



"Sport connects you(th)"

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About the project

Sport is a lot more than just physical activity. Sport can help young people develop healthy lifestyles, additionally, it can teach valuable life skills, help with an individual's personal development process and can serve as a tool for social inclusion of different groups in society. Sport methods and outdoor activities can help youngsters in this target group to develop a wide range of social skills. We strongly believe that sport as a common language, that can be used in this direction to integrate in the society and to promote together with the education that can bring, the values of tolerance, freedom, fair play, respect and many more. Sport is useful tool for breaking stereotypes (facilitating the process of integration of immigrants and minorities in the society), promoting mutual understanding and inter-cultural dialogue (use sport as an universal language) and facilitating the process of social inclusion. The overall aim of the project is to gather together young people from European countries and to show them the possibilities of youth integration through sports.

Main objectives:

- To create tools which will serve for youth with fewer opportunities inclusion through sport activities;
- To enable youth leaders and organizations to engage in a more active, professional and consequential youth action practice;
- To equip youth workers from 7 countries with knowledge and skills on how to use sports and physical activity as tools for increasing active participation and inclusion of young people, with a special focus on those with fewer opportunities;
- To raise participants knowledge and gain new experiences on sport and outdoor activities as tools of social integration and education.

Goals and countries

PROMOTE SOCIAL INCLUSION THROUGH SPORT

EDUCATION THROUGH SPORT (ETS)

HEALTHY AND ACTIVE LIFESTYLE

EQUIPPING YOUTH WORKERS WITH NEW METHODS

LITHUANIA
PORTUGAL
POLAND
GREECE
SPAIN
SERBIA
ITALY



Project Coordinator

Since 2017, Mano Europa is delivering youth focused activities for those who wish to continue personal and professional development through life-long learning educational programmes. Main mission is to provide youth with opportunities and innovative resources, to create and support a network of youngsters from different backgrounds (including youth with fewer opportunities, or NEETs) and to help them develop their full potential in personal and professional life.

Mano Europa team has many years of experience working with vulnerable groups and coordinating various activities, including Education Through Sports.

Organisations involved

- Asociación "Eo, Eo" (Spain)
- Beyond Borders ETS (Italy)
- FAJUB - Federação das Associações Juvenis de Braga (Portugal)
- KOSARKASKI SAVEZ GRADA NISA (Serbia)
- United Societies of Balkans (Greece)
- Regionalne Centrum Wolontariatu (Poland)

A Message from youth workers which are using sport as a tool for social inclusion of youngsters

"Sport is a powerful and positive force to connect individuals from different countries and backgrounds. Sport plays an important role in helping people of all ages maintain a high level of overall health and well-being."





Moveless basketball

NATALIA, CHRIS, PARASKEVI, INES, NIKO



Description of the game

The object of basketball is to throw the ball (basketball) into a hoop to score points. The game is played out on a rectangular court and depending on which section of court you successfully throw a ball into the basket will depend on how many points are scored. The ball can be moved around only by passing the ball. At the end of the game the team with the most points is declared the winner.

The positions are broken up into Point Guard, Defensive Guard, Center, Offensive forward and Defensive Forward. Each player will then take up a position on the court but are not allowed to move around as they please.

Before the start of the game, players have 3 minutes to find a strategy and place themselves in the positions.

In order to shoot the shot they have to pass the ball to every player of their team (everyone needs to touch the ball at least once).

After every offense they have to change their positions.

Preparation: if you are not playing in a basketball field, limit the area with tape and to score you can use 2 baskets/buckets.

Rules: the same rules of basketball apply to this game but the exception is that the players can not move from their place, they can only lift one foot the other needs to be on the ground all the time (if they move it's considered as a fault).

Unique element: the players can not move from their place and they have to find a strategy to work together as a team so they can achieve the final aim.

Questions for reflection:

- How did you feel having limited movements?
- Was it easy to work as a team to achieve the aim?

