

Activity 1:

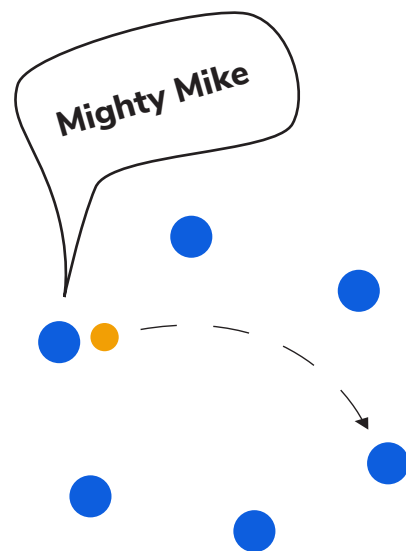
Ball and adjective

This activity can be used to create a positive group atmosphere at the start of a session. It reveals the different cultural backgrounds of group members and promotes language diversity.

Description

This exercise is a group activity that can be played by physical education teachers, coaches, students, and athletes. The game lets you get to know all participants by name and reflect on a personal attribute and an attribute of someone else. The participant has to reflect about him or herself creatively by searching for a suitable adjective.

Students or athletes get in a circle and think of an adjective that describes them and has the same first letter as their name. After a short time to think, the physical education teacher or coach starts the round with his own name and adjective (e.g. Mighty Mike). The game starts by throwing a ball to another student or athlete, who now says his or her name along with their adjective. The game continues until every student or athlete has received the ball once and said his or her name with an adjective.



Discussion questions

Reflect

Why did you choose the adjective you did? What does it say about you?

Connect

Did you learn something about your teammates or classmates? Were the chosen adjectives similar or different from each other?

Apply

Why is it important to present yourself when you're new to a situation or group? Have you ever been in a situation where someone has not understood your name? How did it make you feel? How did you manage the situation?

Facilitation notes

The coach can also add motion to the game by letting the participants change their position after they say their name and adjective. After two rounds of saying your own name, the coach can change the direction of the game. Now instead of saying their own name, students and athletes throw the ball to another person and say the name that person. This exercise also helps as a prompt to memorise the names of participants. When working with people of different linguistic backgrounds, the coach should speak clearly and slowly. The coach can also help students and athletes find a suitable adjective and encourage them to use words from their native language.

Number of Teachers or Coaches	1
Number of Students or Athletes	15-20
Typical Age Group	12+
Time Needed	15 min
Space Needed	Big seminar room, sport hall or field
Materials Needed	One ball
Activity Objective	To know all participants by name; to reflect on a personal attribute and to know the attributes of others
Related Units	Unit 1 and Unit 2
Related Learning Competences	Creativity, self-awareness, and intercultural learning