

Name: _____ **Date:** _____

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:

- A. Strategic interference
- B. Competitive advantage
- C. Sportsmanship and integrity
- D. Lack of focus

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.

- A. True
- B. False

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 ____.

- A. Self-interest
- B. Honesty
- C. Insecurity
- D. Impatience

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

- A. Arguing until the referee changes their mind
- B. Rolling your eyes after a penalty call
- C. Listening quietly while a coach asks for a rule clarification
- D. Ignoring the referee's instructions during a timeout

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

- A. True
- B. False

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

- A. Congratulate
- B. Penalize
- C. Excuse
- D. Reward

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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:

- A. Psychological warfare
- B. Breaking the rules
- C. Empathy and respect
- D. Distracting the competition

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

- A. True
- B. False

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.

- A. Winning
- B. Luck
- C. Justice
- D. Truth

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

- A. Jeering at the other team to distract them
- B. Cheering for teammates and staying ready to play
- C. Complaining to the coach about lack of playing time
- D. Using a phone to record the game for social media