Equipment

BASKETBALL BALL
2 BASKETS
TAPE

Number and age of players

10-20 PEOPLE
10+ YEARS OLD

Duration

30 MINUTES

Roles

ONE REFEREE



Mini baseball

RICCARDO, ANDREA, DANIELA, SOFIA, SALVADOR



Description of the game

Team 1 (all players) is in the Base 1, a player from the Team 2 throws the ball and the player from Team 1 has to beat the ball as far as possible. The game begins when the ball is touched by the player from the Team 1 and players of Team 1 (except the one which beats the ball) must run towards base 2, 3 and 4 (reaching base one after another). Players from Team 2 has to take/catch the ball and try to catch players by throwing a ball while members of Team 1 are running outside basis (from Base 1 to Base 2, then from Base 2 to Base 3 and so on) in order to become internal team (Team 1) because you can collect points only by being a Team 1.

When a player from Team 2 catches the ball he can also block the game saying "block", this could be useful to elaborate a strategy. If the player from Team 2 says "block" and the players from Team 1 were running from one base to other the referees has to decide which was base closer to that player from the Team 1 (for example, player was closer to the Base 2 than Base 3, so he has to come back to Base 2).

The game restarts from the same point by beater and pitcher.

Preparation: separate the group in 2 teams: one team inside bases, one team outside. Create 4 bases in the angles of the field. If there are people with problems in running their role can be referee.

Rules: people of the "inside team" have to run through the basis, when a person completes the round (circle) gains 1 point. People from the "outside team" has to touch people running outside basis with the ball to have the possibility to become "inside team" and gain points.

One player can complete as much circles as he/she wants.

Questions for reflection:

- Was it easy for you to play as a team?
- How can you improve your strategy?
- Did you changed the roles?
- What was the most challenging?

Equipment

1 SOFT BALL

Number and age of players

AT LEAST 20 PEOPLE
10+ YEARS OLD

Duration

1 HOUR OR MORE

Roles

TWO TEAMS WITH THE SAME AMOUNT OF PLAYERS;
4 REFEREES (ONE ON EACH SIDE OF THE FIELD).



The spider net

NATALIA, MARILISA, NIKOLIJA, MARTA



Description of the game

The first team rolls the dice to choose the hole. After it they need to decide, which player will go through that hole. Another players can help that player to reach the other side. If there are already some players on the other side, they also can help. Players cannot go under the spider net, and above the spider net, they can only use exact hole. If they were successful, they can roll the dice again and try to transport the next person to another side. If they will role the number of the hole, which was already used, the next team is going roll the dice and try to get to another side of their net. If there is only one team in the game, they need to roll the dice until they get the right number (hole, that have not been used yet). If the player will touch the rope, he loses his move and the hole he used is "broken", so the team cannot use it anymore. If there will be not enough good (not broken) holes for all the players in the team to get to the other side, the team lose the game. As soon as the whole team is on the other side, the game is over.

Preparation: make a net between two trees or bars to create 12 holes with different shapes. To put a number for each hole (e.g. on the piece of paper).

Rules: in order to get to the other side of the net without touching the rope. Players cannot use the same hole more than once.

Unique element: the game can be played in the nature, using the dice the game is guided by chance.

Questions for reflection:

- How did the players cooperate?
- What was their strategy?
- Why they decided to send particular player to particular hole?
- How did they help to players with disabilities an to each other in general?

Equipment

TREES OR BARS
ROPE
DICE

Number and age of players

5 PEOPLE IN ONE
GROUP (10 IN TOTAL)
10+ YEARS OLD

Duration

20-30 MINUTES

Roles

ONE REFEREE;
PLAYERS DIVIDED INTO
TEAMS.



Adapted volleyball

NATALIA, CHRIS, PARASKEVI, INES, NIKO



Description of the game

The players are divided into two teams, where each of them needs to have the same number of players. The referee explains the game step by step (imagine youth workers wants to implement this game but he does not know the rules of the volleyball). In order to win the game, a team must win three sets. The players of a team can pass the ball at maximum three times to each other before the ball crosses the net to the other side.

