

Bonus Activity:

You can

This ball game encourages children to act as teammates and find collective solutions.

Description

- Divide the students into 2 equal groups and name "Team A" and "Team B".
- Explain that two activities will take place at the same time.
- The first activity is called "Up or Next".
- In this activity, the students come in a row – one behind each other, there is a cone between them and the latter has the possession of the ball and has to throw it to the front player, passing it over his/her head, without falling down. Every time someone gives the ball, he/she says the word "You Can". Everyone does the same until the ball reaches the first, who just gets it back and forth, giving it from the side this time (at waist height). As soon as the ball returns to the last student, he shouts "We Can".
- The second activity is called "Run in the circle".
- The students make a circle and one person each time goes out of the circle, holds a ball, runs the round of the circle and when he/she reaches its position, gives the ball to the player on his left, says " You Can" and he/she does the same. When all students make the rounds at once, they shout "We can".
- If the ball drops, the process is repeated, by the one who dropped it.
- As soon as one team finishes first and shouts "We Can", the two teams exchange activities.

Discussion questions

Reflect

What do you think about the game? Did you like it?

Connect

How did you feel when your friends encouraged you? How was it when you encouraged others?

Apply

Do you think we need these encouragements in our daily lives? When and where we can use them?

Facilitation notes

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

Number of Teachers or Coaches	2
Number of Students or Athletes	16-24
Typical Age Group	9+
Time Needed	25 min
Space Needed	Playground, sports hall
Materials Needed	Balls Cones
Activity Objective	To develop the ability to encourage teammates and foster cooperation.
Related Units	Unit 2&3
Related Learning Competences	Cooperation, coordination, encouragement.



