



Curriculum Structure

The GOTR curriculum is divided into three parts:

- The first eight lessons are centered on the girls getting to know themselves. Examining their values, their likes and dislikes, and who they envision themselves to be.
- The next eight lessons concentrate on team building, being supportive, learning to listen and cooperate, etc.
- The last eight lessons relate to the world at large. This includes making a contribution to your community and learning to recognize and deal with the negative messages we often receive from the world (media awareness, negative peer pressure, etc.)

The 20-24 lessons conclude with the opportunity to participate in a 5k event.

Girls on the Run: 10-Week Curriculum

Self-Care, Self-Awareness, Knowing Self

Lesson One: Getting to Know Each Other

Lesson Two: Plugging into the Girls on the Run Cord

Lesson Three: Choosing to be a Girl on the Run

Lesson Four: Positive Self-Talk and Why I Choose It!

Lesson Five: Fueling our Healthy Pace

Lesson Six: Being Emotional is Healthy!

Lesson Seven: Celebrating Gratitude

Lesson Nine: Valuing what's Really Important

Connectedness: Selecting Healthy Relationships and Keeping Them Healthy

Lesson Ten: Learning About Cooperation

Lesson Eleven: Standing Up to Peer Pressure

Lesson Twelve: Standing Up for Myself

Lesson Thirteen: Gossiping Hurts Everyone

Lesson Fourteen: Beware of Bullies

Lesson Fifteen: It's Okay to Choose Our Friends

Lesson Sixteen: Practicing our 5k!

Empowerment: Celebrating and SHARING Our Strengths

Lesson Eighteen: Tuning into a New Message

Lesson Nineteen: Learning About Community

Lesson Twenty: Designing Our Community Impact Project

Lesson Twenty-One: Implementing Our Community Impact Project

Lesson Twenty-Three: The Finishing Touches

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Each of the GOTR sessions adhere to a formal structure that combines physical activities with experiential learning activities. Every session begins with a getting-on-board and warm-up activity that brings the girls' focus to the lesson topic. The warm-up is followed by a stretching routine that allows for question and answer time and deeper discussions around the topic. A work-out game follows, where the girls participate in a variety of running activities that incorporate individual or team goals. This is followed by a wrap-up that includes cool-down stretching and final discussion. Each session closes with positive words from the team coach regarding individual and group behaviors.