Preparation: In case where there is not a volleyball field, a net or a rope needs to be set with the purpose of dividing an area to two sides. In addition, a tape might be optionally used to establish the limits of the field.

Rules: This game follows the basic volleyball rules with the following peculiarities:

- 1) The ball can touch the ground just one time.
- 2) Players can use the whole body (hands, feet, etc.)

Unique element: the unique element of this sport is the usage of a yoga ball to play it.

Questions for reflection:

- How did you feel playing with a bigger ball than usual?
- Was it easy for you to play as a team? Did you collaborate well?
- What strategy did you have?

Equipment

ONE VOLLEYBALL NET
OR ONE ROPE
ONE YOGA BALL
TAPE (OPTIONALLY)

Number and age of players

5 PEOPLE IN ONE
GROUP (10 IN TOTAL)
10+ YEARS OLD

Duration

30-60 MINUTES

Roles

ONE REFEREE;
PLAYERS DIVIDED INTO
TEAMS.



Take the flag

RICARDO, ANDREA, DANIELA, SOFIJA, SALVADOR



Description of the game

Player are divided into two teams. Inside the team each player must have a number from 1 to 10. The game begins when the referee calls one or more numbers, these players should run to the referee who is holding the flag and take it to their teammates before the opposite team player/players touch the person with the flag. The referee can increase the difficulties using 2, 3, 4 or 5 numbers at the same time or creating additional rules (in this way the game can be adapted to the players with physical disabilities), for example:

2 numbers: hold your teammate arm;

3 numbers: make the chair;

4 numbers: hug from behind and hold teammates arm.

Preparation: make a net between two trees or bars to create 12 holes with different shapes. To put a number for each hole (e.g. on the piece of paper).

Rules: A referee will tell a number and the people who were assigned that number need to run in order to catch the flag and go back to the line to their team. If the opposite team player touches the one with the flag, the point (that flag gives you) belongs to him. The team who has more points in the end wins.

Unique element: the game can be played anywhere, additionally it can be easily adapted to the people with physical disabilities.

Questions for reflection:

- How can you cooperate better between the member of the team?
- How could you improve your strategy?
- What did you like the most?

Equipment

ONE FLAG

Number and age of players

10 PEOPLE

10+ YEARS OLD

Duration

30 MINUTES

Roles

ONE REFEREE;
PLAYERS DIVIDED INTO
TWO TEAMS.



Squid Game for Youth

NATALIA, MARILISA, NIKOLIJA, MARTA



Description of the game

The game starts with all the players divided into couples on one end of the field and the Catcher on the opposite end.

The Catcher shouts one of these six words, then the players need to start reaching the opposite end of the field:

- Flamingo (the players should proceed by jumping on one leg)
- Soldier (the players should proceed by crawling close to the ground)
- Umbrella (the players should proceed by spinning on itself)
- Kangaroo (the players should proceed by jumping with two legs together)
- Animal Style (the players should proceed by crawling on "4 legs")
- Deer (the player should proceed by taking big jumping steps from one leg to another).

After choosing the modality of the turn, the Catcher will turn their back to the players and start singing a short rhyme: "3, 2, 1... Stop the run"

Only when the Catcher is singing, the players can move, but, when the song is over, the Catcher will turn to the players and check: who is moving, will have to restart from the starting point.

The goal of the game is to reach the Catcher without being caught.

The pairs cannot touch other pairs, if they will, they will be disqualified.

Preparation: In order to make a start and a finish lines, to make pairs of runners, put the catcher on the finish line and runners behind the start line. To make pairs with equal physical possibilities, especially if there are players with disabilities.

Unique element: it's a trendy game right now, but with a twist added to it.

Questions for reflection:

- What was your strategy?
- How did you manage to help friends with disabilities (if it applies)?
- How did you manage to collaborate with each other?

