



VIVA CON AGUA

giz

Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH



Photo: Kevin McElvaney



YEAH!

HANDBOOK







IMPRINT

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Sector Programme
"Sport for Development"
Friedrich-Ebert-Allee 36
53113 Bonn
www.sport-for-development.com

PROJECT MANAGEMENT (V.i.S.d.P.)

Lars Braitmayer

ILLUSTRATIONS & CHARACTER DESIGN

Davina Cochrane

COMIC (PAGE 13)

Russlan

LAYOUT

Julia Koch



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Viva con Agua &

Sport for Development

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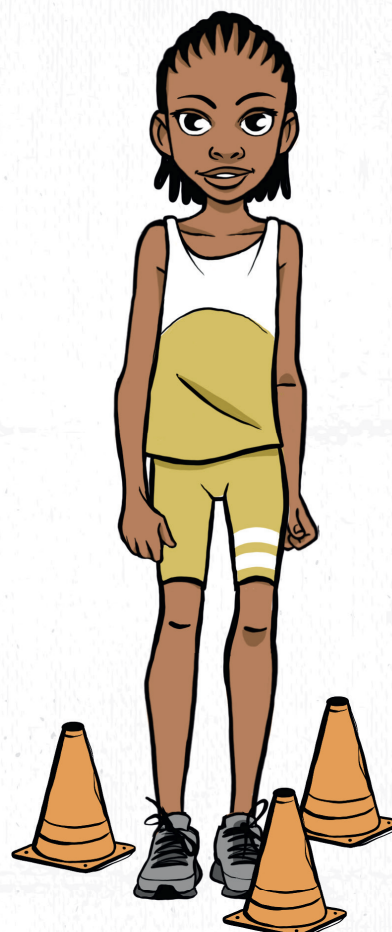


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Photo: Kevin McElvaney

سيف



WATER IS LIFE!

Peruth Chemutai is a steeplechase runner and the first Ugandan woman ever to win an Olympic medal – at the 2020 Summer Olympics in Tokyo in the women's 3,000 metres steeplechase race.



"For me, as an athlete who drinks about four bottles of water during trainings, clean water plays a big role in my welfare. However, growing up, it was not easy getting safe and clean drinking water. Finding ways of ensuring the safety of water, may it be through locally produced Purifaaya water filters or simply washing my hands, are very important.

That's why I decided to get engaged and actively promote local solutions and purchase Purifaaya water filters for myself and the community, giving something back and creating change for the better. A community where everybody can have access to clean and safe drinking water.

Through access to clean water, I am healthier and not at the risk of getting any water borne diseases. This helps my body stay in shape and have the energy for all the trainings and raises and therefore is also an essential key for success and for doing what I love to do."

All of us are winners

"I am able to gain a lot of experience on the track now more than ever. I constantly continue perfecting my races and love being able

to represent my country. I hope I motivate young girls from the community I come from who have the passion of becoming athletes one day."

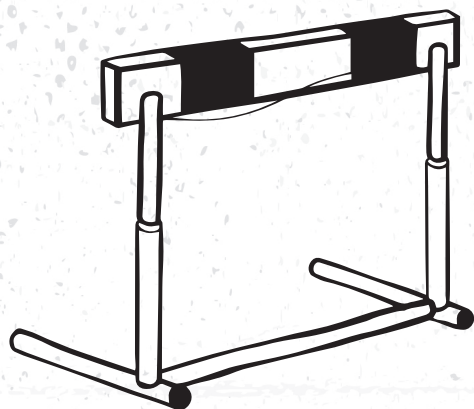
Sport helps to overcome challenges

"Sport helps bring togetherness and unity in my society as we train together and celebrate each other's accomplishments. We help each other grow, which helps us to help in the growth of our society, for example, by starting up foundations, building schools, starting youth programmes, and so on.

Beside that, I like it when I can train with my friends. I am very happy when they make it and win the races because I want all of us to win."

