

TC 'MOVE TO GROW - LEARNING THROUGH SPORT'

Samobor, 18. - 26.11.2021.



SPORT AS A TOOL IN YOUTH WORK

TC Move to grow was an 8 day training course focused on using sport activities as an educational tool as well as a tool in working with youth with fewer opportunities. It was held in Samobor (Croatia) and it gathered 20 youth workers, teachers, youth group leaders, trainers and mentors, from 7 countries: Croatia, Bulgaria, Romania, Hungary, Czech Republic, Spain and Serbia.

TC Objectives:

- To develop the competence of participants in using sports activities as an educational tool
- To strengthen the capacity of partner organizations in using sports activities as a tool in working with young people with fewer opportunities
- To expand participants' knowledge of: youth with fewer opportunities, non-formal and experiential learning
- To exchange experiences and examples of good practice in working with young people through sports and working with young people with fewer opportunities.
- To create tools for working with youth that are using elements of sports activities
- To spread created tools in public and to other organizations by creating a manual



ACTIVITIES CREATION

During the 8 days of TC participants got to know each other and developed group dynamic by participation in activities using sport elements. They exchanged experiences in working through sports and challenges in working with young people with fewer opportunities.

By the end of TC they created six activities using sport elements that encourages social learning. Those activities are created and tested with other participants on TC and with youngsters in local communities of participants: in Romania, Croatia, Spain, Serbia, Czech Republic, Hungary and Bulgaria.

Duration of the activities is 45 minutes so they can be used within schools and classes. Moreover, you can adjust them according to the group of youngsters you are working with. Check them out in this manual!



A1: SUPPORTING ABILITIES

Aims:

- Building up the group cohesion
- Rising awareness of people with disabilities
- Rising personal self-confidence within the group

Required material: paper x2, pens, ropes, blind folds, skipping ropes, rings, paper tapes

Duration: 45'

(20 minutes preparation of participants and space, 10 minutes polygon and 15 minutes reflection)

Group size: minimum 4 persons maximum 10 in one team, maximum of two teams

It could be applicable for one group in form of challenge

Preparation: obstacles should be formed on the field and other material prepared for the groups (polygon). The space is separated in two parts and obstacles should be positioned two times in the same way on two sides of the space.



A1: SUPPORTING ABILITIES

Instructions: groups are formed in through counting from 1 to 4. Each number represents one role (1 one leg, 2 one arm, 3 blind, 4 without obstacles).

Once groups are formed teams are taken outside the room. Room is getting prepared while group is getting instructions about rules and roles.

One facilitator is giving the explanation for the game to participants out of the space specifying 1-4 rule and preparations of limitations for both groups: rope is used to immobilize leg (to the knee), arm in immobilized by rope behind the back and blindfold on the eyes. In the same time other facilitator is preparing the polygon.

When both teams are ready they are receiving the instructions about the field (polygon) on the paper.

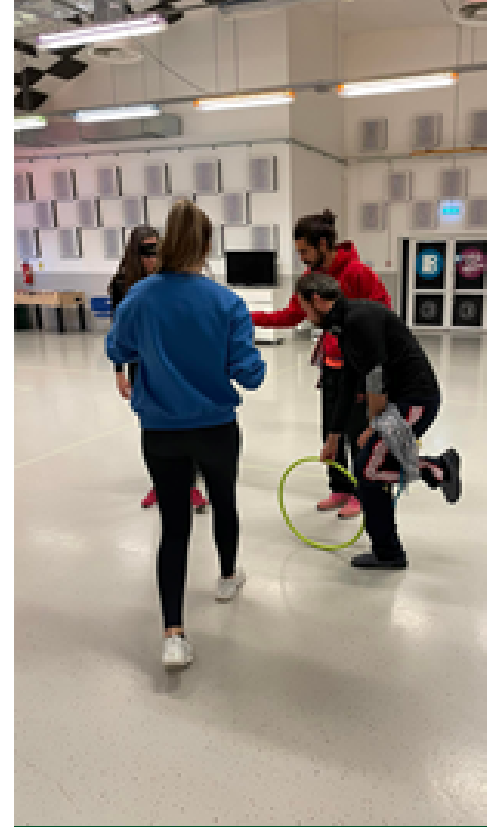
While explaining the polygon all of the participants are staying in their roles. When both teams get prepared they are entering the training space and start crossing the polygon.

