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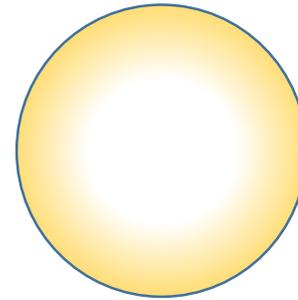
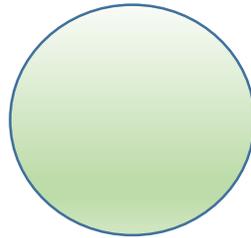
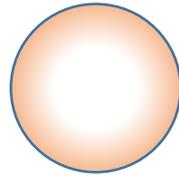


SEARCH
SPORT EDUCATION FOR ACTIVE
AND RESPONSIBLE CITIZENSHIP
THROUGH HEALTH CARING



MODULE

3



THE SOCIAL FUNCTION OF SPORT

SEGMENT 5

**Teaching to comply with the rules:
Sharing Civic Values**

Rules are principles that direct human behavior, provide social order and must be followed. Rules are structures that exist in all areas of our lives.

Knowing, accepting, learning and adopting the existence of rules is important in terms of adapting to social life, understanding and meeting the expectations at home, school, social environment and business life.

In addition to these, setting limits on children and applying discipline to them is very important for children to gain self-discipline.

Children with self-discipline fulfill their responsibilities and easily adapt to the social order.



Children, who do sports from an early age, are more likely to follow basic rules.

The simplest of these rules are:

Participating in training and competitions with appropriate dressing, not eating junk food but eating a balanced diet, getting enough rest, efficient sleep, regular and punctual attendance to training, etc.

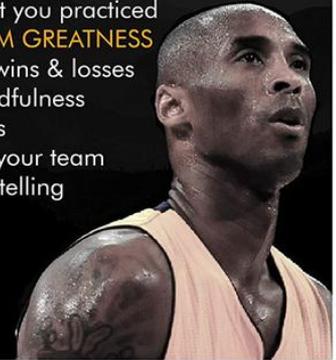


Thanks to these rules, the child gains discipline and can start from the ground up to make his life more organized. In this way, it is not unfamiliar with being respectful to others and complying with the rules in the classroom and school environment or social life and knows its limits,

Children with self-discipline develop time management skills and become more planned and productive individuals in their future lives.

BRYANT'S 10 RULES

1. Get better every single day
2. Prove them wrong
3. Work on your weaknesses
4. Execute what you practiced
5. LEARN FROM GREATNESS
6. Learn from wins & losses
7. Practice mindfulness
8. Be ambitious
9. #Believe in your team
10. Learn storytelling



A second benefit of teaching rules to the child is to keep the child safe.

When playing games with her/his friends outdoors, knowing what she/he should not do, she/he will protect her/himself against the dangers outside.

In addition, the child who can fulfill the rules taught to her/him becomes aware that she/he can take responsibility and this process is important for the social&emotional development of the child.



Points to Consider While Setting the Rules

The rule making process may vary depending on the child's development, growth process, mental, physical and cognitive structure.

It is important to involve the child in this process while making rules. In other words, putting the rule by caring about the ideas of the child will motivate her/him to obey the rule and make her/him responsible for implementing the rules.

IN SPORTS AS IN CHILD REARING, MARITAL ARGUMENTS, OR TANTRUMS, THE SAME LAWS OF LEARNING APPLY: WHEN AN EMOTION IS ENCOURAGED AND THE RULES PERMIT IT, IT IS PERPETUATED, NOT 'DRAINED'. AN EMOTION WITHOUT SOCIAL RULES OF CONTAINMENT AND EXPRESSION IS LIKE AN EGG WITHOUT A SHELL: A GOOEY MESS...

- CAROL TAVRIS -

- Rules must be formulated in a simple, clear and positive language.
- Rules created with negative language make the child feel punished, and this situation makes it difficult for the child to follow the rule.



As teachers, it is important to behave consistently and apply these rules without breaking the routines for the child to adopt the rule.



Child's ability of performing the desired behaviour should be reinforced.

This process should help make the child feel and understand the benefit of the desired behaviour for her/himself and her/his environment, rather than rewarding the good behaviour of the child every time.



Children who have achieved these gains and rules thanks to sports from an early age are much more disciplined, organized, knowing their boundaries, enjoying their freedom without entering the sphere of the people around them, having a successful and at the same time social aspirations and citizenship.

They will continue their lives as individuals who care about their and others' values.

**“SPORTS TEACHES YOU CHARACTER, IT
TEACHES YOU TO PLAY BY THE RULES, IT
TEACHES YOU TO KNOW WHAT IT FEELS LIKE
TO WIN AND LOSE-IT TEACHES YOU ABOUT
LIFE.”**

BILLIE JEAN KING

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Keywords

Set the Rules

Civic Values

Social Order

Self – Discipline

Follow the Rules

Productive Individuals

Positive Language

Sport Rules

Team play