

SPORT AGAINST GENDER INEQUALITY

Background Reading Material for Activity Workbook 1

Teamwork & Communication

This background reading material is a component of Activity Workbook 1 part of the Sport Against Gender Inequality (SAGI) online resource pack. Instructors must ensure that they read this document in detail before planning and delivering the session.

It is crucial for young people to develop the ability to work together in teams and groups, and learn how to cooperate and effectively communicate with each other, in order to achieve common goals, including being able to interact freely with those of different genders as well as recognise, resist and take action on issues of gender-based stereotyping and violence in their own families, schools and communities.

Instructors must make themselves familiar with how they can ensure that they encourage young people to imbibe these concepts during the activities they implement.

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Teamwork

‘Cooperative actions by members of a group or team to achieve a common goal’

Helpful Tips for the Instructor

- Ensure participants work together as a team towards common goals and outcomes.
- Encourage the participants to give their teammates positive encouragement and advice during the games.
- Get the participants to strategise about how they can work together as a team in order to improve their performance in the games.
- Encourage those who are shy to play and be a part of the team; encourage the rest of the team to ensure shy individuals feel part of the team.
- Encourage participants to build an atmosphere of team spirit by having a team huddle or a team cheer (keeping in mind social distancing measures). This can be integrated in the game by awarding the team that makes the most noise (for e.g. by cheering their teammates) an extra point.
- It is important to discuss the learning outcomes of the activity with the whole group as part of the de-brief by linking them to their behaviours in and outcomes of the activity.



Communication

'The giving or exchange of information through speaking, writing, demonstration, listening or using some other medium'

Helpful Tips for the Instructor

- Encourage participants to respect and listen to others' opinions and ideas.
 - Get participants in teams to have a short discussion before games and ensure they listen to and respect the suggestions and ideas their teammates put forward.
 - Encourage all team members to put forward their opinions, especially those who are shy to speak up.
- Encourage participants to use both verbal and demonstrative methods to communicate confidently and clearly with others.
 - Ensure the participants are in constant communication with each other during the games. This can be done by getting them to encourage each other or use actions to communicate with teammates.
 - Encourage participants when communicating to keep their actions and words simple and clear so that their teammates can understand easily.
- It is important to discuss the learning outcomes of the activity with the whole group as part of the de-brief by linking them with their behaviours in and outcomes of the activity.

SPORT

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Activity Workbook 1
Reading Material



The Commonwealth

Martha Farrell
FOUNDATION

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