

A young girl and a woman are high-fiving on a tennis court. The girl is on the left, wearing a white tennis shirt, and the woman is on the right, wearing a white polo shirt. They are both smiling and looking at each other. The background is a tennis court with a net and trees in the distance. The entire image has a red overlay.

YOU SHOULD  
**STAY!**

# SPORT'S ROLE GAMES ACTIVITIES



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YOU SHOULD  
**STAY!**

# FIND YOUR WAY



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N° PARTECIPANTS 20/30

## OBJECTIVES



- open participants mind
- know new people for their interest
- test their own sports knowledge
- share knowledge, curiosity and information
- discover what interest we share in common

## MATERIALS REQUIRED



- basketball
- a list of social and sport questions
- 2 sets of coloured shirts
- a basket

## RULES



- you can only answer if you make the basket first
- the teams are divided into two lines, thus only the first one can answer
- if the answer is right, your team gets one point and the other one gets one less
- if your answer is wrong, your team gets one point less and the other team gets one point
- max. 20 questions

## FEEDBACK



- you learn how to communicate and improve your team skills
- encourage your sports skills
- leadership and owning the responsibility of shooting and getting the point for your group
- meeting and building connections with people who have different interests
- going deeper than a sportive objective
- understand if you are interested in basketball as a sport
- healthy competition and grow self-esteem



YOU SHOULD  
**STAY!**

# THE ANIMALS RUN



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N° PARTECIPANTS 10+

## OBJECTIVES



- coordination
- movement
- ability in motricity

## MATERIALS REQUIRED



- sports field
- different t-shirt

## RULES



- Divide the field into 3 areas.
- In each area, the players should run imitating a different animal walk.
- Some players are catchers and someone else are preys.
- If you get touch by a catcher you became a catcher too

## FEEDBACK



Circle time and talk about what happened during the activity.



N° PARTECIPANTS 10+

## OBJECTIVES



- make training more fun.

## MATERIALS REQUIRED



- chalks
- a ball
- eye patch
- a field

## RULES



- One participant will have to play a coach.
- A chessboard will be drawn on the ground and the other participants will be blindfolded.
- the participants will have to guess the path following only the coach's advice while dribbling.
- When they make a mistake, the ball is left for the next participant.

## FEEDBACK



Circle time and talk about what happened during the activity.