Polygon is created in the way to demand cooperation of all team participants and support for those with demanding abilities. Game doesn't have a winner and the final goal is to finish the polygon in the most successful way.

It is possible to have different number of participants in groups with same outcome of the game.



A1: SUPPORTING ABILITIES



Debrief and evaluation:

- How does each of the group members feels about the process and his/her role?
- Where did you perceive the most of a challenge for you and for your team?
- How did you feel about those with special abilities
- How does those with blindfold feel about their role and process?
- How does other in group felt?
- What was the feeling of the one without any disability?

Additional information:

If space is limited, number of participants should be not less than 4, and teams could be passing the polygon team by team.

When group is being formed facilitator should take care to distribute roles to have more of those with disability than those able to do everything.

If possible, room should be prepared before the activity.

Forming the obstacles – In creation of the polygon take care to make it simple but demanding for all team members. Ex: make a river with a stone in the middle using the tape, make a wall of chairs two row of chairs turn back to back, skipping rope, hula hoop as “ring of fire” etc.

A2: BLACK FRIDAY



Aims:

- Cooperation and collaboration within the group

Required material: cards with animals, cones/balls/stones, tape

Duration: 45'

Group size: 8+

Preparation: put the cones in the circle (in the middle of the space) and create the base for each group (on a opposite sides of the room/hall/playground)

Instructions: make 3 groups of 5 or 6 members according to instruction. Each person will receive one role (animal) written in a paper that cannot be shown to the rest of the players. There will be 3 different environment: water (dolphin, shark, crab, jellyfish, shrimps, seal, octopus, shell), land (pig, cow, lion, ant, orangutan, sheep, giraffe, elephant) and air (mosquito, fly, butterfly, eagle, dragonfly, duck). They have to imitate the animal written on the paper and recognize the rest of animal from their own environment (land, air and water) and go that group.

After splitting and creating the groups, we start with the main game.

First round:

- Each group has their own base
- The purpose is to get as much cones as possible in 1min30sec (there is going to be 30 cones in the middle at the same distance of each base and same distance between bases)

A2: BLACK FRIDAY

- Everybody can go at the same time to pick the cones. The cones have to be taken one by one.
- Once there is no more cones in the middle, team can take cones from the other bases (teams)
- The team cannot protect their bases
- When time is up the one who get more cones is the winner

Second round:

- Each team will have 1 minute before the game start in order to create a strategy
- Make pairs within the group: one person blindfolded and one guide. The guide can only touch the shoulder with one hand
- When they are back to the base, next pair should be ready to continue
- The first team who gets 10 cones wins

Third/last round:

- At the beginning of this round each team will have 2 minutes in order to create a strategy.
- Only one person can touch/take the cones, but this person cannot touch the floor
- Each team member needs to participate to help to take the cone
- The team that gather more cones in 2 minutes would be the winner team.



A2: BLACK FRIDAY

Debrief and evaluation:

- How was the communication and cooperation within the group?
- How did you feel when you were blindfolded?
- Did you find your strategy good enough or you thought that the other teams have better one in third activity?
- When the task was more harder/intensive did you felt like frustrated/chaotic/wanted to quit?
- Can you compere this kind of situation in your daily life?
- What did you learn from this games and can you implement something?

Additional information:

Use some energizer in case the participants are not wormed up.

Make the adjustment in the third activity according the physical abilities of participants (collect 5-15 cones/balls).

