

Bonus Activity:

Ball Keepers

A fun game where children reflect on the feelings of “winning” and “loosing”, and the value of participation without focusing on winning.

Description

- Divide the students into two equal teams and name one of them “Team A” and the other one “Team B”.
- Divide a square of game area into three parts.
- Ask the members of Team A to be in the middle part and the members of Team B to split into the other two parts.
- Give the members of Team B, two balls and explain to them that their goal is to pass the balls from side to side without the members of Team A get the ball from them.
- The balls can only be dragged or dropped up to the height of the heads.
- The goal of Team A is to get the possession of the ball.
- When a member of Team A manages to get the ball, then he/she changes to the corresponding member of Team B.

Discussion questions

Reflect

How was the game? Did you have fun? How was the team-change?

Connect

How did you deal with the team-change? Was it better or worse?

Apply

How do you deal with change in your lives? How do you feel and act when you need a change?

Facilitation notes

Do the activity twice, the first time with the team members not talking to each other, and the second time with the right to speak.

Number of Teachers or Coaches	1
Number of Students or Athletes	15-20
Typical Age Group	11+
Time Needed	20 min
Space Needed	Playground, sports hall
Materials Needed	Balls Chalk
Activity Objective	To cultivate acceptance of victory and defeat with respect both of ourselves and others.
Related Units	Units 1&2
Related Learning Competences	Self-control, cooperation, coordination, decision making, leadership.

