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| Title: Gym/Acro | | |
| Trainers / Youth Workers: | | 2-4 |
| Time: | | 1.5 – 2 Hours |
| Session objectives: | | Group building, physical activity, have fun, pair work, problem solving, understanding the importance of teamwork, trust, respect |
| Session description (step-by-step) | | |
| Time: | Activity Description: | |
| 20 min | Energizers:   1. Zip Zap Zog - everybody gets into circle and we play the Zig Zag Zog game 2. Number catching Game- one catcher, others are runners. Caught runner becomes a catcher. When a number is said, the amount of people forms a row to be safe 3. Castle game - two people form a castle, one person is a princess inside. “Castle”: castle finds a new princess. “Princess”: Princess finds a new castle. “Tornado”, everything changes. | |
| 15min | Parachute game - everybody gets into circle and every person is going to pick a role from the hat (4 roles: Collaborators, sleepers, cats/dogs, Not working together). People try to flip the parachute standing on it. Second run: No roles, collaborative. | |
| 40min | Acrobatics   1. warm up: Monkey tree game - Pairs, one is base (tree), one is the monkey (hanging as a backpack). Monkey tries to go around the tree (under the arms). Difficult task, 1-2 attempts, no necessary to success. 2. Pair Acro (groups of fours)    1. Base on four limbs       1. fours - fours       2. fours - surf       3. fours - feet       4. knees - feet       5. If some groups are finished before others: Fours - airplane   b. Standing thigh lean  Groups of four - support for base on fours. Base sitting on the  support. Flyer climbs on thighs. One supporter.  c. Pyramid of five people  d. Group pyramid: Roles- bases, top ones, supporters | |
| 5min | Pizza relaxation game - pairs. One goes laying face down. Others are guided by the leader: “Massage”: spread the sauce. Pushing down “location massage”: put on the onions, put on the tomato, sausage, pineapple. “Fingertip massage” put on the Cheese. Extra move: Make a calzone (roll the friend on his/her back) | |
| 10min | Debrief:  Explain the purpose of the training: Collaboration/group work, helping and trusting your partners, communication, concentrating on instructions.  Get a QR code for the questionnary. Let children answer the questions on their phones. We will translate the answers after the class. Answers can be done in groups of 3-5. Each group should have at least one phone. We can share the WiFi. | |
| Preparations for the session: | | Role cards for parachute game. Parachute.  Prepare the Questionnary and QR code for feedback.  Soft mattresses. |
| List of materials: | | Mattresses. Parachute. Cards of roles. |
| Evaluation of the session (brief): | | Tell the purpose: Collaboration/group work, helping and trusting your partners, communication, concentrating on instructions.  Ask about the feelings (safe, scared, fun,). What was nice, what was bad.  In the meanwhile prepare questionnary things. Get feedback through the QR. |