

All to play for

During the London 2012 Olympic Games, teams from 205 countries challenged each other in 26 sports, leaving a lasting legacy that has inspired a generation.

Aim: find out what causes poverty and possible solutions in this game of handball.

Group size: 10-16

If you have more players, play two games, or rotate players from the bench to the court every five minutes, or play with two or more balls.

Time: 45 minutes

Maximum match time is 20 minutes. Don't worry if you have less time. It will be more of a challenge!

You need:

'Get ready guide' (see page 3), 'Scene setter' (see page 4), referee's cards (see page 5), score card (see page 7), 15 plastic bags, string, sticky-backed notes, a fine marker, large elastic bands, markers for two goals, a whistle, a rope and two teams of players. Optional: Aim high (see page 8), a megaphone for the referee and team bibs.

In advance:

- print and cut out referee's cards
- print the 'Scene setter' and score card
- collect 15 plastic bags
- write the causes of poverty (from the 'Get ready guide') on to sticky-backed notes
- set up two goals at opposite ends of a court.

Activity



Tell the group

5 MINS

During the Olympic Games, teams from 205 countries around the world challenged each other in more than 300 events. But beyond the Games there is a much bigger challenge to tackle: the reasons why people are poor. Do you know what causes poverty? We're going to find out in this game. It's based on the experiences of talented young people who live in a very poor community in Kenya.



Get somebody to read the 'Scene setter'.



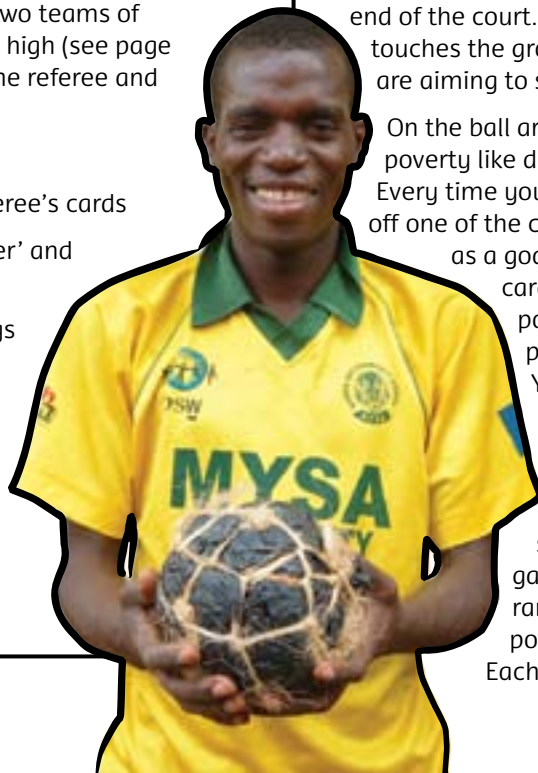
The aim of the game

5 MINS

There are many hand ball sports, like basketball, volleyball and hand-ball. We're going to play a game based on the rules of handball. Throw the ball between team mates to your goal at the one end of the court. A goal is scored when the ball touches the ground behind your goal line. You are aiming to score as many goals as possible.

On the ball are written some causes of poverty like drought and high unemployment. Every time your team scores a goal, I'll take off one of the causes of poverty and record it as a goal for your team on the score-card. I'll read aloud your bonus point, which will be a solution to poverty. There are two teams. Your team's aim is to get rid of the most causes of poverty (i.e. score the most goals) in the time allowed (20 minutes). But you will come across some challenges. During the game I can blow my whistle at random and book the player in possession of the ball with a card. Each card has a forfeit. I'll read the

Billions of pounds were spent on staging the Olympic games, but young people in Korogocho are making sport happen with their own hands.





In Korogocho, the resourceful young people make footballs from old plastic bags tied with string.

card aloud, then play resumes while the player completes the forfeit.

i At this point, if you have a participant who does not want to play, you may want to invite them to be the score keeper. As the referee you have a busy job and it might help if you have someone else to records goals and read the bonus points aloud.

Divide the group into two teams and give them a minute to think of team names.

On the ball 5 MINS

Sports balls are not always easy to find in Korogocho. But the players know they are quick and easy to make, by re-using plastic bags!

We're going to make a ball just like the young people in Korogocho, using old plastic bags. I have to scrunch the first bag in the palm of my hand then wrap it inside another bag. Then I keep going until we have used all the bags. Rolling the ball in different directions will make it roughly round. We tie a knot with the handles of the last bag and wind string around the outside.

Now we have to stick the notes with the causes of poverty written on them to the sides of the ball and put elastic bands around it to hold everything together.

Game rules 20 MINS

Before I blow the starting whistle, here are a few game rules.