Equipment

NONE

Number and age of players

5-40 OR MORE
10+ YEARS OLD

Duration

20-40 MINUTES

Roles

CATCHER AND RUNNERS



The fox game

LAZAROS, ADRIANNA, LUIS, MARIA



Description of the game

Divide the group into 2-3 balanced (physically, mentally, gender) teams.

Everyone has a scarf on their back like a tail and they have to move in pairs (eg. Holding hands).

The referee explains that goal is to protect/ steal the scarfs from the opposite team and make a complete 10 passes of the ball.

After completing the 10 passes in a team they can try to eliminate a pair by throwing the ball at them like dodge ball.

If you get hit by the ball you must add a handicap: plastic binders, arm ties, leg ties, etc.

If one catches the ball the thrower is eliminated.

After the completed time the team who has less handicaps wins or when they eliminate all the pairs from the opposite team.

Preparation: define the playing field; prepare the „ glasses” from the binders; collect the scarfs and put them on participants backs like tails.

Rules:

You can only catch the ball when it's being passed.

You can't touch people from the opposite team.

You can steal the scarf only from the person with the ball.

You can't be aggressive (you can't push each other).

Unique element: visual disabilities, mobility disabilities, strategy game, cooperation. .

Questions for reflection:

- How did the handicaps make you feel?
- How did you come up with the strategy?
- What was the biggest challenge?

Equipment

SCARFS
SPONGE BALL
PLASTIC BINDERS FOR
„GLASSES”
ROPES FOR ARM TIES

Number and age of players

MINIMUM 8 PEOPLE
10+ YEARS OLD

Duration

30-60 MINUTES

Roles

ONE REFEREE;
PLAYERS DIVIDED INTO
TWO TEAMS.



The stations

LAZAROS, ADRIANNA, LUIS, MARIA



Description of the game

1. Divide the group into balanced (physically, mentally, gender) teams.
2. Explain where the stations are placed.
3. They learn the rules of each station on the station, not before.
4. Station One - The Grid. All team members have to get from the point A of the grid to the point B. They have to find a way by stepping on the grilles. When a person steps on a wrong grill the Game Host gives a sound indicating it's the wrong grill and has to start over (The Grid can be in the size of 5x5 grilles, depends on the level of the difficulty needed) The whole team needs to remember which grilles were the safe one and help each other find the way to the end.
5. Station Two - The Blanket. All team members have to stay on one blanket. The goal is to get from point A to Point B moving on the blanket but to move it they have to be flipping the blanket upside down without stepping out of the blanket. If anyone touches the ground outside the blanket the whole team has to start from the beginning (point A).
6. Station Three: Mathematical Game. Whole team has to find the solution:
 $2+3= 4$ $5+1= 3$ $1+2=?$
 The solution is: The answer is the number of letters of the result. As a hint the Host Game could suggest thinking about the right solution, the number of letter in it, maybe even writing the whole word e.g $2+3= FIVE$, which indicates the four letters.
7. The team who completes the tasks first wins.

Preparation: prepare the stations

Station One: The Grid- place rope or tape on the ground, remember that the grilles have to be big enough to fit a person's feet in it. The lines can't be easily removed or replaced.

Prepare a paper version for the Host with possible paths/ tracks. Choose the point A and point B.

Station Two: The Blanket- Choose the blanket big enough to fit the number of people in the team, choose a place of a start and end. Choose a ground which would not be very slippery to eliminate risk of injuries.

Station Three: Prepare papers, pens or whiteboard with markers.

Questions for reflection:

How did you come up with the strategy?

What was the biggest challenge?

Equipment

SCARFS
SPONGE BALL
PLASTIC BINDERS FOR
„GLASSES”
ROPES FOR ARM TIES

Number and age of players

MINIMUM 8 PEOPLE
10+ YEARS OLD

Duration

30-60 MINUTES

Roles

ONE REFEREE;
PLAYERS DIVIDED INTO
TWO TEAMS.