

Name: _____

Date: _____

Answer Key: Sincere Sidelines: Secret Skills for 7th Grade Success

How does a champion act when no one is watching? Reinforce foundational ethics through scenarios involving cross-country, fencing, and cricket.

1. In a competitive cross-country meet, a lead runner takes a wrong turn. The second-place runner yells to redirect them back to the course. This is an example of:

Answer: C) Sportsmanship and integrity

Helping a competitor stay on the right path prioritizes the spirit of fair competition over simply winning by a mistake.

2. In the sport of fencing, it is a long-standing tradition to salute your opponent and the referee before and after a match to show respect.

Answer: A) True

The salute is a formal sign of respect for the rules, the official, and the opponent's skill.

3. When a cricket player 'walks' off the field because they know they are out, even before the umpire makes a decision, they are demonstrating ____.

Answer: B) Honesty

Admitting you are out without waiting for an official's ruling is a high form of honesty in sports.

4. Which of these actions best displays respect for an official's authority in a middle school flag football game?

Answer: C) Listening quietly while a coach asks for a rule clarification

Allowing formal communication between coaches and officials without emotional outbursts shows maturity and respect.

5. Good sportsmanship means you should only be polite to your opponents if they are polite to you first.

Answer: B) False

Sportsmanship is about your own character and maintaining ethical behavior regardless of how others act.

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6. In professional golf, players are expected to _____ themselves if they accidentally move their ball, showing they value the rules over their score.

Answer: B) Penalize

Self-reporting a foul or error is a key component of fair play and integrity.

7. During a middle school swim meet, a swimmer notices an opponent from another team is visibly nervous and offers them a few words of encouragement. This is an example of:

Answer: C) Empathy and respect

Treating opponents as fellow human athletes rather than enemies fosters a positive sporting environment.

8. Accepting a trophy with humility means you should acknowledge the hard work of your teammates and the challenge provided by your opponents.

Answer: A) True

Humility in victory involves recognizing that success is rarely achieved alone and respecting the losing team's effort.

9. When a baseball catcher tells the umpire that a ball actually hit the dirt before they caught it, they are choosing _____ over an easy out.

Answer: D) Truth

Prioritizing the truth ensures the game is played fairly according to the actual events on the field.

10. Which behavior is considered 'ethical' for a substitute player sitting on the bench during a basketball game?

Answer: B) Cheering for teammates and staying ready to play

Supporting your team and maintaining a positive attitude from the sidelines is a core part of being a good teammate.