YOURS, PERUTH





ATHLETICS4WASH IN A NUTSHELL

Athletics4WASH (A4W) is an initiative developed and conceived by Sport for Development (S4D) and Viva con Agua.

Built around the classic athletic disciplines of running, jumping and throwing, Athletics4WASH combines the vibrant potential of sports and the ability to create a fun-filled learning environment, where sensitization for WASH (water, sanitation & hygiene) related health behaviour is carried out in a joyful and playful way.

What you've got in front of you

This handbook is designed for any individual, group or organisation that is interested in using this resource as an educational tool, including teachers, coaches and young leaders.

For better orientation and an easy application of the handbook, it is structured in the following sections:

1. Introduction

You can find background information on the initiative and WASH.

2. Time for Action

You can find a step-by-step explanation of how to conduct a A4W session.



Athletics4WASH
has the
potential to:

ACTIVATE

through physical activity



**SENSI-
TIZE**

through WASH education

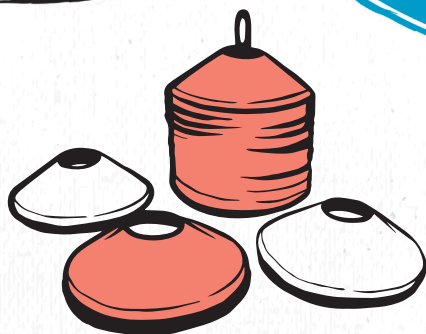
CONNECT

through community and
regional outreaches

LET'S START!

