

### The Power of Sport: Using Sports at Camp to Teach Jewish Values *Specialty Track*

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<b>TOPIC (S)</b>	Sports & Games; Community Building
<b>SUMMARY</b>	Participants will develop skills for creating a positive culture of sport at camp, uncovering what we gain from participation in sports and recognizing that sport can be a powerful tool for teaching Jewish values. We will also explore how to reimagine and redesign sports for this summer's pandemic reality, while still harnessing the potential for sport to teach Jewish values, build community, resolve conflict, teach communication, or increase self-esteem.
<b>GOALS:</b>	<p>Participants will...</p> <ul style="list-style-type: none"> <li>• Learn to recognize the elements of sports that people love and hate, and what they have learned from participation in sports</li> <li>• Draw parallels between what we learn from sports to Jewish values that we focus on at camp</li> <li>• Think critically about how to remove the negative elements and barriers from sports at camp and make sports a positive experience for everyone</li> <li>• Learn how to redesign sports at camp so that they are more inclusive and can help facilitate learning</li> <li>• Think of sports as a tool for teaching Jewish values and not merely a finite game with a winner and loser</li> <li>• Re-design sports so that they're able to use them at camp and still maintain social distancing or whatever COVID-specific regulations are put in place for their camp</li> </ul>
<b>AUDIENCE:</b>	This workshop is intended for Cornerstone Fellows who will be leading sports programs at their camps, either as counselors or specialists. Parts this program could also be replicated for any staff responsible for leading sports or active programs at any camp. Ideal size for the workshop is between 12 and 24 participants.
<b>TIMING:</b>	Specialty Track (75 min) x 3 sessions
<b>APPENDICES:</b>	Google Slide deck <a href="#">here</a>
<b>MATERIALS NEEDED:</b>	<p>Since this program is being facilitated virtually, the only materials needed are computer, Zoom, Google Docs, Jamboard, internet access.</p> <p>In person, we would utilize various sports equipment, poster paper, markers.</p>
<b>SET-UP DETAILS:</b>	If facilitating in person, it would be nice to have access to a sport court or field, but also an adjacent area for sitting, working in small groups, writing on an easel, etc.

## SESSION TIMELINE

### Session 1

- 00:00-00:15 - Introductions
- 00:15-00:25 - Welcome and Goals of Specialty Track
- 00:25-00:45 - Love/Hate/Learn
- 00:45-00:55 - Jewish Connection
- 00:55-01:00 - WHY
- 01:00-01:10 - Sports @ Camp
- 01:10-01:15 - Closing

### Session 2

- 00:00-00:10 - Icebreaker
- 00:10-00:20 - Review of Day 1
- 00:20-00:40 - Sports System Overview
- 00:40-01:05 - Re-design Workshop
- 01:05-01:15 - Closing

### Session 3

- 00:00-00:10 - Icebreaker
- 00:10-00:20 - Small Group Work
- 00:20-00:50 - Group Presentations
- 00:50-01:15 - Bringing it Back to Camp

## SESSION OUTLINE

<b>SESSION 1</b>
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### 00:00-00:15 - Introductions

Get to know each other and why they signed up for this specialty track  
Facilitator will have created a Jamboard page for each participant so they can use that to introduce themselves to the group

Give them a few minutes to design their board including the following information  
Name, camp, pronouns, role/job at camp, favorite camp sport, what they are hoping to get out of this track (or why they signed up)

Each person will share their board with the group

### 00:15-00:25 - Welcome and Goals of Specialty Track

Share the big ideas:

How to create a positive culture of sport at camp? In order to get there, we need to uncover some of the barriers.

Show Google SLIDE 1 with Goals

### 00:25-00:45 - Love/Hate/Learn

Using a Jamboard, participants will explore what they love about sports, what they hate (bad experiences they've had or witnessed others having), and what they've learned. On each board there will be a question already written, and each person will get to add their answers via sticky note.

**Love:** What are the elements of sports that you love?

**Hate:** What are the elements of sports that you hate? What are the moments or parts that are not-so-positive? (Think about sports that you have never played, or don't enjoy playing.)

**Learn:** What has participating in sports taught us, about ourselves or about life?

After participants have responded to the first board, have the group take a minute to read through the responses. Only after they've reviewed the first one can they go on to the 2nd board. Do the same for the 3rd round.

### 00:45-00:55 - Jewish Connection

Show Making Mensches resources

WEBSITE <https://jewishcamp.org/making-mensches/>

PDF <https://avikatzorlow.files.wordpress.com/2014/01/making-mensches-periodic-table.pdf>

Duplicate the “Learn” slide so that people can correlate the learnings and the Jewish values/lessons

### **00:55-01:00 - WHY**

Pause to zoom out and talk about why we did all of this so far.

These lists are going to become the foundation for how we re-design sports to eliminate the “HATE” and focus on the LOVE/LEARN/JEWISH sections.

