



# GAIN, GROW & GIVE





# **Sport practices**

**using the methodology of education through sport**

**Developed by participants of the Gain, Grow & Give project**


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## Educational Sport Game Design

<b>Title:</b> Carry the weight	
<b>Theme</b>	Gender equality
<b>Objectives</b>	To show how difficult it can be achieving the same goals with different gender conditions.
<b>Target Group (Group size/Age)</b>	Group size: 20-30 Age: +15
<b>Time</b>	About 15 minutes
<b>Equipments</b>	A glass of water for each team A huge pilates ball Some cones Something to cover the eyes A racket
<b>Description of the activity / Instructions</b>	<p>Firstly we divided the teams by picking a team captain so he can choose his players one by one, without knowing how the game will work.</p> <p><b>FIRST ROUND:</b> We set a line of 4 cones for each team. Each team will get one glass full of water and form a line. Each member has to go around the cones without dropping the water (go and come back to the start point like in the picture below). The winner is the team that finish first without spilling the water.</p>  <p><b>SECOND ROUND:</b> We prepare a raffle with a paper for each team to choose and we assign a role according to the picked paper.</p> <p>The roles are:</p> <ol style="list-style-type: none"> <li>1. pregnant lady: the members of this group have to complete the race while they are carrying the pilates ball in front of them;</li> <li>2. pressure of society: the members of this team have to complete the race while they are carrying another member of their team in front of them or in their back;</li> <li>3. house tasks + professional work balance: the members of this team have to complete the race while they are carrying the glass of water on top of the racket. The players can only grab the racket with one hand;</li> <li>4. emotionless and stiff person: the members of this team have to complete the race while walking very stiffly and slowly, without bending their knees and without showing any facial expression;</li> </ol>

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	<p>5. oppressed women: the members of this team have to complete the race while they have their eyes covered and need to be guided by another member of the team.</p> <p>Every team, regardless of the roles, has to complete the race around the cones with a glass of water (This time the aim is not to arrive first but just to complete the race with the biggest amount of water they can, but the players don't know this).</p>  
<p><b>Tips for the facilitator</b></p>	<p>Explaining what each team has to do, without telling what are the names of the roles and their meanings so that in the end you can discuss with all the players what they thought they meant and what they thought was the message.</p> <p>The message behind the roles are:</p> <ul style="list-style-type: none"> <li>• pregnant lady: discrimination while hiring and mommy track;</li> <li>• pressure of society: the weight of the other person symbolizes the pressure for both men and women (responsibilities, cultural and family expectations). This point is subjective; discuss how everyone feels this pressure in their own lives;</li> <li>• house tasks + professional work balance: it symbolizes the balance that needs to be found between professional life and house life and how some women don't have a lot of support from men and government in some societies;</li> <li>• emotionless and stiff person: researches shows that men are four times more likely to commit suicide than women because society expect them to show strenght instead of expressing their feelings and vulnerabilities ;</li> <li>• oppressed women: this is inspired by the talebans rules for women. It represents how their lives are so hard because they</li> </ul>

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	<p>have to be all covered all the time, they can't be independent or leave the house without a male by their side.</p> <p><b>Final questions for the group:</b></p> <ol style="list-style-type: none"> <li>1. How did you feel about the roles comparing them? Did you feel discriminated?</li> <li>2. Did you feel the differences between the first and the second race?</li> </ol> <p><b>At the end</b></p> <p>Explain the aim of the game in the second round:</p> <ul style="list-style-type: none"> <li>- show that at the end of the day everyone carries their own weight and is still able to complete their tasks;</li> <li>- to bring awareness about gender discrimination all around the world.</li> </ul>
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<b>Title: HIT (Health In Time)</b>	
<b>Theme</b>	Healthy lifestyle
<b>Objectives</b>	<ul style="list-style-type: none"> <li>• To learn the healthy lifestyle;</li> <li>• To combine physical activities with mental practices;</li> <li>• To learn more about a balanced way of daily meals;</li> <li>• To apply the quality and the quantity of food at the same time;</li> <li>• To include people with fewer movement possibilities and of course to enjoy the game at maximum!!!</li> </ul>
<b>Target Group (Group size/Age)</b>	Age: any Group size: minimum 1 Captain & 3-6 players in a team, 2 or 4 teams
<b>Time</b>	30 minutes
<b>Equipments</b>	<ul style="list-style-type: none"> <li>• 1 frisby for goal and 1 soft ball;</li> <li>• 1 small football gate;</li> <li>• Cards with food and calories written on them.</li> </ul>
<b>Description of the activity / Instructions</b>	