A3: M.E.L. SPEED

Aims:

- Improving physical abilities
- Building up the group cohesion
- Strategic planning

Required material: sport balls, chairs, tapes (to indicate the lines)

Duration: 45 - 60'

Group size: 2 groups minimum, each group has 3 members

Preparation: divide the teams and provide them with the balls. Have a stopwatch ready and have paper for the points

Instructions:

Game 1

Score the chair by ball. The team has 5 chances to hit the chair. The distance between the ball and the player is 10 meters. Each time different team member hits the chair. They get one point for each attempt.

Game 2

In this game we have 3 moves. The moves are 5 push ups, getting up without using hands and two people holding. There are three repetitions in each part and different people are required to participate.

In the first part, which is push ups, the team has to choose someone. The first person has 10 seconds to do 5 push ups. Then they have to choose someone else and that person will have only 8 seconds to do it.

A3: M.E.L. SPEED

Then they have to choose someone for one last time and that person will have only 6 seconds to do it. We don't tell them about changes in time limit before. The second move is to get up without using hands, we will show them the movement first. Then is up on them, who they choose as a participant in that part and that person will do that movement five times in 10 seconds. Then is it basically the same as in the first ground.

The third one is about holding legs and to touch another participant's foot. The group have to decide on 2 people that will do this exercise. They have to hold in that position for 20 seconds. For each successful attempt they will get a point.

Game 3

The game consists of two members from the same team passing the ball to each other as long as they don't drop the ball. One person is on the base and he/she doesn't move and only has to throw the ball to second person who whenever he/she catches it, moves one step further. The person who moves further is not allowed to catch the ball by going back from the position they took once they went further. In the moment when the person who moves further drops the ball, he/she has to freeze. The person in the base is allowed to drop the ball. The group who manages to go the furthest is the winner. The team decides who will participate. The team that went furthest will get a point. The team with the most points wins.

A3: M.E.L. SPEED

Debrief and evaluation:

- How did you feel during the activity?
- How was the preparation?
- How did you organize the activity?
- What was the most uncomfortable moment during the activity (if any)?
- Is there something you would change after it finished?
- What are the connections with the real life situations?

Additional information:

You can adjust type of the physical activities in games, depending on the group you work with.

A4: DEVILS AND ANGELS

Aims:

- Raising awareness about people with various abilities
- Team building

Required material: blindfolds, triangle cones, tape, marker, songs or audio player

Duration: 45'

Group size: 2 groups, 5 - 10 people in each group

Preparation: start with energizer to divide participants in the teams. When you shout STOP participants have to move, when you shout MOVE participants have to stop. After several turns you are adding new rule - when you say 'Noisy Devils' they need to stop and hug 5-10 members (depends how big is your group). Once they did it - this is their group for activity.

Place the trigular cones with equal number of players but there need to be different colors of cones as equal as the number of participants in the team. Ex: if there are 2 teams of 7 people in each team, you will need 7 red cones for one team and 7 yellow cones for other team.

Create the shapes and boundaries with tape.

Prepare blindfolds and play the music.

A4: DEVILS AND ANGELS

Instructions:

Silent Angles

Each team of 5-10 participants will stand in the queue facing towards the opposite team. Each team will be allocated the position/area where they need to stand.

Behind each team's area there will be the triangle shape made where opposite team have to put their cones. Ex: Team A will put red cones in Triangle made in Team B's area and opposite. Cones will be distributed between teams with no specific order. All the players from the team will be blindfolded except for the one who is standing at the last position in the queue. Each team will be give one specific color and that is only color they will need to collect. Ex: Team A will collect red cones and Team B will collect yellow ones.

Teams need to pick one cone at a time and need to put it in the shape they have been allocate (You can't pick more than one object at a time).

Last person standing in the queue can instruct the team toward the cones and putting it to the allocated area. This person will not be blindfolded but he/she can only instruct team through signs (No verbal communication). Ex: if the last person push right shoulder of the person standing in front of them then whole team will move right and so on.

A4: DEVILS AND ANGELS

Once you have placed the object in the shape then the person who was standing at the front will need to go behind the line and can take out their blindfold so they can place it on the person who was standing at last in the queue. Ex: player 1 will take out his/her blindfold and put it on the player 7 if it's a team of 7 people. Same way after placing each object player need to go back of the line or queue, so each and every person will get the chance to be the one who is the blindfolded and the one who is leading the team. Team who manage to put all the cones to the allocated area first will be the winner.

