

SPORTS FOR SOCIAL INCLUSION

A PRACTICAL BOOKLET WITH GAMES AND ACTIVITIES

NOW YOU PLAY

ARE YOU READY?

INCLUSION

SPORTS



Move 
POD'UR MUNDO MELHOR



Co-funded by the
Erasmus+ Programme
of the European Union



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EUROPOEM

by Rebeka Kupihár, 17, from
Hungary.

Europe is not a continent,
It has no specific border,
Just hold hands tight
Don't let it get any colder.

Europe is in you,
Europe is in me,
If you have no hands to hold,
You cannot be free.

Guys, we've just met,
But this is the relation,
Which can change
Every country and nation.

I'm sorry if
It's weird or strange,
But we are here,
To make that fucking change.

Everybody just speaks
And never moves the things,
We are the generation
Which has the right wings,

To fly, fly, fly,
High above the border,
You'll get hurt,
I'll give you the shoulder.

I may be scared,
You'll stand behind my back.
We don't need anything
In Europe's rucksack,

But happiness, love
Service and care,
I accept your thoughts
And what you wear.

'Cause Europe's not a
continent,
It has no specific border,
Just hold hands tight
Don't let it get any colder.

Europe is in you,
Europe is in me.
Just stay together,
What happens? We will see.

This poem was written during the
NYP Youth Exchange.

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INTRO: WHAT IS THIS?

A guide. A repository. A helpful source of ideas, strategies and practical methods to promote social inclusion through sports, empowering youngsters to become active social players.



THE PROJECT: NOW YOU(TH) PLAY

Using sport as a valuable and active tool to promote social and community inclusion along with physical and mental health, we employed non-formal and informal education and peer-learning to enhance European cooperation in the youth sector.



In partnership with STEP - Society for territorial progress (SK), Sisak Youth Associations (HR), EuroDEMOS (RO), and ISAB (HU), Move.T+ (PT) implemented 100+ hours of activities, including discussions, contacts with underprivileged groups, sport activities, thematic labs and workshops, providing participants with social and integrative skills while raising awareness on tolerance, multiculturalism, and promoting initiative and youth entrepreneurship to fight exclusion.



ENERGIZERS



“Say the Name Faster”¹

Group members sit or stand in a circle. One person stands in the centre. Somebody has to say the name of another person and the one who is standing in the centre has to touch the person whose name has been said. The person whose name has been said must say another person’s name before she/he is touched. Anyone who does not manage to do this in time or makes a mistake has to go to the centre of the circle.

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“Human knot”

Participants have to stand in a close circle with their backs facing the centre. They have to raise their hands up and slightly lean them backwards. Then, without looking and totally by chance, they have to reach for someone else’s hands, keep them tight and, finally, try to disentangle it all to have everyone standing in a circle.

¹ Adapted from the Handbook For People Working With Youth Groups, Ž.Gailius, A. Malinauskas, D. Petkauskas, L. Ragauskas.

“Shrinking ring”

A circle is made using a string and the task for the group is to get into the circle. After some time, the circle is narrowed every time leaving less standing space. The aim of the group is to be able to stand in a circle which is as small as possible.

“Hungarian-made pizza”

The group forms a circle, with each person facing the back of the one immediately on the right. Following the instructions of the activity’s leader, each person will “cook” a pizza on another person’s back. The leader should be creative and introduce “ingredients” and “instructions” that allow different massage-like movements.

SPORTS



General considerations

The essential focus of these sport dynamics is to explain the group that to successfully complete the tasks everyone must work together as a team. Co-operation is much more important than competition. Even though the competitive element may be present to enhance engagement, the group should understand that to succeed across all activities, each person's skills are essential to face different types of challenges.

No one can be excluded or marginalised during the activities due to a lack of physical capacity or intellectual limitation. On contrary, if such a situation exists, this person should receive special attention and further support from the group.

The dynamics presented here can be used in an Olympic-styled fashion, combining a series of different activities together. It is essential to always ensure the exercise leader or an assistant is close by to offer support if the group does not understand how to do a task or any kind of problem or conflict arises.

