



Patch Curriculum

girl scouts 
of central indiana



The Marvella Foundation and Marvella Sports are proud to partner with the Girl Scouts to get more girls involved in sports. The Girl Scouts are a critical organization when it comes to prioritizing girls development and education. We look forward to this partnership and are excited to see the lasting impact made through the Marvella Movement patch. This patch aims to not only increase athletic participation for girls, but to help educate girls on the importance of Title IX and the trailblazing women, like Marvella Bayh, who led the charge for inclusivity and equality for girls.

Marvella Sports is a first-of-its-kind all girls sports and leadership experience. Named after Marvella Bayh, the wife of Indiana Senator Birch Bayh and the inspiration behind Title IX, Marvella Sports aims to create a safe and educational environment for girls to compete and grow. The campus will have indoor and outdoor fields and courts for competitive tournaments as well as a Success Center, where girls can develop leadership skills and learn to build healthy habits and practices, not just athletically but in the areas of nutrition and mental health as well. At Marvella, the goal is not to just make people better athletes, but to make athletes better people.



About the Program

Strength isn't just physical—it's emotional, mental, and deeply personal. Marvella Movement: Self & Sports Patch Program inspires Girl Scouts to tap into their full potential through a bold combination of movement, mindset, and leadership. Built on the belief that every girl deserves to feel powerful in her own skin and confident in her own voice, this program uses sports as a gateway to lifelong skills: resilience, collaboration, self-worth, and purpose.

Whether on the field, in the gym, or navigating life's daily challenges, girls will build strength from the inside out—learning that true toughness is more than winning games. It's about showing up, trying again, leading with heart, and knowing your value no matter what.

Indiana & Title IX - Where Change Began

Indiana is more than the Crossroads of America—it's home to changemakers who helped launch a national movement for fairness in sports. Hoosier women and advocates helped ignite the push for fairness in schools, courts, and communities. Because of this progress, generations of girls across the country have had greater access to the same sports teams, facilities, and opportunities once out of reach. Through this patch program, girls will explore how Indiana helped shape a legacy of equity in sports—and how they can build it in their own lives and communities.

This patch program emphasizes teamwork, mental wellness, positive risk-taking, and goal setting, equipping girls with the tools they need to grow as athletes, leaders, and changemakers.

Program Goals

Through the Marvella Movement: Self & Sports Patch Program, Girl Scouts will:

- **Build Physical Wellness:** Understand how movement, fitness, and sports contribute to a healthy body and a strong sense of self.
- **Grow as Leaders:** Explore leadership roles within sports and beyond, gaining confidence in their ability to make decisions, lead teams, and advocate for others.
- **Strengthen Mental Wellness:** Develop strategies to manage emotions, build resilience, and prioritize self-care, both in high-pressure moments and everyday life.
- **Connect with Role Models:** Engage with local athletes, coaches, and sports professionals who reflect the values of determination, teamwork, and inclusivity.
- **Champion Equity in Athletics:** Learn how access, representation, and fairness shape the sports world—and discover how they can help level the playing field for all.

Patch Requirements

To earn the Marvella Movement: Self & Sports patch, girls must complete activities that challenge their bodies, expand their minds, and build their leadership. Each Girl Scout will engage with all three program pillars—Sports & Strength, Leadership & Teamwork, and Self-Care & Mental Wellness—choosing meaningful, level-appropriate experiences that promote personal growth and collective success.

This program is designed to meet girls where they are—while encouraging them to reach higher. Activities increase in complexity by Girl Scout level, with Bonus Challenges that invite older girls to lead, mentor, and advocate. Whether girls are earning their first patch or planning an event for others, they'll walk away with a deeper sense of what it means to be a part of the Marvella Movement.

Girl Scout Level	Core Requirement (Activities per Pillar)	Bonus Challenge
Daisy <i>(Grades K-1)</i>	Complete 1 activity from each pillar <i>(3 total)</i>	Try one additional activity from any pillar to go the extra mile
Brownie <i>(Grades 2-3)</i>	Complete 1 activity from each pillar <i>(3 total)</i>	Choose two additional activities from any pillar and reflect on your favorite one
Junior <i>(Grades 4-5)</i>	Complete 2 activities per pillar <i>(6 total)</i>	Complete all 3 pillars, then help guide a younger troop through one activity
Cadette <i>(Grades 6-8)</i>	Complete 2 activities per pillar <i>(6 total)</i>	Lead a warm-up, mindfulness moment, or team-building challenge for your troop
Senior <i>(Grades 9-10)</i>	Complete 2 activities per pillar <i>(6 total)</i>	Interview a female coach or athlete and share what you learned with others
Ambassador <i>(Grades 11-12)</i>	Complete 2 activities per pillar <i>(6 total)</i>	Design and lead a “Self & Sports” mini workshop or discussion circle