Debrief and evaluation:

- How did you feel when you were blindfolded and when you were not?
- How did you feel when you were leading the team?
- How was it for you to give instructions to the team when you can't speak at all?
- How would you apply these learnings into a real life?
- What would you do differently for the next time?

Additional information:

You can distribute Instructions in a form of hard copy to each group

You can use different shapes instead of different colors of Cones. Totally based on the material you have.

A5: GRANDPRIX

Aims:

- Team building

Required material: phone, rope, box, ball, face mask, some obstacles like benches, chairs, car wheels, etc.

Tik Tok video, Human alphabet template

A sentence cut in four parts, one for each station.

Duration: 45'

Group size: 4 groups, 4-8 members in each group

Preparation: The whole activity is developed in the context of the school or place where the activity takes place, so preparation would be related within its surroundings.

1. Paparazzi: you need the human alphabet template
- ex: <https://bit.ly/3JUaKea>
2. Pirate land: prepare the area with different elements to climb, run, jump, etc. following a circuit.
3. Tik Tok Me: select the Tik Tok video with dance choreography - ex: <https://bit.ly/38cDzEF>
4. King of the jungle: put some object on the tree in order to catch it/pick it up.



A5: GRANDPRIX

Instructions:

Grandprix is based on a treasure hunt game in which each team will need to find the different keys/passwords that leads them to the finish line. Each group will have to go through some common stations with diverse purposes that, at the same time, arrives to the same final point, to discover the treasure. After completing the stations the group will receive a paper with a clue that leads them to password to unlock the final box where the treasure is. There is a limited time for the entire activity (30 minutes) but speed will be considered as a positive fact, so they have to be as fast as possible to win some extra points. If the group finish the activity before 30 minutes that will be considered as a plus, so in the final evaluation they be placed according the time. Before starting the activity, each group will receive an online starter kit with elements that can be useful for solving the riddles but without an explanation, so the point is to make them be creative and to help each other. This starter kit consists of a chronometer, human alphabet template and Tik Tok video. The stations through which groups have to pass will be organized in different orders and following different purposes, ex: group one will need to solve the task on paparazzi station, while the group two will be on Tik Tok video station. Once they finish their tasks on the station, they will exchange the stations.



A5: GRANDPRIX

Station Paparazzi

In this activity the group needs to recreate the name of their team by using their own body, what is commonly known as human alphabet. Before starting, the participants will chose their name for the group but with one rule: the name will be maximum 6 letters. In this case, it is not allowed to lay in the ground, but to do letters without touching the ground. They should make the photo and upload it in the Facebook group of the activity, send photos to one of the facilitators etc.

Station Pirate land

The main objective of this station is to arrive to the finish line by crossing certain obstacles in group, so all members have to cooperate in order to arrive to finish line. The floor can never be touched, so they have to use the different objects disposed on the ground, such as mats, car wheels, high ropes, boxes etc. If some member touches the floor, they all have to come back and start again.

Station Tik Tok Me

For this station the group have to reproduce a certain Tik Tok video dance choreography considering a limitation, ex: one person can dance with one leg or blind. They will rehearse for five or a bit more minutes and record themselves doing the dance with coordination and following the rhythm. Finally, they will have to upload the video to the Facebook group or send it to facilitators etc.



A5: GRANDPRIX

Station King of jungle

In this case, the group needs to find the way to climb a certain tree (different for every group) to find the clue. They would be given some instructions to find the tree and, in case they don't know the exact type, they can ask someone, search on the internet or in books.

In every station there would be one facilitator to control everything is working and also to check time.

At the end, they will all have to arrive to the starting point where there would be a box that can only be opened using the password they receive in the last station. The first group arriving would be the winner, also checking the time they spent for doing the activity.