**TRANS-
FORM**

through joyful learning



ATHLETICS4WASH

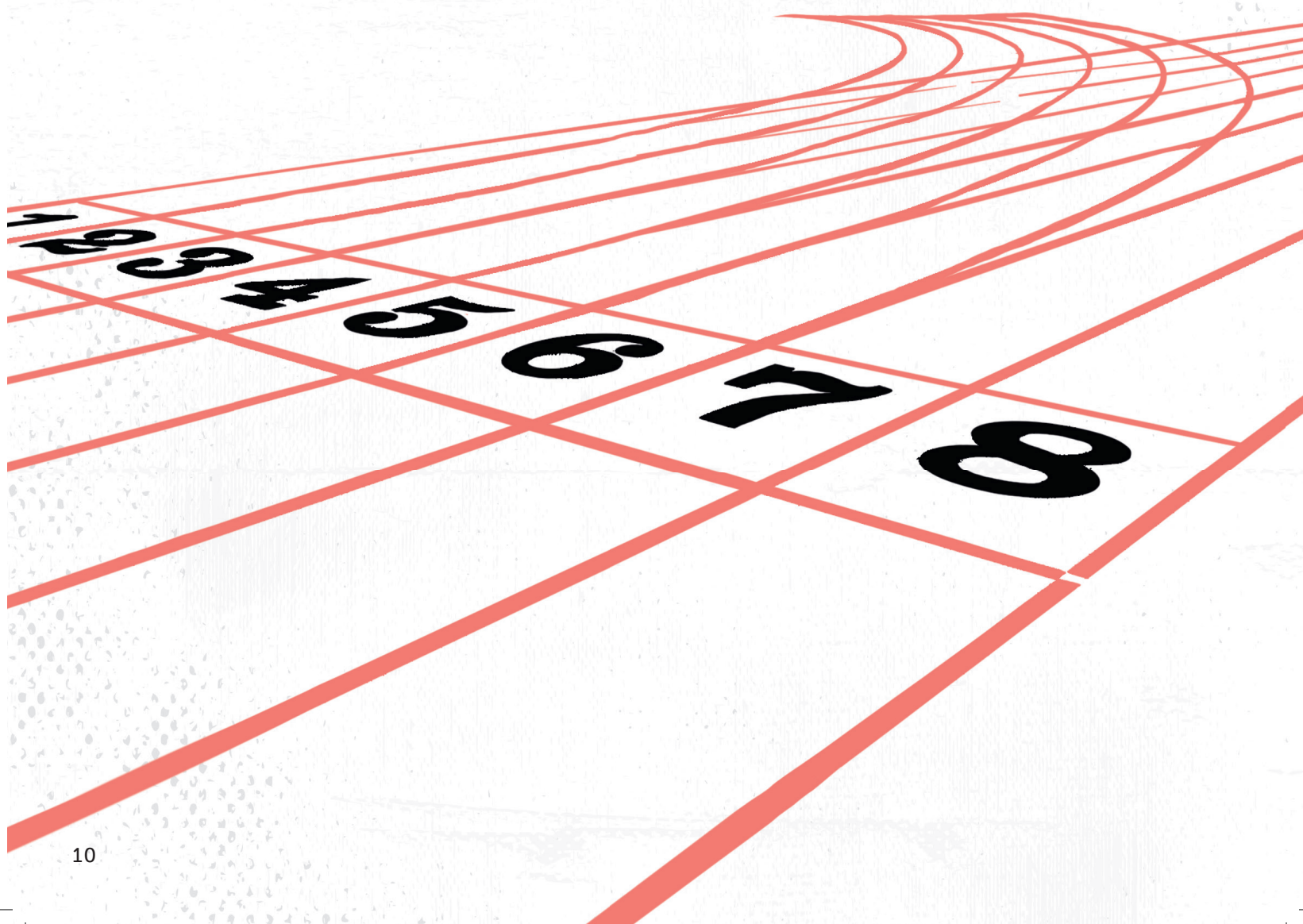
IDEA • CONCEPT • PURPOSE

"SPORT HAS THE POWER TO CHANGE THE WORLD.
IT HAS THE POWER TO INSPIRE. IT HAS THE POWER
TO UNITE IN A WAY THAT LITTLE ELSE DOES. IT SPEAKS
TO THE YOUTH IN A LANGUAGE THEY UNDERSTAND."

Nelson Mandela

Doing sports and getting engaged in physical activity can provide opportunities for children and adolescents to develop responsibility over their life, to build leadership and life skills. It also fosters a sense of belonging in a group and /or community. Especially for children in challenging contexts, sports can play an even greater role in promoting a healthy and safe learning environment.

Sports generates positive effects and emotions which play an important role in health-related behaviour change, helping to transform newly learned techniques into lasting routine behaviours.





Connection with the Sustainable Development Goals

By tapping into the areas of social inclusion, education, child protection and empowerment, sport-interventions directly contribute to the achievement of the United Nations Sustainable Development Goals (SDGs).

Good health & well-being is inevitably related to the SDG 6

6 Clean water and sanitation



Quality education & gender equality are inevitably related to the SDG 6

3 Good health & well-being



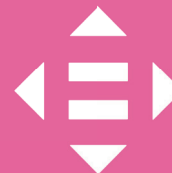
4 Quality education



5 Gender equality



10 Reduced inequalities



The UN Sustainable Development Goals were set in 2015. They are a collection of 17 interlinked goals designed to be a blueprint to achieve a better future for all.

AGENTS OF CHANGE

WASH interventions with children and adolescents support them in becoming Agents of Change who sensitize their communities and families.

The overall objective of A4W is to promote behaviour change in water, sanitation, and hygiene (WASH) practices for improved health and educational outcomes. By providing WASH-related knowledge and techniques as

well as general life skills, the A4W empowers children and adolescents to become Agents of Change in their communities.



Photo: Henrik Wiards

**WASH inter-
ventions with
children and
youth lead to...**

**...reduction of diarrhoeal
diseases leading to improved**

HEALTH.

**...reduction of pupil illness
and absence in**

SCHOOL

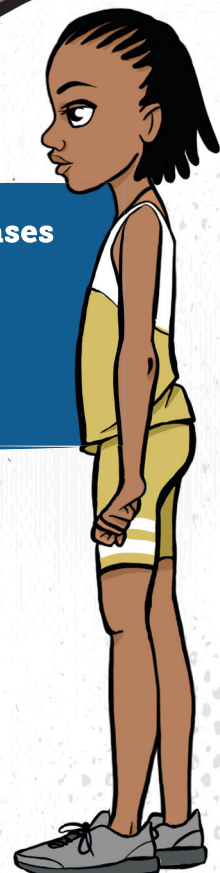
**leading to improved
educational outcomes.**



**...reduction of diarrhoeal diseases
amongst the younger**

SIBLINGS

of the pupils.



