



Sports for Sharing
Handbook
for teachers and facilitators

Eighth Edition, Mexico-2016



Education for Sharing
<http://educacionparacompartir.org>

ACKNOWLEDGEMENTS

Greatly valued teachers, it is my honor to address you with the utmost respect. You, your profession, and the admirable work you do with children every day inspires me.

We are starting a team adventure; a task that excites and inspires.

Since we started Education for Sharing in 2007, our mission has been to form better citizens from childhood. Teaming up with teachers like you, we have been able to reach more than 710,000 people - which includes 10,100 teachers, 250,000 children as well as their mothers and fathers - through our Sports for Sharing, Initiatives for Sharing and Science for Sharing programs, created in 2007, 2010 and 2015, respectively.

On behalf of the Education for Sharing team, we give you the warmest welcome to Sports for Sharing (S4S), an innovative educational program that aims to encourage aware and proactive citizens through play, and to generate significant learning experiences for all children.

Using the experiential methodology of S4S, all games are cooperative and incorporate physical activity. When implemented with children, it is a useful tool to promote the practice of civil values, to encourage the children to participate, and to link the knowledge they've acquired with solutions to major global challenges.

Thus, we present this handbook for teachers, in which you will find resources that will strengthen the work being done every day to raise awareness and enable the participation of your students.

The result? More peaceful relations in the classroom. Children with higher self-esteem, more proactivity towards challenges, and students who develop critical thinking. This leads to a greater connection with their surroundings, more opportunities to feed their curiosity, and more freedom to explore and ask questions in order to grow.

During the last ten years, we have seen the work you can create with this curriculum will help your students as well as grow your teacher toolbox.

We welcome you to S4S, a program we hope you'll make your own and will continue enriching with your experiences. Thank you for participating and teaming up with us, and with Mexico.

We are here for you.

Dina Buchbinder Auron- Founder and President of Education for Sharing

Sports for Sharing

What is Sports for Sharing?

Sports for Sharing (S4S) is an educational and civic program that aims to raise children's civic awareness and purpose. It encourages them to commit themselves to becoming agents of change and to contribute towards the solution of global challenges in their communities.

Through a play-based methodology, children strengthen civic values and attitudes relating to their everyday lives. This fosters a collaborative classroom environment and gives students confidence in facing common problems, as well as developing social skills.

After participating in S4S, children grow into young people capable of improving their communities, together with their teachers and family.

Sports for Sharing has five objectives:

- To spread knowledge of major global challenges.
- To promote the practice of civic values.
- To promote the practice of healthy living habits.
- To promote respect for socio-cultural diversity as well as inclusion.
- To promote the practice of democratic participation.

The program is designed for children from six to twelve years of age in any educational context as well as their teachers.

Moments for Sharing

Sports for Sharing runs every six months in line with the school cycle. Below are the stages of the program:





Unit 1. People

Session 1. Introduction to the SDGs

Unit Description	<p>End poverty and hunger and ensure a healthy, dignified and equitable environment.</p> <p>In this first unit of Sports for Sharing, the Sustainable Development Goals (SDGs) and the program's civic values are introduced to students.</p> <hr/>
Session Structure	<p>Session 1 - Introduction to S4S, the SDGs and practicing values</p> <p>Imaginary trip to Switzerland Activity 1. Family Reunion Activity 2. Catching Butterflies Activity 3. Value chain</p> <hr/>
Session Objectives	<ul style="list-style-type: none">● Introduce participants to the program activities by getting to know the SDGs and values.● Recognize SDG 4: Quality education and SDG 5: Gender equality.● Reflect on the inequality of educational opportunities for women, children with disabilities and people of color.● Identify values as useful tools to improve relationships between people and to end violence. <hr/>

Sports for Sharing - Unit 1. People

Session 1. Introduction to the SDGs

Imaginary journey: Switzerland



Switzerland



Greeting: Hallo! (German), Ciao! (Italian), Bonjour! (French), Allegra! (Romansh)

- Its capital is Bern and has a population of 8,401,400.
- Its official languages are German, French, Italian and Romansh.
- Important cities are Zurich, Geneva, Bern, Basel and Lucerne.
- Neighboring countries are Italy, France, Germany, Austria and Liechtenstein.
- Its national sports are skiing, canyoning, mountain biking and whitewater rafting.
- Some typical dishes are fondue, raclette, potato and cheese, bratwurst, chicken sausage with bread, and chocolates.
- In Switzerland there is one teacher for every fifteen students.
- One of the UN headquarters is located in Geneva.



The United Nations

- Officially formed with the founding 51 countries on October 24, 1945.
- Currently 193 countries are members
- The United Nations addresses great human development challenges, such as peace and security, climate change, sustainable development, human rights, health, and gender equality, amongst

others.

