

Time to Go to Sport! – Leveling the Playing Fields at Camp

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SUMMARY: In this session we will engage in sports and competition through the lenses of challenge, fun, inclusivity, and other Jewish values.

GOALS:

- Participants will feel engaged and enthused in an alternative sports environment
- Participants will be able create an inclusive, competitive experience for their campers
- Participants will develop individual skills across different sports.

AUDIENCE: Ages 12+, 30-40 campers

TIMING: 60 minutes

MATERIALS:

- 2 gator or tennis balls
- Large assortment of sport materials and objects that are conducive to throwing, easy to catch/carry, and run through or around
- Note: there should be an equal amount of the same material for each group (for example, if one group has 2 pool noodles and there are 5 groups, there should be a total of 10 pool noodles, so each group has 2)
- Note: there are no specific set of materials that are required to run this program, other than that there must be enough of each object for each group and there is variety for participants to be able to use their unique ideas to create their own mini-games and competitions.

SET-UP: Outdoors on a grassy field with ample space to run around or indoors on a rubber/soft surface with ample space to run around.

SESSION TIMELINE

- 00:00-00:05 – *Introductions and welcome*
- 00:05-00:15 – *Icebreaker*
- 00:15-00:35 – *Divide groups/materials and game planning*
- 00:35-00:60 – *Play!*

SESSION OUTLINE

00:00-00:05 – Introductions and welcome

The session leader creates a welcoming environment as participants enter the space and broadly informs the group of what they will do in the activity. The session leader directs everyone into a large circle and introduces a gator or tennis ball.

00:05-00:15 – Icebreaker

Session leader facilitates the below icebreaker if they are running this activity with a group that's new to each other:

- Participant who has ball states their name, pronouns, hometown, and favorite sport team.
- Participant with the ball throws to another person in the circle (ideally someone they don't know), and they repeat the above.
- After each participant has received the ball, the ball goes back to the first participant. The first participant then throws the ball to the participant they originally threw to while saying their name.
- Participants throw the ball around the circle in the same order as was done at first, while saying each other's names. If a participant forgets who they threw to or the name of the person they threw to, the ball goes back to the beginning.
- After the ball has gone around the circle successfully one time based on the rules, the activity is performed in reverse order, meaning participants now throw the ball and say the name of the person they originally received it from.
- After that is done successfully, the facilitator introduces a second ball with one starting from the beginning and the other starting in reverse from the end. Once the first and last participants receive the ball they didn't start with, the activity is complete.

00:15-00:35 – Divide groups/materials and game planning

The session leader divides participants into groups of 3-4 people

- Each group has an identical assortment of sports equipment in front of them
- Each group has 20 minutes to design their own short game or relay
- Each group is responsible for teaching the game they created and facilitating the experience for their peers. Everyone will play every game!

00:35-00:60 – Play!

The session leader brings the participants back together and asks a group to volunteer to teach their game. After a group teaches their game, everyone gets to play it. Session leader gives each group the opportunity to teach and facilitate their game for everyone to play.

BRINGING IT TO YOUR CAMP

This activity is best used early in the camp session, as it can serve as an effective ice breaker and fun way to break boundaries. It can be facilitated amongst staff, and/or with campers who are mature enough to create their own games and teach them to their peers. As long as all materials being used are distributed evenly, logistically speaking, this activity will be set up to succeed.