DOING SPORTS – BUT WITH A PURPOSE!

WASH activities with pupils have a positive effect on absence in school, better educational outcomes and even influence the health status of the pupils' families. This underlines the importance of a low threshold entry point of enrolling children to get active and participate in WASH trainings, enabling them to become self-efficient and confident Agents of Change who diffuse the improved practices learned in school into their homes and communities.

SELF-EFFICIENT AND
CONFIDENT CHILDREN

LESS ABSENCE
IN SCHOOL

GREAT
EDUCATIONAL
OUTCOMES

BETTER HEALTH
STATUS OF
PUPILS & THEIR
FAMILIES



Photo: Kevin McElwainey

Challenge accepted

The A4W is designed around a series of athletic exercises which are easy to learn and execute. By not just relying either on didactic means of information transfer and education or the use of feelings of shame and fear, the A4W with its fun-filled trainings and workshops rather creates an atmosphere where learning and the application of health-related behaviours are joyful and dignified.

The A4W drills are applicable for a Train the Trainers concept and a comprehensive WASH programme, as stand-alone workshops, can be included in already existing WASH interventions and programmes, such as School or Community WASH Clubs. On the other hand, they can enrich athletic events with an additional educational component.

JOYFUL & DIGNIFIED
LEARNING



FUN!