Unit 1. People - Session 1. Introduction to the SDGs

Activity 1. Bringing the family together

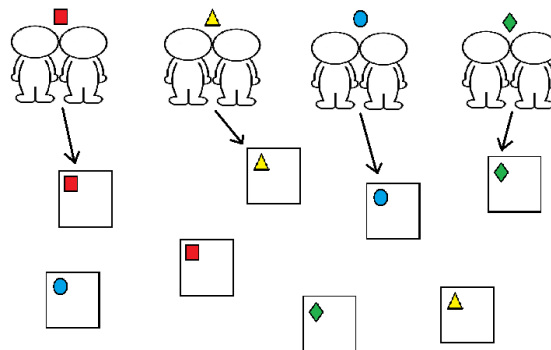
Objective	Introduce participants to S4S through learning about the SDGs and values.
Skills	<ul style="list-style-type: none"> • Identify the SDGs and associated global and local issues. • Identify the practice of values during the activity. • Engage within their group, expressing their ideas and interests about the SDGs and listen to the opinions of their peers.
SDG	All
Values	All
Duration 20 minutes	Material Set of 17 SDGs and values cards

Description

1. Hide the 17 SDG cards in advance, in visible places that don't pose a threat to safety while looking for them. Place the cards with the SDG logos facing down, and the name of its "family" facing up.
2. Let the participants know the name of the activity and that they will learn about the SDGs.
3. Form four teams with the same number of people who must always hold hands while moving around.
4. Tell participants that four families went for a walk, but on the way all its members got lost, so the aim of the game is to reunite all the families again.
5. Assign each team a 'family' they must reunite: a) People, b) Planet, c) Prosperity, d) Peace and Associations.
6. Signal for teams to start looking for cards that make up each family.
7. When they come back, briefly explain to the teams what the SDGs are.
8. Ask the teams to reflect on the following:
 - a. What's the significance of each SDGs icon?
 - b. Why do they belong to that family? How are they connected?
 - c. Which of these issues are important to you and your community? Why?
9. Ask teams share their discussion with the larger group.

Questions for reflection

- During the activity, did you practice any values? Which?
- What issues does each SDG family talk about?
- Which of these issues do we share with other countries?
- If we help to resolve one SDG, what do you think will happen with the others?
- Can we participate within our community to achieve some of these goals? How?



Ambassadors

Now that you have learned the Sustainable Development Goals (SDGs), do more research on them and share with others what you have learned.

BULLETIN BOARDS

If bulletin boards are used at your school, find out how you can include information about the SDGs On them.

Present the information in an attractive way: use colorful paper,

GAMES

If you liked the games in the session, you can play them with other friends, family or acquaintances so they can learn and have fun too.

BROCHURES

With the information you find out, make a little information brochure or leaflet to share with other people you know. Add drawings and decorations.

Glossary

- **Canyoning:** Adventure sport consisting of descending cliffs in the course of a river, combining swimming and climbing to overcome natural obstacles.
- **Fondue:** A dish that can be made using different ingredients that are fried in hot oil or covered with melted cheese. This is done by dipping them into a saucepan (with the help of a long handled fork) that is placed over a gas flame at the table, and eaten straight away.
- **Raclette:** Swiss cheese originating from the Canton area of Valais. It is made with raw cow's milk and normally comes in the form of a large wheel weighing about 6 kg.



Appendix

Additional resources for teachers/facilitators

This section contains reference information and additional content for those guiding children through the Sports for Sharing program. It can be used to support and enrich the learning experience of both children and facilitators as they work through each of the activities.

Session 1. An Introduction to the SDGs

SDGs: Interesting facts from around the world

Gender equality (the countries with the highest levels of gender equality)

1. Iceland, Finland and Norway are the highest-ranking countries because they have fewer differences between men and women.
2. Switzerland recently joined the top ten as a result of rising salaries among women.
3. Nicaragua reaches the top ten thanks to its commitment to women's political empowerment; it's the only country in Latin America and the Caribbean to make the list.
4. Mexico is ranked 68th out of 136 countries.
5. In January 2010, the African Union Assembly declared that 2010-2020 was to be the African Women's Decade.



Education

1. It is estimated that around 50% of primary school-aged children who do not attend school live in areas affected by conflict.
2. The top-performing place in the world for mathematics, reading and science is Shanghai, China.
3. More than half of all children who are not enrolled in school live in sub-Saharan Africa.



4. 103 million young people worldwide do not have a basic level of literacy. More than 60% of them are women.
5. Primary-school enrollment in developing countries has now reached 91%, but there are still 57 million children who do not attend school.

Ecosystems



1. Of the 8300 varieties of animal species that have been named, 8% are extinct and 22% are endangered.
2. More than 80% of the food consumed by humans is derived from plants. Just 5 grain crops provide 60% of human food-energy intake.
3. Every year, 30 million acres are lost as a result of drought and desertification (that's 59 acres per minute). This land could produce 20 million tons of grain.
4. Around 1600 million people live in forests, including more than 2000 indigenous groups.
5. More than 80% of all land animals, plants and insects also live in forests.