

sports&games

**building character
through play**



Growing a generation
with values

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Children and young people love playing. Sport and games have the ability to teach powerful life lessons. Imagine how a sports and games program might provide wonderful opportunities for teaching important lessons in a fun and active environment.

This booklet outlines ideas in how to create your own sports and games program to help build character, explore positive values and grow a caring community amongst your children and families.

It might be for one day or many weeks. This booklet is a helpful toolkit to help you on your way.

sports&games around the world

Many people are using sports and games in wonderfully positive ways around the world ...



**After natural
disasters**



**In local
parks**



**In holiday
camps**



**In local
schools**



**During seasonal
celebrations**



**In refugee
camps**



During worldwide sports
championship



In communities
and villages



As a sports
competition



In busy urban
communities



In the desert



In the jungle

Build your own
sports&games ...

The Parts of the Program

If you can make the following things happen, you can do a **sports&games** Value Program! You plan it for your setting:

1. Gather children and/or families	Gather some children , create a safe place, make them feel special and love.
2. Play fun games	Play some fun games together to make it fun for the children and grow friendships.
3. Play discovery learning games	Play a Discovery Game to discover some key Values together.
4. Add some interesting activities	Be interesting in activities you add - stories, action songs etc.
5. Discuss in small groups	Meet and discuss/ debrief in small groups , so every child can talk and be known.
6. Add options	Then add sport , caring projects and creative activities .

Build Your Own

The **sports&games** programs are flexible and can be conducted according to the needs of every city and community. Individuals could adapt the program for their own needs.

A good program to use for **sports&games** is the starter curriculum – A BETTER ME! This is one example, though you may like to create your own program.

Why not create your own program using your chosen values, discovery games, stories, and fun games depending on your context?



sports&games could be a well-organised event that's been in planning for 3 to 6 months OR it could be a pop up event – where you plan and execute it immediately.

1. Imagine and think

Talk, listen and dream together

Gather a group of key people from your context to talk together about your **sports&games** strategy.

Think kids

Think how important children are.

Think about what role children will play in your nation in the coming years. How can you prepare them now?

Think play

Think about how play can be a powerful tool for learning positive values in children, teens and adults.

Think character

Think about how important it is that children develop positive values and build character from an early age.

Think together

The shape of any plan and the activities you include will depend on your culture, community, facilities, available resources ... and more.

These questions are important:

Who?	Who are the children we are trying to reach? Can we include children of all-abilities?
Where?	Where are the children in our community? Where is the best place to connect with them?
Why?	Why would they come? Why would they want to meet together?
What?	What are some of the needs of these children? What activities would attract them? What would not? What model will be most effective? What restrictions could influence your planning? What are your goals?
How?	How do we best engage with children - all of them together?
When?	When is the best time? What factors influence this decision?
Who else?	Who could we partner with or encourage to also get involved?

2. Start Planning

*Design your own **sports&games***

Form a team to work out your plan from the ideas and strategies discussed in Step 1. This team will oversee the development of your **sports&games**.

Make these decisions:

Logistics	When will we run Sports & Games? Where can we hold it? <i>(Park, street, school)</i> What do we need? <i>(Equipment, food, nothing)</i> How long should it be? <i>(2 hours, ½ day, weekend, 5days)</i>
Priorities	What is important to remember at all times? <i>See page 11</i>
Activities	What you will do in your sports&games ? <i>See page 12</i>
Volunteers	Who do you need to turn your plan into a reality? <i>See p 21</i>
What's next?	What happens next? <i>See p 26</i>

3. Remember these priorities

Ensure children are safe

Ensure that the policies of your country and your setting are followed. The safety of children is a priority at all times.

Involve all abilities

Ensure that people with differing levels of ability and disability can fully participate.

Be inclusive

Ensure that all you do is respectful of people of all ages and from different family contexts.

Be sensitive to culture

Ensure that specific cultural factors are explored and respected in all your planning.

Model positive values

Remember, how you model the values in your life and leadership will have a big effect on children.



4. Create an outline

There are many ways to create your program, here's one idea based around three simple parts:

- 1. Building a caring community
- 2. Enabling active discovery learning
- 3. Optional action-orientated activities

Build a caring community	1	Welcome Activity
	2	Fun Sports Character
	3	Physical Stretches
	4	Fun Game 1
	5	Fun Game 2
Active Discovery Learning	6	Experiential Games
	7	Interview an Athlete
	8	Small Group Time
Put it into action	9	Closing Game
	Electives	Sports Coaching Sessions
		Creative Activities
		Caring Project

Build a caring community

sports&games is about bringing together children of all-abilities, young leaders and adults in a fun and active time to learn more about living with positive values.

Welcoming community

Create a caring and welcoming atmosphere and help everyone feel like they belong. Think about:

- **Atmosphere:** Include color (balloons, flags, etc.) and music.
- **Team:** Volunteers with smiles and warmth.
- **Ceremony:** Maybe include an energetic, musical and fun opening event.
- **Activity:** As children arrive, plan activities they can join in until others come.
- **Breaks:** Consider some simple food and drinks.
- **Ending:** Create a good finish that celebrates the time together and announces any future plans.



Fun Sports Character

A great way of making your time fun and engaging is to have one or more of your leaders dressed in bright sports clothes and being a character who helps make it fun for the children and helps with activities of the day. *Some ideas might be: Roger Run A Lot; Jenny Jumper; Dina Dance; etc.*

Physical Stretches

One of your leaders could run some physical warm ups. If you can, play music and/or do actions to a song.