STANDALONE
OR INCLUSION

TRAIN THE
TRAINERS



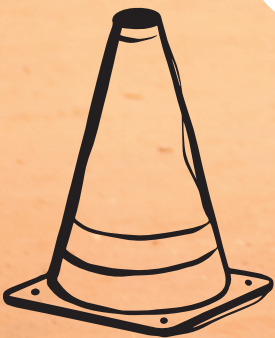


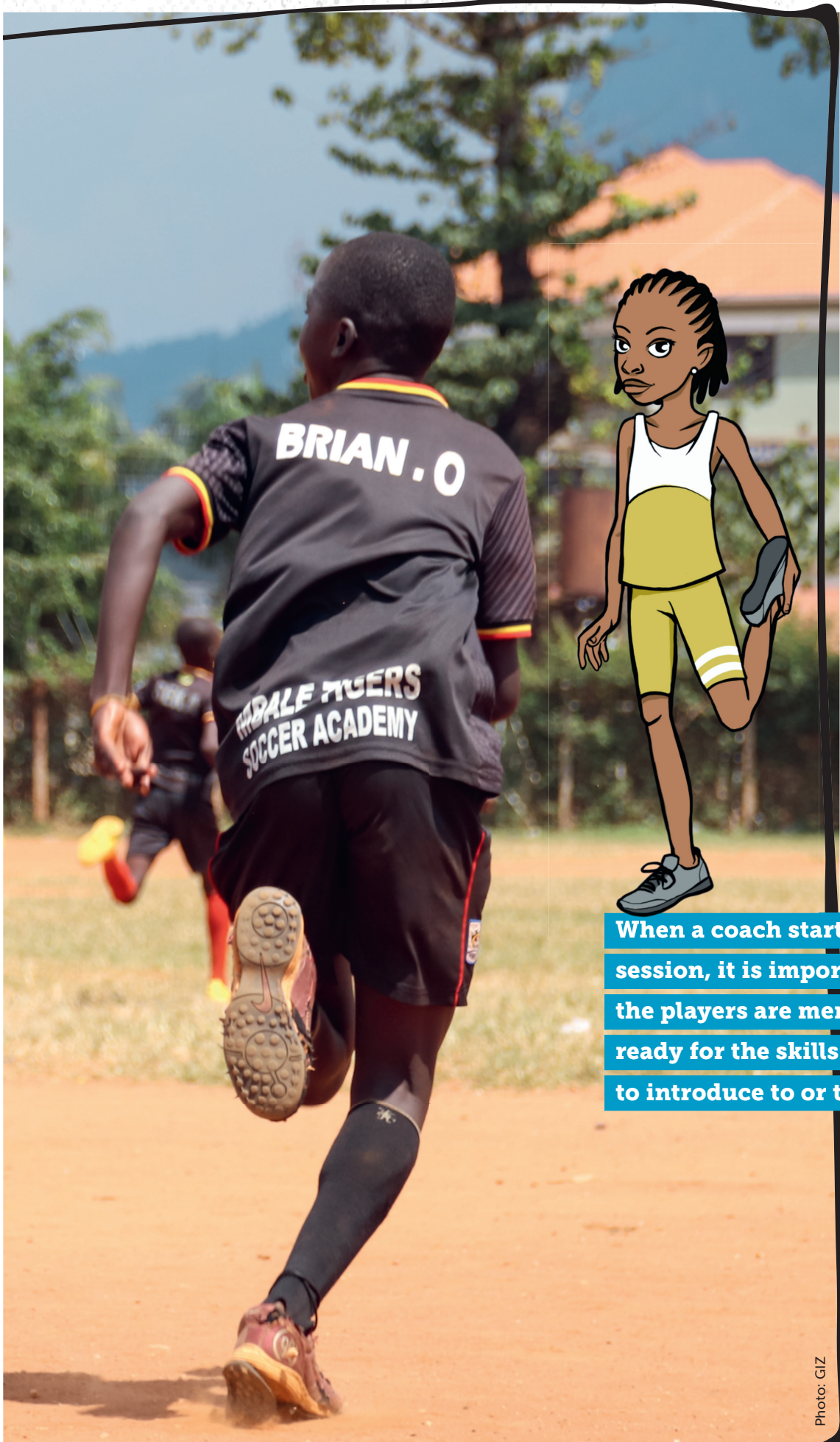
ATHLETICS4WASH

WARM UP

WARM UP GAMES

GAMES





When a coach starts a training session, it is important to ensure that the players are mentally and physically ready for the skills he or she wants to introduce to or teach them.



Photo: GIZ

IT'S GETTING HOT IN HERE

It is essential to have a few warm up games before the players get into the main session.

This part of the training may take up to 15 minutes, depending on the age of the players. Having the following questions and guidelines in mind will help you align the session with the demands and needs of the players.

DURATION

●●●●● up to 15 minutes

For warm up a coach must always:

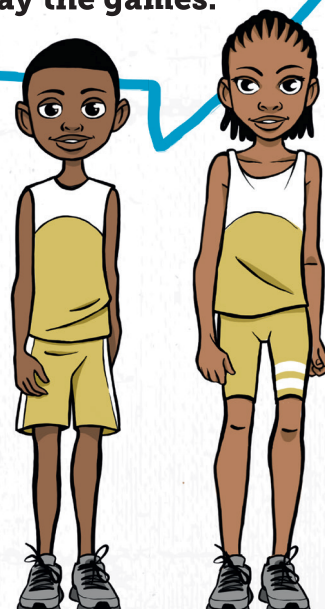
Make short and
EFFECTIVE
demonstrations while briefly explaining the new skills.

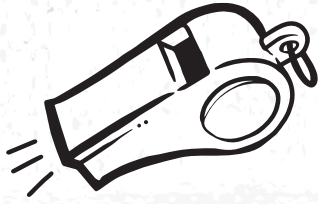
Consider the
AGE
and capabilities of the players when selecting games.

Make the sessions
FUN

Keep the games
SIMPLE
and short.

Consider the
NUMBER
of players and how much space is available to play the games.





