



# Activity, Sport and Play for the Inclusion of Refugees in Europe



## 5.4. Playing field 5

Cultural diversity in sport



## Duration

20 minutes



## Material

Football, 2 basketball baskets, 2 small football goals



## Group Size

10+



## Aim

To develop a co-operative approach, handling of irritation and ability to change perspective



## Age

8+



## Source

Qualification measure "Fit for Diversity" of "Integration through Sport programme"/DOSB [www.integration.dosb.de](http://www.integration.dosb.de)

## Practical exercise "Footbasketball"

### 1. Information

This exercise helps to develop a co-operative approach and to manage frustration and irritation when things are not going the way they normally do. It also helps to develop the ability to change your perspective.

### 2. Description

The facilitator divides the entire group into two equal sides. On one side of the field the groups have to play basketball, on the other, football. If the ball crosses the centreline the teams have to switch to the other type of sport. If one team scores a point or goal, both teams have to switch the sides. The game starts from the centreline again. In this way, the team which played basketball in defence starts to play basketball in the offence part and vice versa.

### 3. Adaptations

### 4. Evaluation / Debriefing

At the end of this session, seek feedback from the group by asking the following questions:

1. How did you feel playing this?
2. What was the biggest trouble?
3. How did you manage your irritation?
4. Did you cooperate as a team? Or did you play by yourself?
5. Did you have a common strategy?
6. How did you communicate?

Key points to highlight include:

- How this exercise can cause irritation and a more chaotic type of game, as the traditionally known rules of two popular types of sport would be broken by the switch of the game and the sides.
- The same emotions can arise in the context of intercultural encounters when other people's behaviour is unknown and new and this influences the handling of the other side.
- The ability to change your perspective in similar situations is of a great importance.



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