Fun Games

Each day of sports&games should include some fun and well-chosen games that involve all the children. If you are including children with all-abilities, think of games that let all the children play together.



Use discovery learning

sports&games discovery learning is about learning in creative and active ways.

Discovering together through games

We learn best when we explore, experience, create, discover, relate to and interact with the people around us. Playing creates atmosphere and adds fun. Let the learning be clear and effective as this will be in the hearts of the children forever.

Discovery games follow a simple pattern that can be very short (a few minutes) or longer (20-30 mins):

- **Play** a discovery game – be curious and observe what happens.
- **Ask** some good reflective questions – bring out feelings, experiences and what they learned.
- **Weave** the answers into the value you want the children to discover – keep it simple, short and memorable.
- **Explore** what the application and meaning might be to their lives.

Other Active Discovery Methods

In addition to the discovery games, you might choose to tell stories or present messages in active and creative ways:

- Present a drama
- Have the children act out a story
- Make up actions for a story
- Tell a story with sound effects and /or objects
- Learn a good quote
- Do an interview or personal story
- Draw a story onto a flip chart



Small groups

A key part of the Discovery time is done in small groups. It enables deeper personal relationships while helping reinforce the values you are learning. Good facilitation is important. Observe and listen actively to your children.

Ask powerful questions: Asking powerful questions is a radical way to move people's thinking. It helps them to own their ideas.

- Closed questions seek one answer. *What is your favourite sport?*
- Open-ended questions allow many answers and invite discussion. *Why do you like football?*
- Follow-on questions probe deeper to develop understanding. *How does that make you feel? Why did you say that?*

Look for the 'Ah-ha' moments: We value something more when we learn it for ourselves.



Put it into action

*The third part of a **sports&games** program is made up of activities the children like to do.*

It is about children being active with their bodies, minds and hearts. You could include:

- A fun closing game with everyone
- Competitive sports and/or coaching
- Kids caring project
- Creative electives

Competitive Sport and Coaching

You could run a sports competition and involve helpers to coach your children in a particular sport.



Kids' caring

Around the world, one of the most powerful parts of a **sports&games** program has been children doing a caring project together. It could involve:

- Visiting old people or kids in hospital
- Planting trees
- Painting a building to help someone
- Cleaning the streets
- Collecting things that people need
- Doing a recycling project
- Doing a special compassionate trip
- Cooking for homeless people



Creative workshops

You could offer creative electives for the children to choose to do. **sports&games** in various places have tried many ideas: drama, dance, painting, video making, Lego competitions, cooking, gardening, playing music, chess, face painting, craft, etc.



5. Preparation

Get everything ready

Team

Build your team of volunteers.

- Look at your program and decide on team roles e.g. welcoming, games, small group facilitator, first aid, program coordinator, etc
- Consider the specific skills needed
- Invite people to join the team
- Organise appropriate training

Preparation schedule

List tasks that need to be completed and when. This includes before and after your event:

- Book your location
- Check with local authorities
- Dates for training and team meetings
- Advertising dates
- Follow up process

What's Next?

How will you continue to follow up on what has been done in your ***sports&games?***

Promotion

How will you let people know what you are doing?

- Choose appropriate methods according to your context: Banners, social media, printed materials, word of mouth ...
- Keep advertising simple while still giving all the relevant information.

Budget

How will you cover any costs?

- Are finances required?
- If so, create a simple budget listing expenses and possible sources of income.
- If there are costs, be creative in exploring ways to meet them e.g. food donations, event charges, support from partners, sponsorship, participants bring their own.

Food and drinks

Sharing food together builds a sense of community

- Bring your own or provide it?
- Consider any food allergies or dietary needs.
- Ensure adequate supply of drinking water.
- Confirm toilets are available.

6. Implementation

Make it happen ... Top 10 tips

- 1. Gather** the team before you start to remind them of the purpose and pray together.
- 2. Care** for your volunteers and ensure they have all the resources they need.
- 3. Ensure** all volunteers know what is happening and when.
- 4. Make** sure the team leader knows the flow of activities and can answer questions and make decisions.
- 5. Start** well and finish well.



6. Encourage the team to reflect a caring attitude at all times, to each other and to participants.

7. Be flexible enough to adapt where necessary to: the weather, response from participants, size and composition of the crowd ...

8. Ensure those speaking can be seen and heard. For larger crowds you may need a Public Address (PA) system.

9. Wear something to identify team members *e.g. t-shirt, sticker, cap, bandana ...*

10. Remember the beginning of your **sports&games** can feel messy. Stay flexible, hold on and wait for things to flow.

Have fun...



7. Evaluation

10 questions to help you to reflect

1. What went well?
2. What could have been improved?
3. What surprised us?
4. What was our biggest challenge?
5. What lessons did we learn?
6. What would we do differently next time?
7. What stories can we share?
8. Did we achieve our purpose?
9. Did all of our activities reflect our priorities?
10. How did we work as a team?

The answers to these questions will help you grow as a team, strengthen your **sports&games** strategy, and shape your next steps.

Remember your Follow Up...

8. Next Steps

What will you do next?

Ideally, your **sports&games** should not be a one-off activity. Lessons learnt and relationships established can be used to develop and strengthen your **sports&games** strategy.

Your evaluation may lead you to:

- **Repeat & Improve:** put all you have learnt into action.
- **Repeat & Expand:** seek new partners from your community to work alongside you to repeat and expand your activity.
- **Repeat & Multiply:** Invite people from other contexts to come and see your next activity so as to multiply the strategy. Or take a team to a new location for a **sports&games**.
- **Innovate:** Do something completely different.



