

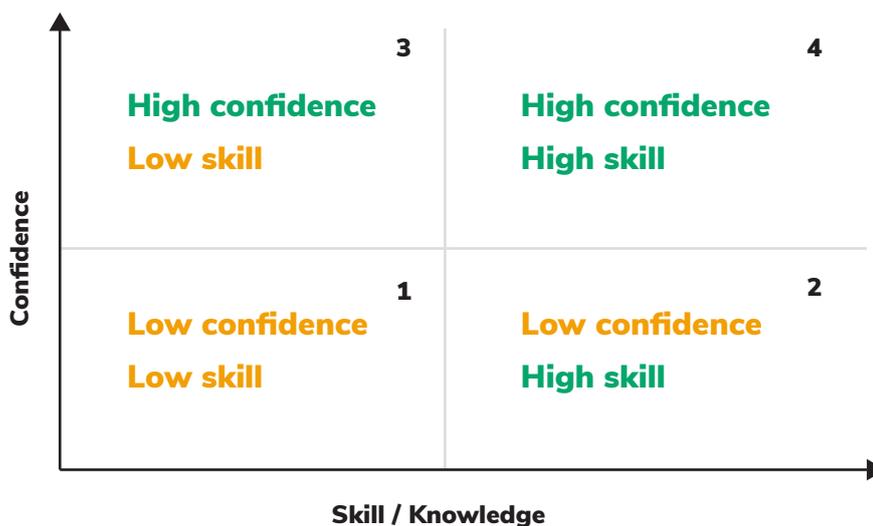
## Activity 3:

# Teach your game

A game wherein students or athletes share a game or practice they know and find strategies to deal with different levels of competences within a class or team.

## Description

- Divide students or athletes into four groups.
- Ask a volunteer from each group to teach the group a game or dance or activity within 6-8 minutes.
- Explain to the students or athletes that when developing competence, there are four general categories people can fall into based on their levels of confidence and skill:



- Tell them that we are now going to do an activity to determine what a person needs from their coach for each of the quadrants.
- Divide them into four groups and assign each group one of the Quadrants. For each quadrant, ask the participants to determine what a person in that quadrant would need most from their coach or teacher when learning a new skill?

## **Discussion questions**

### **Reflect**

What was difficult about teaching the skill from your culture? How can you build confidence within your trainees and students?

### **Connect**

How do you usually develop your students' or athletes' competences? What kind of recognition or praise do you give them? From your experience what helps children and youth build resilience?

### **Apply**

What strategy will you use in your practices to improve how students or athletes develop competences? What strategies could be used to help girls overcome barriers to participate in sport and play?

## **Facilitation notes**

Tell the students or athletes that they are free to choose their own scenarios. For example, how to dribble a football, how to shoot a basket, how to coach a team, etc. Act out how the coach would teach the performer. Give them 10 minutes to work on their presentations and discuss strategies. Walk around and check on the groups as they work. If you have time, choose a coach and a performer to present each quadrant's work to the rest of the group.

<b>Number of Teachers or Coaches</b>	1-2
<b>Number of Students or Athletes</b>	12-24
<b>Typical Age Group</b>	12+
<b>Time Needed</b>	30 min
<b>Space Needed</b>	Classroom or playground
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• Flipchart paper</li> <li>• Markers</li> <li>• Tape</li> </ul>
<b>Activity Objective</b>	To share a game from another culture and discuss strategies on dealing with different levels of competencies within your class or team
<b>Related Unit</b>	Unit 3 and Unit 2
<b>Related Learning Competences</b>	Self-awareness, teaching and reflecting, decision making, critical thinking and problem-solving