As some of the tasks are intended to stimulate creativity and adaptive skills, when applicable, the group should not be told what to do but, instead, allowed to solve the problem by itself. All the tasks and challenges must be adjusted to suit the participants' age range, ensuring they are not too childish for older groups nor too advanced for younger groups.

Orienteering game



Based on orienteering dynamics and related games described elsewhere, in this outdoor activity a route is defined around a wide area (e.g. a park or a small wood) and marked through a series of instructions placed at strategic places along the route (checkpoints), containing the direction as a value in degrees and the distance in meters. After given compasses and some distance-estimation techniques (each person should be taught how to make an approximate estimation of 10 meters based on step counting), participants follow the route together as a group, completing some challenges while moving on to the next stage. The aim is to walk the entire route and successfully complete all the tasks.

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Examples of challenges:

- The group chooses one person as leader. The others pretend to be blind and the leader has to help them reach the next checkpoint.
- One person in the group pretends to have broken his/her leg. The others in the group must safely carry this person.

 1-2 hours, depending on the challenges. Adjustable as necessary for young children or young adults.

 4-6 per group

 The activity is ideal for a park with a wide with some trees and other natural barriers. One orienteering compass per group is needed as well as paper and pens to mark the route and to write the challenges.

The Slovakian Ring of Fire



The group forms a circle in which participants place his/her own legs 50cm apart with the left foot touching right foot of the person immediately on the left and the right foot touching the left foot of the person immediately on the right.

When appropriately positioned, a ball is introduced in the circle and each participant must block it from passing through his/her legs, touching the ball with open hands and trying to make it pass through the other participants.

When the ball passes through a participant's leg, this element abandons the circle, which readjust accordingly. The two last participants remaining in the circle are the winners.

Alternatively, participants can remain in the circle, and after a pre-established period, the winner is determined by the least number of ball passages through the legs.



Dependent on the group size and rules agreed. Adjustable as necessary for young children or young adults.



6-15 per group



The activity can be performed both indoors and outdoors and only requires a ball (e.g. volleyball ball).

Croatian Hunters



In this very simple and fun adaptation from the common hunting game the group is organised in pairs. Everyone has to choose a partner and tie his/her leg to the partner's opposite one. One pair is designated as the hunter and must touch another one, which also becomes a hunter. These two pairs of hunters must now "catch" all the other pairs. Once touched, the hunted pairs abandon the game area and the last pair standing wins.

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Dependent on the group size and rules agreed.



A minimum of 10 people is needed. The maximum depends on the area to avoid an overcrowded "arena".



A pre-established area, indoors or outdoors. Small pieces of rope or tissue to tie participants' legs.

The Romanian Dodgeball



Players on two teams try to throw balls at each other while avoiding being hit themselves. The group of players is divided into two teams with equal number of players. To start the game one player from each team contests for the ball. Once the game has begun, players throw balls at elements of the opposing team in an attempt to exclude their players. If a player catches a ball thrown by the opposing team on the full, then the player who threw the ball is eliminated.

 Variable. The game finishes once all the players on one team are eliminated.

 Minimum 4.

 A soft ball. The ball is always played with the hands.

The Portuguese Handkerchief



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Participants are divided in two identical groups. Each group lines-up facing the other with about 10-15m between them. Each person receives a number from 1 to the total size of the group. For instance, if each group has 10 elements, both groups have participants numbered from 1 to 10.

A referee stands in the middle line between the groups, holding a tissue (any small piece of cloth). In each round, the referee calls out a number and the corresponding participants must reach the tissue and bring it back to the baseline on to the opponent's baseline without being touched by the direct opponent (the person from the opponent team sharing the same number). Once a participant has the tissue in his/her hands, the direct opponent must touch the person before he/she reaches one of the baselines.

In case the opponent touches the person, the corresponding team wins 1 point. If the person who first reaches the tissue manages to return to his/her own baseline, the corresponding group wins 1 point. If this person manages to reach the opponent baseline, the corresponding team wins 2 points. After pre-defined period of time or number of rounds, the group with the highest score wins. The referee can be creative and call two numbers at the same time or create rules such as walking/running in a single foot.