Debrief and evaluation:

- How did you feel during the activity?
- What was the most difficult/uncomfortable part of the activity?
- How was cooperation in the group?
- How did you organize the different tasks?
- Would you change something about the way you deal with the activities? Why?
- Have you experienced a similar situation in your daily life?



A5: GRANDPRIX

Additional information:

According to the own context of the school or association, the activity can be adapted depending on the area in which participants will do it.

In each station there would be a person taking care of the process, observing, and solving problems, but not acting. The only station without observer would be the station “paparazzi”, since groups would have to act alone.

Another possibility is to prepare a circuit and make teams wait for their turn, so they can all see other participants doing the same station and cheer they mates, so it would have a more competitive sense.

Finally, since all groups have been practicing the same choreography, we can all do a live performance at the end of the session.

A6: CATCH THE BALL

Aims:

- Space orientation
- Cooperation

Required material: masking tape, 8 soft balls, chalk, outside (inside) playground, tape measure, suitable play wall

Duration: 45'

Group size: minimum 4, maximum 8 persons

Preparation: two facilitators need to go at a particular area (inside or outside) 15 minutes prior the game. They have to assure all resources described above. Also, they need to assure all precautions in case of any injury. They need to assure the playground is clean and tidy, and suitable for people with fewer opportunities as well. 1-2 minutes before the game facilitator should lead the group to already prepared playground.

A6: CATCH THE BALL

Instructions:

Exercise 1 – Outlining and Drawing

Pick up 3 participants, give them masking tape and tape measure. The other participants have to be given masking tape and tape measure for outlining a playground similar to volleyball one. Give the instruction: the first group to measure 2 meters out the wall and to apply a line; the second one will be given instruction to outline two squares 3 by 3 meters by masking tape. When both groups finish their tasks ask them to draw in the same groups symbols of Sun and Star on the ground (by chalk outside, by tape inside). Both facilitators should help participants all the time in the group work to follow the instructions. Accomplish the exercise with hip-hip-hurrah to keep the motivation on a highest level.

In case the group does not consist persons with different abilities give them more complicated task to draw.

Exercise 2 – Catch the ball by pairs

Rope one hand of each participant so that he/she will be able to act with one hand only. Split the participants in 2 groups and let them stay in 2 lines in both squares outlined before. Give them 4 balls and instructions to throw the ball and catch it by pairs. In case the group does not consist persons with different abilities set both teams behind two lines with distance between them of 20-30 m long.

A6: CATCH THE BALL

Exercise 3 – Play Single With Wall

Facilitator gives instructions: All the participants need to stay in line behind the tape in front of the wall. He shows them how to throw the ball to the wall and catch the ball back. Give them instruction if they are right handed to use the other hand (and the opposite). Distribute the balls, one ball per participant. They have to repeat what are they shown.

In case the group does not consist persons with different abilities find out or choose a wall with no plain and smooth surface but consists obstacles (bricks, holes, etc.). ex: football goal keepers train with such walls. Set the line of throwing at 4-5 m far from the wall.

Facilitators stays close to the participants taking care that nobody is discouraged.

Debrief and evaluation:

How did you feel?

Can you connect your feeling in this game with something in real life?

What was the most difficulty part for you?

How did you feel throwing ball on the wall?

Additional information: Both facilitators need to be certified for education of people with fewer opportunities if you are doing the activity with people with different abilities.



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Evolve.

ABOUT AMAZONAS

Amazonas Association was registered in Zagreb in 2004. Our activities are based on the implementation of programs and projects aimed at educating, empowering and improving the quality of life of children, youth and adults in the local community.

Through three areas of work (social support, active and mobile youth and movement and sports) we organize activities aimed at active leisure, volunteering promotion and involvement in the local community, through workshops, education and training.

Using capoeira and sports activities, we implement programs for the development of social skills of children and youth. We are largely focused on social groups at risk and with fewer opportunities. In order to boost our projects, we cooperate with many other associations and public and private institutions both locally and internationally.

You can find more information about us and what we do at **www.amazonas.hr**

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