1



Donkey tails

EQUIPMENT: Bibs or hankies, cones, whistle

TASK: Each player gets a bib or hankie and tucks it at the back of his or her shorts or belt to form a tail. Players chase one another in a demarcated field in an effort to steal each other's tail so they can have more tails. The coach blows the whistle after every few minutes and players have to stop and reveal who has the most number of tails.

DURATION

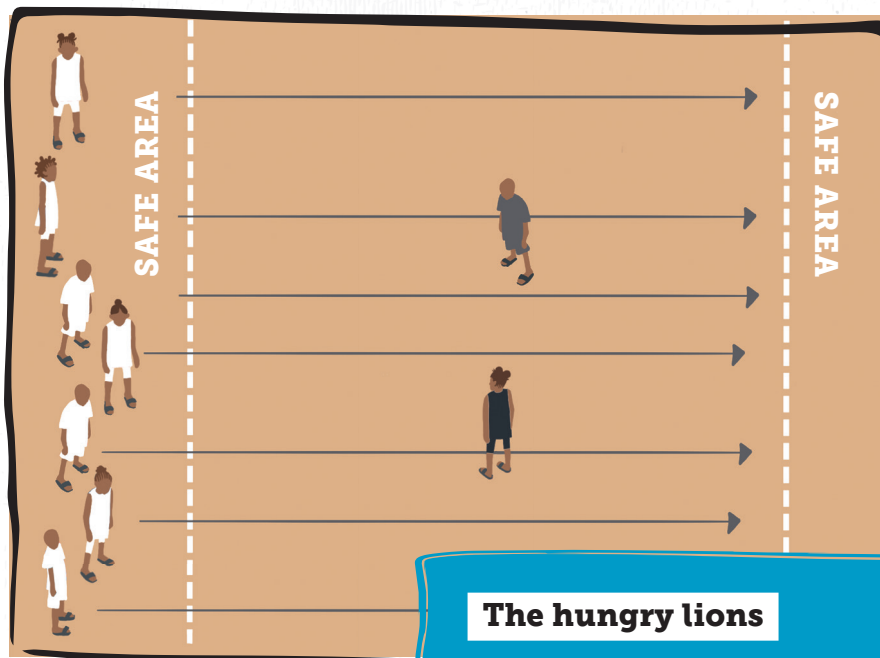
5 minutes

DIFFICULTY

very easy

AGE

all age groups



DURATION

up to 5 minutes

DIFFICULTY

easy

AGE

all age groups

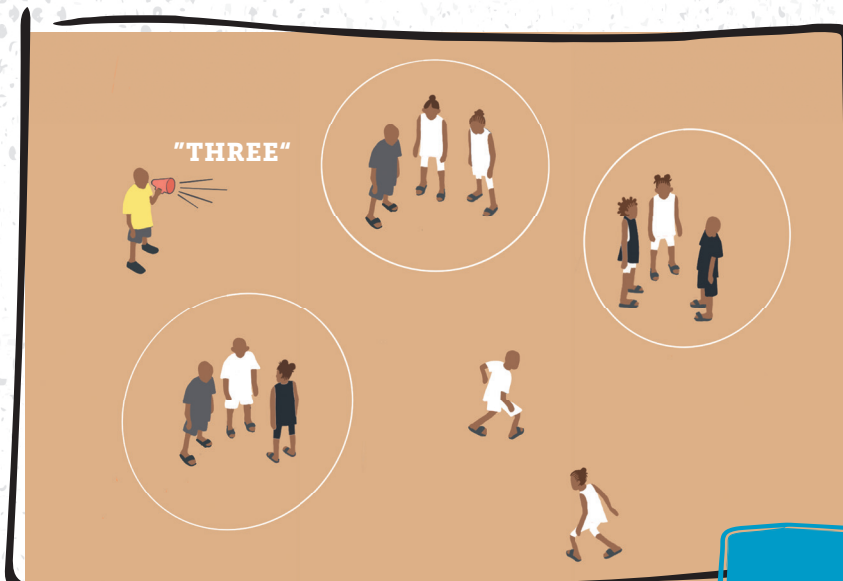
For younger players, there could be more than two hungry lions to make it easier for them.

