

ERASMUS+ SPORT4CD PROJECT

TRAINING COURSE

DANCING WITH THE ELASTIC BANDS	
Objective	Facilitate personal expression through movement and the possibility of relating to another person. Begin to listen and pay attention to the other as well as to oneself, modulating one's movement also in response to what one hears or sees (first level of communication and dialogue facilitated by the presence of the elastic which physically connects the two people). Allow more in-depth knowledge among group participants.
Participants (number and profile)	A group of maximum 20-30 participants of all ages. This work is open to all those who want to express themselves through the movement. The only rule is to not get hurt or hurt others. It is important to remember that the elastic should never be twisted around the neck.
Estimated Time	About 30 minutes (including presentation and experiential work).
Material	A gym or a big room without chairs, furniture or other objects. Stereo and cd player. Elastic bands. The elastic bands must be long enough (about one meter) and possibly made of bi-elastic jersey, a soft fabric that allows the pull away tending and approaching releasing without being dangerous in case it gets out of hand.
Method or technic	Dance Movement Therapy
Description	
<p>In pairs. Each pair is given a elastic band. When the music starts, it moves together, holding the elastic band as a link between the two people.</p> <p>The host explains and shows the exercise to the group. Helps the division in pairs and, after putting the music, alternates moments of observation of the group to moments of transition between couples to observe them more closely and support them or help them if they need it.</p> <p>Each person can express himself freely but must also take into consideration the partner with whom he is dancing. This aspect is important to activate listening and attention to the other as well as to themselves. The elastic band serves to facilitate this communication. This pedagogical approach can be used with all the different skills.</p> <p>At the end of the exercise it is preferable to leave a moment of verbal exchange between the two members of the couple, before meeting up together in the big circle.</p>	



THE SPORT FOR COMMUNITY DEVELOPMENT PROJECT

The Sport for Community Development is a project founded by the Erasmus Sport Programme; the coordinator of this project is the People University of Sport, Rome, Italy, and the partners are Dacorum Council For Voluntary Service, United Kingdom, Associação Recreativa Cultural E Social De Silveirinhos, Portugal, Association Of Citizen Work In Progress – Radovi U Toku, Serbia.

The project intends to develop the theme of community development through sports. Sport and sports-related activities are, in fact, an element that can help with community development, when:

they focus on the entertainment in playing and in meeting others instead of simple, pure competition;

there's a choice of multiple sport disciplines and motor activities that can involve the largest possible number of people, intercepting different interests, generations and social classes; sports might become community development when they provide opportunities to facilitate processes of change and elaboration that are real and effective.

Our project aims to create an original methodology that combines sports and an approach to community development, in order to allow operators and volunteers to become development facilitators in communities, throughout sports.

THE TRAINING COURSE

Within the Sport CD project we have paid attention to the training of operators and volunteers, as a key aspect to achieve effective activities for community development through sport. In this Output you will find the description of the course and some of the main educational paths that compose the module. Aim of this project output is to allow other organizations and groups to use the training model we've created, adapting it to the specific aim and context.

Disclaimer

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