

# Learning through Sport Simple Solutions



1

## What are Sport Simple Solutions?

Sport Simple Solutions is a concept that adapts sports equipment, venues and rules so that sport can be played with limited resources or in harsh environments. . .

**Anywhere !** At the same time, it promotes peace-through-sport by teaching positive values such as inclusion, equality and conflict resolution.

2

## Why Sport Simple Solutions?

Sport Simple Solutions enables a maximum number of people to have **access to sports** without social or economic discrimination and to learn about the positive values that can be acquired through sport.

3

## How to make Sport Simple?

Sport can be practiced in a simple way when you make equipment out of **local resources**, recycled materials and you teach the **basic values** of sport.

Find some ideas and recommendations in our **[Sport Simple Manual](#)**.



# How to Organize your **Sport Simple** Workshop

## 1 BEFORE THE WORKSHOP :

**STEP 1 :** Define which sporting values you want to teach (respecting rules, equality, team spirit, inclusion, self-confidence...).

**STEP 2 :** Based on the values, chose one or more sports from our Sport Simple Manual and select some specific exercises (Refer to the sport sheets).

**STEP 3 :** Based on your chosen sport(s), check out which sport equipment will be needed. Brainstorm how to make equipment with local resources and recycled material. You can find some ideas in our Sport Simple Manual.

**STEP 4 :** Collect the raw or recycled materials you need to build the sport equipment. Get participants involved !

**STEP 5 :** Cut white sheets of paper to take a **#WhiteCard** photo of participants at the end of the workshop.

## 2 DURING THE WORKSHOP :

**STEP 1 :** Give a brief introduction on why [sport is a tool for development and peace](#).

**STEP 2 :** Explain the rules of the chosen sport(s).

**STEP 3 :** Get participants to build their own sport equipment with the materials you've collected.

**STEP 3 :** Split the participants in groups and assign a different sport to each group.

**STEP 4 :** Ask the groups to start playing, applying the selected drills and exercises according to the chosen values.

**STEP 5 :** Rotate the participants once they have done all drills and exercises in a sport.

**STEP 6 :** When each group has played all sports, discuss the values learned during the activities:

● Ask participants: *"Did you enjoy the activities? What did you learn? What did you need to do to succeed in each exercise?"* Try to get participants to realize the values they worked on in each activity.

● Once the values are defined, ask participants to explain their understanding of those values.

**STEP 7 :** Once the discussion is over, take a group picture holding **#WhiteCard**, the symbol of peace through sport, and the sport equipment created.

## 3 AFTER THE WORKSHOP :

Post your group picture and photo of your Sport Simple workshop on social media using the hashtag **#WhiteCard** and tagging **@peaceandsport**. We'll spread the word !