Pillar 1: Sports & Strength

Girls tap into their power by discovering the connection between physical movement and personal growth. This pillar celebrates the strength that comes from sports—not just in muscles, but in mindset. Through athletic play, skill-building drills, and movement-based challenges, girls will explore how sports teach discipline, perseverance, and grit. Whether they’re trying something new or pushing past their personal best, participants will learn how staying active fuels both their confidence and resilience. By embracing their bodies as tools of strength, expression, and joy, girls come to understand that physical wellness is a foundation for lifelong empowerment.

Sample Activities:

Girls will explore how movement, athleticism, and physical activity build strong bodies and stronger character.

- Try a new sport or movement challenge (dance, martial arts, yoga, etc.)
- Learn about injury prevention and proper warm-ups
- Attend a local girls’ sports event and cheer on the team
- Make a healthy post-workout snack
- Learn about women in sports history



Pillar 2: Leadership & Teamwork

Girls grow into strong leaders by learning how to communicate with purpose, collaborate with intention, and support others with empathy. This pillar centers on the values of trust, respect, and inclusion—key elements in both team sports and everyday relationships. Through hands-on group challenges, strategic thinking games, and active team-building exercises, girls experience what it means to lead with integrity and follow with humility. They'll discover that leadership isn't always about being first—it's about listening, making space for others, and driving toward a shared goal with confidence and compassion. Whether calling plays on the field or solving a problem together, girls will leave with a deeper understanding of how to lift others up while stepping into their own power.

Sample Activities:

Focus on communication, collaboration, and positive leadership through team sports and group challenges.

- Create a chant or team cheer that builds spirit and unity
- Plan and lead a simple relay or team-building game
- Interview a coach or captain about leadership
- Reflect on how you've shown sportsmanship recently
- Play a cooperative game where success depends on teamwork