The hungry lions

EQUIPMENT: Cones, whistle

TASK: One or two players ("The hungry lions") with a bib stand in the middle of the pitch. The rest of the players stand on one end of the pitch. On the coach's signal, players have to run from one end of the pitch to the other end without being caught by the hungry lions. They are safe when they cross the line at the end of the pitch. The players tapped by the lions join the lions to tap the rest of the players.

2



DURATION

5 minutes

The game should be as short as possible as players are eliminated.

DIFFICULTY

easy

AGE

younger children of ages 6 to 10 years

3

Mingle

EQUIPMENT: none

TASK: Players have to mingle whilst running around with others until the coach signals a number (1, 2, 3, 4, 5, 6, 7). Players have to quickly form groups according to the number signalled or mentioned by the coach. Players who do not make the groups are eliminated. The game goes on until a few players remain.

4

Hats off

EQUIPMENT: Cones, whistle

TASK: Four cones of different colours are placed on each corner of a demarcated area. Each player gets a cone which he or she places on his or her head to form a hat. Players keep exchanging hats and when the coach blows the whistle, they run as fast as possible to the corner with the colour of the hat that they have on their heads at the time when the whistle is blown. The last person to arrive in their respective corner gets to do ten frog jumps.

DURATION

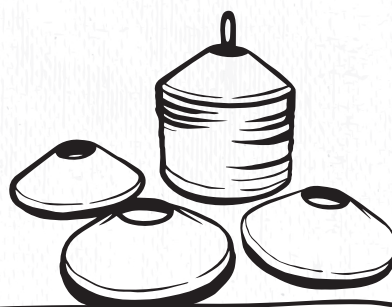
up to 5 minutes

DIFFICULTY

easy

AGE

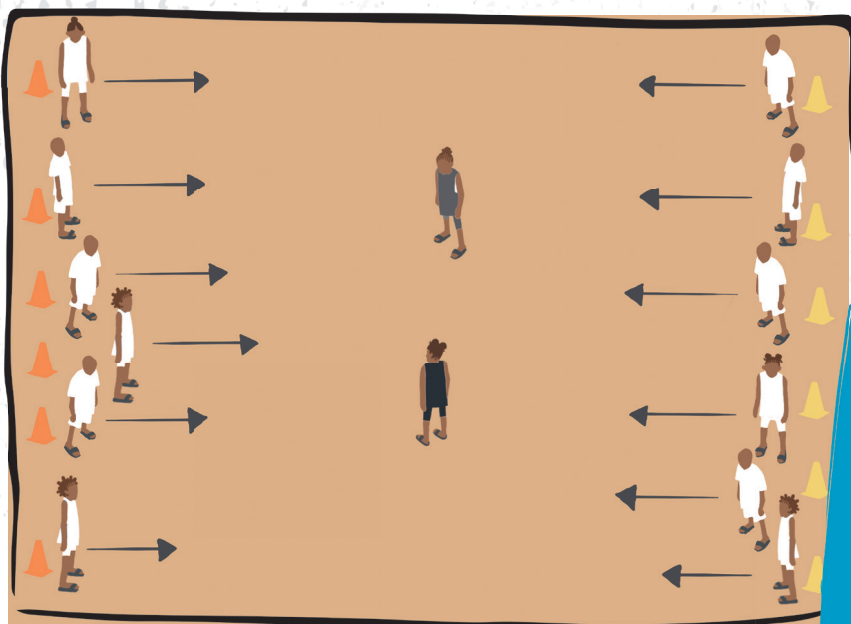
all age groups



WARM UP GAMES



Photo: Kevin McElvaney

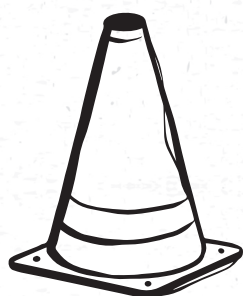


5

Rush hour

EQUIPMENT: Cones, whistle

TASK: Cones are placed on two opposite ends of the pitch. Two groups of players stand at opposite ends of the playing area along the line. One or two players stand in the middle of the pitch to represent traffic. Players have to hop as fast as possible to opposite ends of the pitch and grab a cone. The placed number of cones is less than the number of players so the players who do not get a cone join the players who stand in the middle of the pitch as traffic.



