

# Sports & Games for Every Shape & Size

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**SUMMARY:** In this session, we will explore sports and games through a Jewish lens and create our own sports and games, focusing on making fun and inclusive games for all to play at camp!

## GOALS:

- Learn about how sports and games at camp can help teach Jewish values
- Think creatively about what makes a fun and inclusive sport or game
- Create our own games to bring back to camp

**AUDIENCE:** Anywhere from 8 to 24 participants, preferably ages 12 and older (could be taught to older campers at camp, or to staff/adults)

**TIMING:** 75 minutes

## MATERIALS:

- Miscellaneous balls (Gator balls, kickball balls, beach balls)
- Hula hoops
- Jump ropes
- Pinnies
- Poster-size paper for new sport/game design presentations
- Markers
- 5 copies of Making Mensches periodic table

**SET-UP:** This program can be done on a basketball court or field; the only set-up required is to lay out the equipment so the groups can see what they can use in creating their games.

## SESSION TIMELINE

- 00:00-00:05 – *Welcome & Intros (5 min)*
- 00:05-00:20 – *Explain our WHY; teach 5 elements of a sport (15 min)*
- 00:20-00:40 – *Creating a New Sport/Game (15 min)*
- 00:40-01:05 – *Presentations & Playing (30 min)*
- 01:05-01:15 – *Wrap-up & Farewell*

## SESSION OUTLINE

00:00-00:05 – *Welcome & Intros (5 min)*

*00:05-00:20 – Explain our WHY; teach 5 elements of a sport (15 min)*

The facilitator will explain the goals of the program and do a quick brainstorm on what we love, what we hate, and what we've learned from playing sports (in life and at camp). They will then connect it to our Jewish values using the Making Menschens periodic table of values.

Facilitator will then explain the 5 elements of which sports are comprised:

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

Using this framework above, small groups of participants will work together to create a new sport or game.

*00:20-00:40 – Creating a New Sport/Game (15 min)*

This time will be used for small groups to create a new sport or game. They will need to plan for each of the 5 elements above, plus think about how it is inclusive for all levels and abilities. Lastly, they will need to connect it to a Jewish value/virtue from the Making Menschens periodic table.

*00:40-01:05 – Presentations & Playing (30 min)*

Each group will have a chance to present their game and then we will play them together. We may not have time to play all the games, but hopefully at least 3 will be taught.

*01:05-1:15 – Wrap-up & Farewell*

We'll close by sharing one takeaway and how we're bringing this session back to camp.

## **BRINGING IT TO YOUR CAMP**

This conversation will take place as part of our closing discussion at the end of the session. In addition to bringing a new sport or game back to camp, hopefully participants will also be open to creating new games with their campers or with other staff.