in a romantic relationship

APR. 13 & 14 LESSON SIXTEEN: 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

APR. 15 & 16 LESSON SEVENTEEN: TUNING IN TO 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

PART THREE: CELEBRATING AND SHARING OUR STRENGTHS

APR. 20 & 21 LESSON TWENTY: PASSING THE BATON, BEING ROLE MODELS FOR YOUNGER GIRLS (SKIP LESSONS 18 & 19)

- 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 learned through our challenges to those who walk behind us

APR. 22 & 23 LESSON TWENTY ONE: USING OUR POWER - DESIGNING OUR COMMUNITY IMPACT PROJECT

- To finalize what the group community project will be

APR.27 & 28 LESSON TWENTY TWO: USING OUR POWER - IMPLEMENTING OUR COMMUNITY IMPACT PROJECT

- To complete the community impact project and have fun doing it!

APR. 29& 30 LESSON TWENTY THREE: GIRL BONDS – FRIENDSHIPS FOR A LIFETIME

- To say our farewells to one another, honor one another and celebrate what we have learned over the last 10 weeks.

Friday, May 1, 2014, 6:30 p.m.: GHS Swamp Rabbit 5K Race, Gateway Park, 115 Henderson Dr., Travelers Rest, SC 29690

MAY 4 & 5 POST-SURVEY EVALUATION

- Groups will meet to do the post season surveys.

FINAL CELEBRATION: Pot Luck Banquet and Awards at: GHS Greenville Memorial Medical Center, Community Center, 701 Grove Rd., Greenville, SC 29605 (located on the Greenville Memorial Medical Campus). Bring a dish to pass – more details to follow.

- **Monday, May 18, 6:00-8:00 p.m.,**
- **Tuesday, May 19, 6:00-8:00 p.m.,**
- **Wednesday, May 20, 6:00-8:00 p.m.**

For more information contact: Kim Hein at (864)455-4001. or Monica Gibson at (864)455-3252.