 Dependent on the group size and rules agreed.

 3-10 per group

 Indoors or outdoors. Only requires a small piece of cloth.

Quoits



The aim of the game is to throw a disc to knock down a pin. The pins are located on one side of the field, with about 15 meters apart from each other. Each team is positioned in front of each pin. The main aim of the game is to throw the disc to knock the pins down, or leave it as close as possible to them. Each time the pin gets knocked down, the player scores 6 points, and 3 extra points are given to the disc closest to the pin. The game involves three parts and each part ends whenever one team scores 30 points. It takes three games to finish a game and the winning team must win two games (scoring 60 points).

 30min. – 1h.

 At least by 2 teams and each team should have at least 2 players (maximum 5).

 Played on a ground of about 20 meters long, with a metal /wooden disc (quoit) – an “iron cookie” about 7 centimetres thick and 12 centimetres in diameter and two pins (hobs) – made of wood, about 15 centimetres high and 6 centimetres in diameter, sharpened at the top.

Sack Racing



In this racing game runners hop with both legs inside a sack. Each player places both legs into the sack and hops to a marked point set by the jury. The one that first arrives to the finishing line wins the game.

Materials:

 5-10min.

 Minimum two.

 Burlap sack (must be in good condition).



Blind football

Using a “sound-making” ball, the “standard” football rules are adapted as required to make the game suitable for the participants’ limitations and age, including modifications to the field of play, equipment, numbers of players, etc.

Sitting volleyball

In sitting volleyball, the net is set at about 0.75-1.25 meters high, depending on participants’ age. The court is delimited in accordance. Players must have at least one buttock in contact with the floor whenever they make contact with the ball. All the other “standard” rule apply with adaptation whenever needed.

Freezing dance

Participants must learn a “regular” dance choreography but they are allowed to move only a part of the body while performing. For instance, they cannot move their upper body or they must be seated while performing.

OTHER GAMES



Debates

Distributed in groups, participants should play pre-defined roles as defenders or antagonists of a given position/statement. Two groups at a time “confront” each other from opposite points of view. Employing a sportive mindset, after a period of time to prepare the debate in groups, each participant has pre-established, limited time to intervene and can only speak after receiving the ball, which should circulate between the debaters. Each participant has the right to intervene once, for two minutes long. After intervening, the participant passes the ball to another one from the opponent team. Each group is given two extra minutes for final arguments and concluding remarks.

The audience (all the other participants) vote to choose the winner according to the quality and validity of the arguments presented.

 About 45 minutes.

 5-30.

 Paper sheets. Writing materials.

Find Europe



Every participant has to “find Europe”. Two methodologies can be employed:

1. They can look everywhere but talking is forbidden. Every finding, doubt or question should be portrayed on the sheet. Participants can respond to each other’s drawings or sentences.
2. Participants can be provided with some data from the European Youth Report and discuss the topic in groups.

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After the time is up all participants/groups are asked whether they could find Europe and should answer with their own reflections or use paper sheets to say where they see Europe.

The task can be performed outdoors. Participants look for Europe individually or in small groups. After returning participants present their discoveries in a common circle. The ideas can be written down, drawn or depicted with symbols. Participants can bring natural objects or make a sculpture representing Europe, etc. All European topics are valid and the ultimate goal is to openly discuss the European citizenship, strengthening the European Union foundations.

 About 45 minutes.

 5-30.

 Paper sheets. Writing materials in different colours.

CONCLUDING REMARKS



Sport is one of the most valuable tools to work with young people, promote social inclusion and engage people in cooperative dynamics. Its plasticity and adaptability allows for creativity and easy adaptation to specific audiences or contexts.

In every activity, the competitive aspect should be addressed in advance with participants to reinforce the value of fair-play and the key role of teamwork.

Finally, sport activities can be employed to raise awareness about the EU and promote our common values of tolerance, respect, democracy and freedom.



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