- Players may run with the ball for three steps before passing.
- Players in a wheelchair may wheel around in a circle to find open team mates.
- Players may hold the ball for three seconds before passing.
- Players may use a pivot foot/wheel as in basketball.
- A goal is scored when the ball touches the ground behind the score line in between the two goal markers.
- If the ball is kicked or touches the floor, ie a teammate drops the ball or has it batted down when throwing, the other team is awarded the ball.
- Be quiet and still when you hear the referee's whistle.

- The nearest player from the opposite team takes the ball from the booked player. Play continues while the forfeit is completed.

Now let's toss a coin to see which team starts. You'll start now on my whistle.

i The bench

Some forfeits require the player to leave the court and sit on the bench. If you are not rotating players from the bench into the game, why not get those players to start a chant for their teams? It will create the atmosphere of a match.

Post-match debrief 10 MINS

Discuss:

- Were the causes of poverty just about lack of money or were there other causes?
- How would you feel as a young person facing these obstacles in your daily life?
- What can young people in Korogocho and you do about them?
- In the final forfeit when you had to link arms with a member of the opposing team, did you know what to do straightaway? Was it easy to work it out that if you worked together, both teams could score an equal number of goals?
- In some cultures, girls have traditionally been the home-makers and carers. There is less investment in their education because many marry early, moving out and dropping out of school. How can we ensure men and women are treated equally and have the same opportunities?

What next?

Read the *Aim high* story (see page 7).

If you want to find out more about how many people are living with different causes of poverty, try our World Statistics Icebreaker: cafod.org.uk/ggyouthgroup

The Millennium Development Goals (MDGs) are an eight-goal global action plan to reduce poverty by 2015. You can find out more in our MDG fact sheet: cafod.org.uk/secondary/factsheets

Watch players from St John's Sports Society make balls: <http://bit.ly/r2CPHu>

For lots more ways you can tackle poverty visit CAFOD's Great Generation: cafod.org.uk/greatgeneration

RESOURCE 1 Get ready guide

Get ready

Write these causes of poverty on to sticky-backed notes. These are the obstacles to getting rid of poverty in Korogocho, a very poor community in Kenya.

With your teams, you'll make a ball and stick these to it. The ball represents the obstacle in this game.

Note: Korogocho is not affected by malaria, tsunamis and earthquakes, but these are big causes of poverty for other communities around the world.



RESOURCE 3 Scene setter

Korogocho

This game is set in a community called Korogocho in Kenya.

Korogocho is the fourth-largest slum in Kenya's capital city, Nairobi. Around 100,000 people live on an area of government-owned land, roughly the size of 150 football pitches. They are not legally allowed to live on the land, but there are not enough affordable houses in the city. Houses in Korogocho are made from mud and iron sheeting. There is little electricity or running water.

In Korogocho, many young people do not complete secondary school. There are only two state-run primary schools. There are private schools, but parents sometimes can't afford the fees. Classes are crowded and there are few books.

Despite their intelligence and entrepreneurial spirit, it can be difficult for people living here to find a job.

Lots of people who used to be farmers in the countryside have moved to Nairobi. Climate change means the rains are more unpredictable. Drinking water is very scarce in some places. Crops don't grow as well, and cows and goats have little grass to graze on. There are few other



jobs in the rural areas, so people are leaving the countryside.

St John's Sports Society, an organisation supported by CAFOD, helps young people to change their lives through sport. Basketball, volleyball, football, athletics and many other teams meet three days a week to play, talk and pray. Sport is a great way to learn skills like team work and leadership: people work together to achieve their goals. Many of the St John's players are extremely talented and now play for Kenyan national sports teams.



RESOURCE 2 Referee's cards

A family member is very ill. You have no money for credit for your phone. It takes 45 minutes to reach Kenyatta Hospital.

Put the ball down and go to the other end of the court. Then continue playing.

There is no playground so you are playing on a piece of wasteland. It has started to rain and the land is getting muddy and difficult to walk on. The goal area is slippery.

Catch the ball with one hand for the next five minutes.

Climate change has increased the likelihood of drought. Crops have failed. There is less food available and lots of demand, so prices have risen. It's too expensive for you to buy some items and you feel dizzy from eating less.

Sit on the bench for five minutes.

There is fighting between different ethnic groups. It is not safe to leave your house.

Stand in a hoop or a circle of rope or string for two minutes.

A local criminal gang has recruited you. You are threatened with violence if you don't join them.

Join the other team for the rest of the game.

Your MP has stolen money meant for street-lighting. He will put it in a British bank for his wife to spend on a shopping trip to London.

Throw the ball into the opposing team's half.

Around the world, 9 million children under the age of five have died this year. Your little brother, age three, dies from dehydration after being ill with diarrhoea.

Stand still and observe a two-minute silence.