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The players have to make 3 balanced meals as breakfast, lunch and dinner. The Captain of the 1st team starts the game by throwing the frisby into the gate in less than 30 seconds. If s/he cannot score within the time, then another 30 seconds is given with calories added to the final meal calories of that team (1 calory per second). When the Captain scores, the game starts by running to get the food cards and sharing them among the team members during running. The other team runs behind the team with cards in order to hit them with the soft ball or frisby. The hit player is out of the game. The other teammates continue to select the food to make each meal respecting the amount of required calories. In total, each team has 2 minutes to make each meal. If all the team members get hit before completing the task, they lose. Then the teams change their positions in order to get the opportunity to prepare the meal. The winner team is the one who prepares the most balanced meal (proteins, carbohydrates, fat, vitamins, and minerals) with the closest amount of calories to the required one.

The winners from the breakfast and lunch competetions continue to compete for the final round of dinner.

Breakfast: 350 calories are required for a balanced meal (the cards show the food name, its quantity and its calory).

Lunch: 550 calories are required for a balanced meal (the cards show the food name, its quantity and its calory).

Dinner: 550 calories are required for a balanced meal (the cards show only the food name and quantity). The teams need to guess the calory for each food.

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### Tips for the facilitator

- You can print the cards in advance instead of doing manually;
- You can use different cuisines and diet requirements;
- You can share the rules in advance with the divided groups;
- As it is an outdoor activity, you should pick a sunny nice day to play it on a grass ground.
- Optional: You can transform this game into an indoor activity by adjusting the time and space suiting to the available conditions.

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<b>Title: Biathlon for Inclusion</b>	
<b>Theme</b>	Inclusion / Awareness for others disabilities
<b>Objectives</b>	<ul style="list-style-type: none"> <li>- Include everyone regardless of disabilities</li> <li>- To raise awareness to this matter</li> <li>- Team-building</li> </ul>
<b>Target Group (Group size/Age)</b>	8-60 years old People without disabilities Recommendation : 20 players
<b>Time</b>	30'
<b>Equipments</b>	<ul style="list-style-type: none"> <li>- Cones</li> <li>- Chairs</li> <li>- Tails</li> <li>- Blind fold</li> <li>- Ball</li> <li>- Yoga Mat</li> <li>- Golley</li> </ul>
<b>Description of the activity / Instructions</b>	<p><b>FIRST</b></p> <p>Human Chess for blind people (blind folded) with guides and including people in wheelchairs.</p> <p>Two teams, some players have tails and when they confront each other and the guide says “Start” they try to catch the opponents’ tail and take it to the other side of the field.</p> <p>The wheelchair people are neutral players, stay in the middle and can catch anyone’s tails so other players can take it to the other side.</p> <ul style="list-style-type: none"> <li>- Rules for Human Chess – divide two teams, make them stand in opposite lines, only one player plays at a time, only one step at a time, no steps backwards.</li> <li>- Every time a player plays they should shout “WEE”.</li> <li>- Score – the number of tails you have on the opposite side.</li> <li>- The Game only finishes when both all the tails and all the blind folded people get to the opposite side.</li> <li>- Each team can only speak when it’s their turn to play.</li> <li>- If teams don’t respect the rules or take too long to play, they loose their turn.</li> </ul> <p><b>SECOND</b></p> <p>Build and obstacle course where a wheelchair person has to guide a blind person through it, divided in four smaller paths.</p> <p>At the end of each small course a guide wil give the ball to the blind player and we will pass it to his partner to complete a task</p>



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in order to go to the next course. Players get one point for the pass and one point for completing the proposed task.

