

REPORT ON PORTUGAL SPORT CD TRAINING MODULE

Target Audience:

- Technicians and monitors of the social and sports area;
- Volunteers who work in the social and sports area;
- Directors, managers and coordinators of projects that share the same mission as the SPORT4CD Project

Working Hours, 40h:

- 4 theoretical-practical sessions (5h / day) - 05, 12, May 19 and June 2, 2018
- 10h- practice in work context for the preparation and development of Sport4CD- 2 and 3 June 2018
- Sport4CD Day - September 16 (integrated in the II National Meeting of Popular and Traditional Games (Macedo de Cavaleiros)

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DIDACTIC PLAN OF THE TRAINING COURSE

MODULE 1 - Introduction to the concepts of Sport and Community

Development – 5 May

2 HOURS ON ONLINE PLATFORM

Answers to questionnaire open questions. A sort of "entry test" to get an idea of the group's knowledge about; it will be repeated at the end of the training course to verify and evaluate individual learning.

- How can sport and traditional games promote and make visible the resources of a community?
- How can sport and traditional games become an element of involvement and activation of community members?
- How can sport develop a community's ability to learn?

8 HOURS FRONTAL LESSON IN CLASSROOM

CONTENTS	METHODOLOGIES
Presentation of the course and the participants	Presentation game "The Web"
Sport as a Community Development tool: introduction to the concepts <ul style="list-style-type: none"> • COMMUNITY, definition and meaning • COMMUNITY DEVELOPMENT, definition and meaning • Rule of the SPORT for the Community Development • Know your Community! 	Exercise in small groups: World Café Keywords: <ul style="list-style-type: none"> • COMMUNITY • DEVELOPMENT • SPORT
Experiences of Community	Autobiographical exercise
Our vision and the vision of the Project: definitions, motivations, mission: what we do and why. The Sport, the Community, the Development. Sport as a tool for Community Development	Power Point presentation
The good practices in Sport for Community Development	Group work: divided into small working groups, examining some good practices, based on key questions: <ul style="list-style-type: none"> • what is the context in which the project operates? • what were the goals? • which sporting methods are used? • which complementary activities? • what are the strengths? • what are the weaknesses? Presentation of the group works on poster or power point
Good practices in Sport for Community Development: results of the Sport4CD Project research The cross analysis of the good practices collected	Power Point presentation
Conclusion: what I bring with me	Exercise

MODULE 2 - Sports and complementary activities – 12 May

2 HOURS ON ONLINE PLATFORM

HOMEWORK: in small groups (or individually) we continue the analysis of good practices with an homework, using the scheme proposed in the classroom during the Module 1: *"Elements that characterize good practices"*. Preparation of a concise critical exposition to share in the classroom during the next meeting (production of useful material to build the OUTPUT 1 GOOD PRACTICES).

4 HOURS FRONTAL LESSON IN CLASSROOM

CONTENTS	METHODOLOGIES
Ice breaker	Introductory game "Who is who?"
Presentation of the homeworks on "Elements that characterize good practices"	Presentation of the group or individual homeworks on poster or power point
Traditional Games: the Sport as a learning experience	Autobiographical methodology and Traditional games experience
The Sports activities for Community Development	Group work: listing possible practices Power Point presentation, video
The complementary activities: instructions for use <ul style="list-style-type: none"> • Complementary activities: what they are, how to project them • Mix sports and complementary activities to create a program of activities 	Group work: listing the possible practices Power Point presentation, video
Instructions for the next homework on online platform about the territory/community analysis	Divided into small working groups, assignment of a type of territory/community to be analyzed
Conclusion: what I bring with me	Exercise "The island"

MODULE 3 - Create a Sport4CD event/activity – 19 May

2 HOURS ON ONLINE PLATFORM

HOMEWORK: in small groups analysis of a territory/community (based on the knowledge acquired so far) assigned *ad hoc* (eg central district, suburbs, small town, rural village, and so on); report of the informations retrieved (if possible already functional to the building of the Sport4CD Day).

4 HOURS FRONTAL LESSON IN CLASSROOM

CONTENTS	METHODOLOGIES
Ice breaker	Introductory game "Speed date"
Presentation of the homeworks analysis of a territory/community assigned	Presentation of the group or individual homeworks on poster or power point
DREAM-IDEA-ACTION: the path to implement a Sport4CD event or activity program <ul style="list-style-type: none"> • Needs and resources analysis. Listening and knowledge of the territory/community. Working from "the bottom". • Setting goals and strategies • Schedule activities: mix sports and complementary actions 	Group/individual work of planning an event/activity program Role playing Simulation of a Sport4CD event/activity program planning on the assigned territory/community

to create an event/program <ul style="list-style-type: none"> • How to activate the territory and the community • Create the working group and train it on specific skills • Plan the communication and find the economies • Monitoring. Evaluation after the realization of the event/activity program; evaluation of its sustainability 	
Presentation and analysis of the group/individual works on planning an event/activity program	Posters or power point
Conclusion: what I bring with me	Exercise "Draw yourself"

MODULE 4 - Facilitate working groups – 2 June

2 HOURS ON ONLINE PLATFORM

HOMEWORK. Setting up of the projects designed in the Module 3. The projects are uploaded to a shared space (eg the website).

2 HOURS FRONTAL LESSON IN CLASSROOM

CONTENTS	METHODOLOGIES
Ice breaker	Game: Growing complexity "Fill the questions"
Feedback on the homeworks	
Facilitation of groups: elements <ul style="list-style-type: none"> • The group as a system • The rules: implicit, explicit and "unspoken" • Collect the proposals • Manage conflict: the facilitation • Arrive at a synthesis 	Group brainstorming and poster creation Presentation with PPT
The role of the facilitator	Exercise "Role playing- being a monitor"
Debriefing	
The networking on territories and communities: how to solicit the existing resources and how to put them in synergy for an effective result	
Conclusion: what I bring with me	Exercise Focus group

MODULE 5 - Practical experimentation organizing the Sport4CD Day

2 HOURS FRONTAL LESSON IN CLASSROOM

CONTENTS	METHODOLOGIES
Ice breaker	Game: Growing complexity "Sport Mimic"
Homeworks Feedback	
Ideas to create the Sport4CD Day: ingredients and recipes	Group work "The recipe"
The next actions: organization of practical experimentation in the Sport4CD Day <ul style="list-style-type: none"> • What can they do for organizing the Sport4CD Day? • What can they do on Sport4CD Day? • Create work groups according to the different actions: <ul style="list-style-type: none"> ○ territorial analysis ○ contacts with local organizations 	Operative planning of the practical sections of the course with the learners, according to the needs of the group, participants and organizations. Outline a guided path <ul style="list-style-type: none"> • definition of work groups • definition of objectives and tasks of everyone
Conclusion: what I bring with me	Exercise "Draw yourself- continuation"

2 HOURS ON ONLINE PLATFORM

Answers to questionnaire open questions. Test of "exit" to verify and evaluate learning and the changes at individual level, compared to the "incoming" answers given at the start of the training course.

- How can sport and traditional games promote and make visible the resources of a community?
- How can sport and traditional games become an element of involvement and activation of community members?
- How can sport develop a community's ability to learn?

10 PRACTICAL HOURS

Towards the realization of the Sport4CD Day

- Preparation of the day, 5 hours
- Realization of the day, 5 hour

Disclaimer

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Sport CD training images