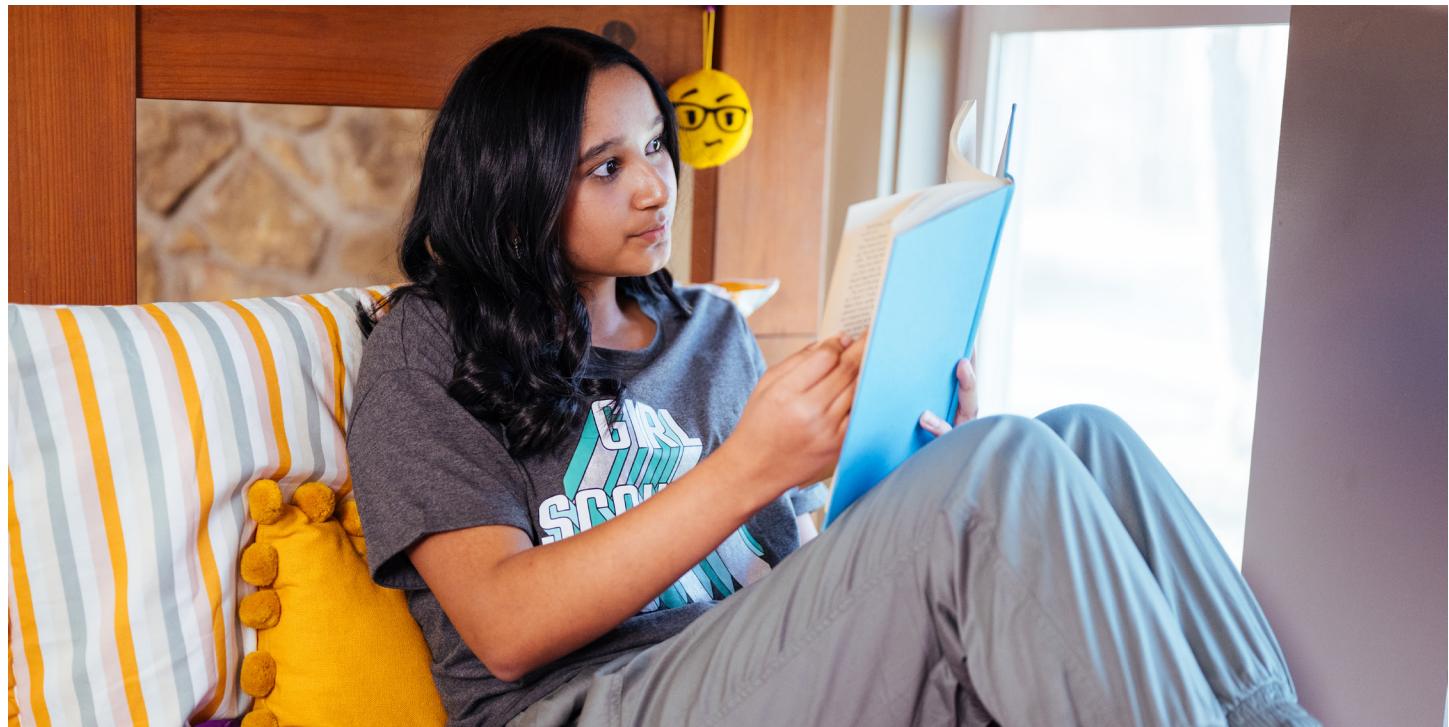
Pillar 3: Self-Care & Mental Wellness

Girls build inner strength by learning how to care for their minds as much as their bodies. This pillar focuses on emotional awareness, stress management, and self-compassion. Through mindfulness activities, goal-setting exercises, and open conversations about mental wellness, girls will develop practical tools to navigate challenges with confidence and clarity. They'll learn that rest is as important as hustle—and that checking in with yourself is just as powerful as showing up for your team. Whether bouncing back from setbacks or celebrating progress, girls will grow the emotional resilience they need to thrive both on and off the field.

Sample Activities:

Develop tools to manage emotions, set goals, and practice self-kindness for life on and off the field.

- Journal about a time you bounced back from failure
- Learn a breathing technique to help with performance anxiety
- Create a self-care plan for your sports season
- Practice a mindful cool-down stretch
- Discuss the importance of mental health to athletes



Bonus Opportunities for All Levels

Title IX changed the game for millions of students—including Girl Scouts. But not every school, neighborhood, or team looks the same. These activities help girls understand how access to sports has evolved, where work still remains, and what they can do to create inclusive spaces where everyone can play, grow, and lead.

- Volunteer at a local girls' sports event
- Teach a sports skill to younger Girl Scouts
- Create a short video, poem, or poster about what it means to be part of the Marvella Movement
- Research barriers girls face in sports and propose a solution
- Learn about Hoosier leaders who influenced or benefited from Title IX
- Watch a video or read an article on Indiana's connection to Title IX
- Interview a woman or girl in your community who had more opportunities thanks to Title IX
- Create a poster, skit, or PSA about the importance of continuing the fight for fairness
- Investigate whether all students in your school or community have equal access to sports and brainstorm how to address gaps



10 Reasons Why Girls Playing Sports Matters

	Higher Confidence & Self-Esteem	Girls who play sports report greater self-confidence and a stronger sense of body positivity compared to those who don't.
	Better Academic Performance	Female athletes are more likely to earn higher grades, graduate, and pursue higher education.
	Improved Mental Health	Playing sports lowers the risk of anxiety and depression and builds resilience in stressful situations.
	Leadership Development	94% of women in the C-suite (Fortune 500) played sports, showing a strong link between athletics and leadership skills.
	Stronger Physical Health	Girls in sports are less likely to develop obesity, diabetes, and other long-term health issues.
	Teamwork & Communication Skills	Sports teach collaboration, problem-solving, and conflict resolution—skills that transfer into careers and relationships.
	Increased Career Success	Former female athletes are more likely to be employed, earn higher wages, and succeed in competitive fields.
	Lower Risky Behaviors	Girls in sports are less likely to engage in substance abuse or risky activities.
	Sense of Belonging & Community	Sports provide social connection, mentorship, and lifelong friendships, especially important during adolescence.
	Closing the Gender Gap	Participation in organized sports helps normalize female achievement, promotes equality, and inspires future generations of girls to pursue their goals fearlessly.

Congrats on completing the Marvella Movement: Self and Sports patch curriculum!

Patches are available at the Girl Scout Shop.