Examples of Tasks:

- Throw a ball to a basket;
- Hit a cone with a ball;
- Hit several cones with a ball (like bowling);
- Hit a ball to make it move;
- With a golley: score a goal, hit the cross bar,...

### QUESTIONS:

After the games you can make a small briefing asking the players how each of them felt in their role: important? Included? Excluded? Left behind? Active?

Ask what they thought was the point of the game in order to see if you completed the objectives proposed by the game.



### Tips for the facilitator

#### FIRST

- Prepare the field with cones so the players stand in a line behind them;
- Remind the players to not forget their teammates, especially the blind ones who could stay behind;
- Don't play this game with actual blind people;
- Count the seconds so each team doesn't take too long to play;
- Try to keep order so it's not too noisy and confusing;
- keep in mind that if a blind player is going to play they need more time to be guided;
- Make the players change roles to feel everyone's difficulties.

If you have more than 30 min, you can play the game a second time with different rules, like, only the blind players can catch the tails, to make it more inclusive and to give more importance to their role.

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	<p><b>SECOND</b>          Make the obstacle path in yoga mats and tell the players to be barefoot to promote different sensations.</p>
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<b>Title:</b> EUREKA	
<b>Theme</b>	Strategic thinking
<b>Objectives</b>	<p>→To enhance the ability to decision-making and problem solving</p> <p>→To develop the ability to deal with uncertainty</p> <p>→To develop the ability of cooperation</p> <p>→To empower the ability of thinking outside of the box</p>
<b>Target Group (Group size/Age)</b>	<p>→18-35 years old</p> <p>→20 people</p>
<b>Time</b>	→30 minuts play and 15 minuts briefing
<b>Equipments</b>	<p>→4 sets of 10 cards of different sign</p> <p>→4 card for the role of each team (NGO's, Governament, Business man and Poor)</p>
<b>Description of the activity / Instructions</b>	<p>About the process:</p> <ol style="list-style-type: none"> <li>1. The teams are separated in 5 people each, each player cannot play twice until all the players play;</li> <li>2. The trainer distributes cards to the 4 teams as below:             <ul style="list-style-type: none"> <li>→ Team government : 1 sun, 1 thunder, 1 flower, 1 wave, 2 hearts, 1 smile, 3 stars;</li> <li>→ Team business: 1 sun, 1 thunder, 1 flower, 1 wave, 2 moons, 3 smiles, 1 star;</li> </ul> </li> </ol>

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	<ul style="list-style-type: none"> <li>➔ Team NGO: 1 sun, 1 thunder, 1 flower, 1 wave, 2 hearts, 1 cloud, 3 trees;</li> <li>➔ Team poor: 1 sun, 1 thunder, 1 flower, 1 wave, 2 moons, 3 clouds, 1 tree.</li> </ul> <p>3. Each team will have 2 minutes for the players to memorize their cards (because they won't be able to see them while negotiating) decide who talks first and discuss (e.g any strategy);</p> <p>4. The team government cannot talk with the team poor and the business with the team NGO cannot talk also. So we will have 4 combinations: Gov-NGO, Gov-Bus, Poor-NGO, Bus-Poor;</p> <p>5. The trainer will give 1 minute for the team to negotiate. First: government with NGO and business with poor. Then government with business and poor with NGO (then the same again, back to first);</p> <p>6. After the 1 min each team will have 30 seconds for internal discussion before the exchange;</p> <p style="text-align: center;">About the negotiation:</p> <p>1. Each player from each team can say what cards they have BUT not those they have for exchange. The players need to exchange as many cards as they can in order for their team to win. If the time finishes (1 minute) they need to stop. No matter if they manage to exchange any card;</p> <p>2. The team who completes the 10 different cards, they have to shout EUREKA to be the winners.</p>
<p><b>Tips for the facilitator</b></p>	<ul style="list-style-type: none"> <li>1. If you want to level up the game you can ask the participants, instead of sharing the signs they have by saying it, to only be able to describe it/ to do sign language/ the other team to ask questions and they can answer only with yes or no.</li> <li>2. While negotiating, participants can do a plank, squat etc, or you can place groups far from each other, so they have to sprint run the the negotiating place.</li> </ul>

