

## Sports Trio

Stepping Stones : Teambuilding & Empowerment; Body, Movement and Senses

Materials : no materials

Type of exercise : oral

Duration exercise : 15 min.

### Objectives

The learner can understand vocabulary about sports.

### Preparation

- Have a group conversation about sports. *Who does sports?  
Which one?  
How many times a week?  
What are typical moves?  
etcetera*
- Define together with what moves three learners will portray a sport.
- You can add sports that have not been named.

### Examples

- Football     Learner A passes the ball between learners B and C.
- Handball     Learner A throws the ball, learners B and C block the ball.
- Basketball   Learner A throws the ball in the basket, formed by learners B and C.
- Boxing        Learner A and B box, learner C is the referee.
- Bowling       Learner A throws the ball, learners B and C are the pins falling over.
- Swimming     Learner A swims, learners B and C are orbiting as sharks.
- Volleyball    The learners mimic volleyball techniques: serving, passing, hitting, blocking...
- Hockey        Learner A hits the puck, learners B and C jostle learner A.
- Tennis         Learner A throws the ball over the net, formed by learners B and C.
- Surfing        Learner A surfs the waves, formed by learners B and C.

## **Instructions**

- Let the learners form a circle, you stand in the middle.
- Appoint a learner and name a sport. This learner A will mimic the sport with his/her two neighbors, learners B and C.
- If learner A reacts too slowly or makes a mistake, s-he goes in the middle, appoints a learner and names a sport.

## **Read more in our manual at [www.alternativeways.eu](http://www.alternativeways.eu)**

### *Language skills / Linguistic performance*

- Listening
- Speaking

### *Linguistic competence/knowledge*

- Vocabulary
- Memory
- Oral language skills

### *Social-emotional skills and competences*

- Fun