Your brother is studying after school. As a girl, you are expected to go home and do household chores.

All the girls on the team in possession run one lap around the court.

There are few state schools. Your parents are raising money to send you to a private school. Your mum calls you to help sell food she has made.

Jog on the spot for three minutes.

Your court is next to the Nairobi city dump. The smoke from burning rubbish is drifting across the court making it hard to breathe.

Rope off half of your team's goal for the rest of the game.

Your friend was mugged last night. There are no street lights and only five police officers in Korogocho. You decide to quit the match early and walk home while it is still light.

Sit on the bench for the rest of the game.

You have to walk to the stand-pipe to collect your family's water for the day. The price has gone up and you have to try and get more money from your dad.

Do ten stretches.

RESOURCE 2 Referee's cards

Your family cannot afford food today. You are feeling sick because you had to take your HIV medication on an empty stomach.

Sit on the bench for the rest of the game.

You need to use the loo. The nearest one is a ten-minute walk away, and there is a queue.

Walk around the outside of the court four times.

Unfair trade rules mean local farmers cannot compete with richer countries and are going out of business. Your dad is a farmer. He wants you to take the crops to a market that is far away meaning you won't be able to play.

Jump 10 times

Three minutes before the final whistle.

Partner with someone from the opposite team and link arms closely. You are not allowed to break the link.

You have one minute of play remaining.

Hint: To score maximum goals the pairs will need to work together and score in both goals. Don't tell the teams. See if they can work it out.

RESOURCE 4 Score card

Goal No.	Team 1 <small>Insert name</small> Score	Team 2 <small>Insert name</small> Score	Bonus
1			A small co-operative business is set up.
2			Young people are trained in peace and citizenship education.
3			Places for people to learn skills such as hairdressing or carpentry are set up.
4			Sports courts are cleaned up.
5			Piped water stands are built around the area.
6			A communal toilet block is built.
7			Exercise books and pencils are provided for schools.
8			Your youth committee has been invited to join the local council to give young people a say in what happens in their community.
9			Counselling and education are offered with HIV tests.
10			Street-lighting is put up along the main road.
11			Your government passes laws to help stop corruption.
12			The first government secondary school is opened.
13			A free health clinic provides treatment for children under five and pregnant women.
14			Fewer flights reduce climate change.
15			A new road is built.
Final score			Total goals

RESOURCE 5 Aim High



Story

A walk past the St John's Sports Society changed the life of one young boy. Nine years later, he is a black belt in karate and is looking forward to joining the Kenyan National Karate Team.

Abdi Rauf Dima, 17, lives with his mum, dad, sister and brother in their rented family house in Korogocho, a slum in Kenya's capital city, Nairobi. For their main income, the family relies on Abdi's dad, 62, who is a lorry mechanic. He also has a small vegetable stall selling tomatoes, potatoes and cabbages.

Abdi's sister has just finished secondary school, but cannot find a job. Unemployment is a big worry for young people here. Abdi says: "Sometimes when I go to do karate, I might come back with two hundred shillings (£1.50), because my coach will give me something to buy lunch or have fun with. But I bring it home and give it to my parents. I worry about bringing money home and getting food."

But with hard work at the CAFOD-supported St John's Sports Society, Abdi can secure his future with sport.

He says: "I was passing through St John's one day and I saw some guys training. They had speed and morale. I went home and told my dad, 'That's what I want to do'."

Abdi's dad worked hard to pay his £4.50 joining fee. Abdi explains: "If he hadn't had that money, I wouldn't be where I am today. Now, because

of help from organisations like CAFOD, St John's is free for all kids under 16."

At 11 years old Abdi won his first medal: a bronze at the Nairobi Open for children's karate. An unsuspecting winner, he felt great and his coach was there to see it all.

His most difficult game was the Kenya Open in 2007. At 14, Abdi found himself up against policemen and private security officers. He explains: "In karate, they only look at the belts. So it doesn't matter how young you are, if you're a brown belt, you play adults who are brown belt." Abdi won.

Abdi trains for two hours a day, three times a week. Now he's a black belt and member of the Kenya National Karate Team. "There are 35 people in the team," Abdi says. "I got chosen through trials. It was hard work. I feel so proud to be able to wear the national colours. My parents are proud. They like to see my name in the local paper. I haven't played a proper tournament yet for the national team, because I'm still young and I'm busy in school. I can't wait to finish school and play full time."

Karate has helped Abdi develop fitness, control and avoid street fighting and drugs, which are a big problem among young people frustrated by a lack of jobs. Abdi says: "I'm happiest when I'm training with my team. I learn from them, we share ideas and challenges.

"I want a good future. I want to be a person who is well disciplined, be a good friend, and be a karate teacher."