### **01:00-01:10 - Sports @ Camp**

What’s working, what’s not working about sports at camp?

Create a list of specific challenges; what’s working or not working with sports in camp?

e.g. Cabin comes to activity and certain kids uninterested in playing, have varying skill levels, not enough equipment, field/court/venue is too wet or occupied by another group, etc.

How do we remove barriers to allow campers or participants to 1) enjoy the sport/program

Ask questions one at a time: What sports do our camps offer? What are the goals of these programs? What’s working / not working with sports in camp? How do we remove barriers to allow campers or participants to achieve these goals?

This will provide the foundation for our re-design lab which will be part of Session 2.

### **01:10-01:15 - Closing**

Answer any lingering questions, give preview of the next day.

In the chat, share one takeaway from today.

## SESSION 2

### Session 2

00:00-00:10 - Icebreaker

00:10-00:20 - Review of Day 1

00:20-00:40 - Sports System Overview

00:40-01:05 - Re-design Workshop

01:05-01:15 - Closing

#### **00:00-00:10 - Icebreaker**

Play “triathlon” icebreaker - each person shares their name and the 3 things that they would win in a triathlon (can be anything, not sports related).

#### **00:10-00:20 - Review of Day 1**

Review what we covered yesterday, showing lists of Love/Hate/Learn/Jewish, and then Sports at camp chart, explain that this session will be about HOW to make sports more inclusive. Break down existing sports into their component parts, so that we can then re-design them, build them back up, change the goals and the outcome and the experience.

#### **00:20-00:40 - Sports System Introduction (20 min)**

*Note: The Changing the Game Project – and the framework of Sport System reDesign – was created by Up2Us Sports, Edgework Consulting, and the Boston University School of Education. This section is intended to be taught at Cornerstone for the purpose of professional development of Cornerstone Fellows. It should not be reproduced or replicated without permission.*

Introduce participants to Sport System re-Design. Briefly explain methodology and goals.

Have the group define the following elements (domains) of sports. Facilitator will show PowerPoint of each element of sports and the group will define it (explaining aloud or in chat), as well as provide an explanation as to why that element is important. If participants are having a hard time understanding, choose one sport like soccer to use as an example so that they understand each element and its purpose.

Sport System reDesign Domains:

1. **Playing Area:** dimensions and demarcations within the field of play
2. **Equipment:** utilized to enable or enhance play
3. **Rules:** of the game or contest
4. **Roles:** of all the participants (players, coaches, fans, referees)
5. **Structure:** of the league/competition

Once the group has an understanding of the elements of a sport, facilitator will transition to have them begin working on sport redesign for camp.

### **00:40 - 01:05 - Sport Redesign Workshop (25 min)**

The large group will now be divided into smaller groups 3-4 people ideally and focus on redesigning one particular sport. It doesn't have to be the specific sport that they are teaching this summer, but it should be a sport that they are familiar with and one that other camps likely play too.

Once the participants have formed small groups, explain that they will need to take their sport and come up with this new version. In their re-designing, they should cover all of the sport elements (domains) that they learned previously, as well as determine the goal and values associated with their new sport.

Here is what they need to come up with in their small groups. In order to not limit their creativity, there is no formal template for this but their final product must include the following:

- Name
- Values
- Goal
- Playing Area
- Equipment
- Rules
- Roles
- Structure

Each group should prepare a document to share with everyone else during their presentation.

### **01:05 - 01:15 - Closing (10 min)**

This will give us a buffer if we're running late.

Before the end, explain what's happening during Session 3 and that they will be presenting to the group. Ideally every group will be able to present, others will give feedback and ask questions.

### SESSION 3

#### Session 3

00:00-00:10 - Icebreaker

00:10-00:20 - Small Group Work

00:20-00:50 - Group Presentations

00:50-01:15 - Bringing it Back to Camp

#### **00:00-00:10 - Icebreaker**

Play an icebreaker with the group.

#### **00:10-00:20 - Small Group Work**

Give the groups time to review their redesigned sports and prepare for presentation, specifically reviewing who is presenting which part, and incorporating demonstrations if at all possible via Zoom.

#### **00:20-00:50 - Group Presentations**

Depending on the number of groups, each one will have a few minutes to present their sport, take questions, and receive feedback.

#### **00:50-01:15 Bringing it Back to Camp**

Since this summer will look different at camp, we will spend some time discussing how we can best support cabin counselors and sports specialists.

What tools or resources can we provide to cabin counselors, who (due to COVID restrictions) will likely be responsible for planning more cabin based programs than in previous years?

#### **BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:**

This specialty track can be adapted into a staff week program geared towards sports staff. It would be possible to do all of it in a modified fashion, possibly in 1.5 - 2 hours. Being able to re-design sports, teach them to a group, and play them together would be beneficial (and is something that is lacking in a virtual session.)