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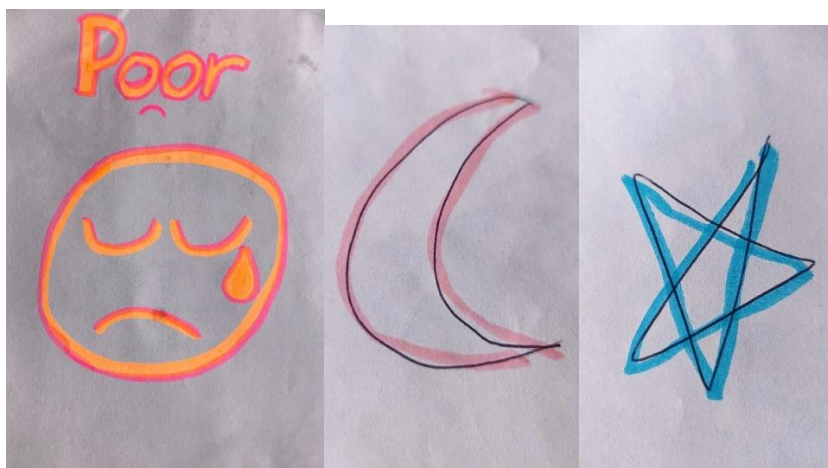
### Resources for the game

→4 card for the role of each team (NGO's, Government, Business man and Poor)

→4 sets of 10 cards of different sign



## Educational Sport Game Design



<b>Title:</b> Clean the earth	
<b>Theme</b>	Sustainable Development
<b>Objectives</b>	To raise awareness about environment protection
<b>Target Group (Group size/Age)</b>	Group size: 20-30 Age: 6-16
<b>Time</b>	60 minutes
<b>Equipments</b>	Trashbag Point table Clippers (for the trash)

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<b>Description of the activity / Instructions</b>	<p>Go outside into the nature. Divide the group into teams of 4 people. Give every team a trashbag, clippers and the point table. Explain the point table. Point table:</p> <ul style="list-style-type: none"><li>• Recyclable waste (10 points)</li><li>• Organic waste (20 points)</li><li>• Liquid waste (30 points)</li><li>• Solid waste (40 points)</li><li>• Hazardous waste (50 points)</li></ul> <p>1. Liquid waste Liquid waste refers to all grease, oil, sludges, wash water, waste detergents and dirty water that have been thrown away. They are hazardous and poisonous to our environment and are found in industries as well as households. Wastewater, as it is often called, is any waste that exists in liquid form.</p> <p>2. Solid Waste Solid waste is any garbage, sludge, and refuse found in industrial and commercial locations.</p> <p>3. Organic Waste Organic waste refers to rotten meat, garden and food waste. This type of rubbish is commonly found in homes. With time, they decompose and turn into manure by the action of microorganisms on them. But be careful; you should not dispose of them anywhere you like.</p> <p>4. Recyclable Waste All discarded items like metals, furniture, organic waste that can be recycled fall under this category. Not all items are recyclable, so you have to be careful when putting things into the recycle bin. If you are not sure whether an item is recyclable or not, then check the item's packaging.</p> <p>5. Hazardous Waste Hazardous waste includes flammable, corrosive, toxic and reactive materials. In a nutshell, they are wastes that pose a significant or potential threat to our environment.</p> <p>6. Recyclable materials include many kinds of glass, paper, cardboard, metal, plastic, tires, textiles, batteries, and electronics. The composting and other reuse of biodegradable waste—such as food and garden waste—is also a form of recycling.</p>
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Every team has 30 minutes to collect as many trash from the surrounding area into their trashbag as possible.

Each team has to get back on time, otherwise they will get minus points.

The team who collected the most trash and who has the most points, win the game.

Debriefing:

Questions to ask for the participants:

- Were you surprised on the amount of trash you found in the nature?
- What is your everyday act that you think pollutes nature the most?
- What is your everyday act that you think supports the protection of the environment?
- What could you do, to protect nature more?



## Educational Sport Game Design





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