DURATION

up to 5 minutes

DIFFICULTY

easy

The players who represent traffic may tap the players as a progression.

AGE

all age groups

DURATION

5 to 10 minutes

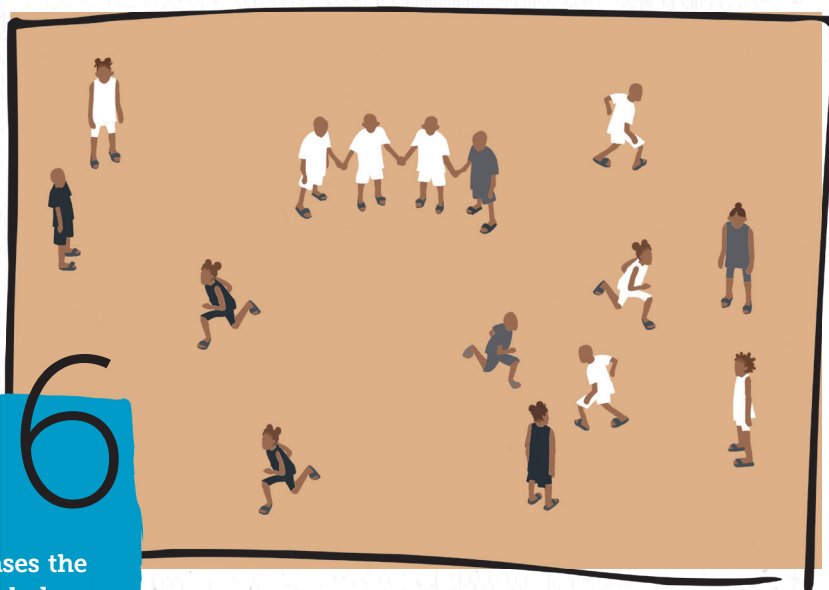
DIFFICULTY

easy

If the chain is too long, the coach may split it into smaller chains.

AGE

all age groups



6

Amoeba tag

EQUIPMENT: Cones

TASK: One player ("amoeba") chases the rest of the players in a demarcated playing area. Once the amoeba taps any other player, they have to join hands with the amoeba and then chase the rest of the players. The game ends when all players have joined the amoeba.

WARM UP GAMES



DURATION

5 to 10 minutes

DIFFICULTY

easy

AGE

all age groups

For older players you can establish three germs instead of one.

Germ attack

EQUIPMENT: Cones, bibs

TASK: One or two players (representing germs) wear bibs and they have to chase the rest of the players in a demarcated playing area. One player also wears a different colour of bib and he or she is the doctor. Once the germs tap a player, they have to squat until they are tapped by the doctor. Players tapped by the doctor get back in the game. The game ends when the doctor is caught.

Catch me if you can

EQUIPMENT: Cones, bibs

TASK: Set up three parallel cone lines with the same space between each line. Divide the players into two teams and assign a bib colour to each team. Have the two teams line up along the middle cone line with their backs facing one another. One team should be on each side of the cone line.

The coach starts the round by calling out one of the two team colours. The team called immediately runs towards the cone line they are facing while the other team quickly turns and

attempts to tag the other team before they reach the cone line. If a player gets tagged before crossing their end line, they must immediately freeze and raise their hand.

The coach counts the number of players with their hands up and rewards the other team with one point for each player tagged. The teams walk back to their starting position to repeat the process. The coach keeps score of the total points for each team. Team colours can be called at random as long as they both have had equal attempts to tag the other team by the end of the game. The team with the most points at the end of the game wins.

DURATION

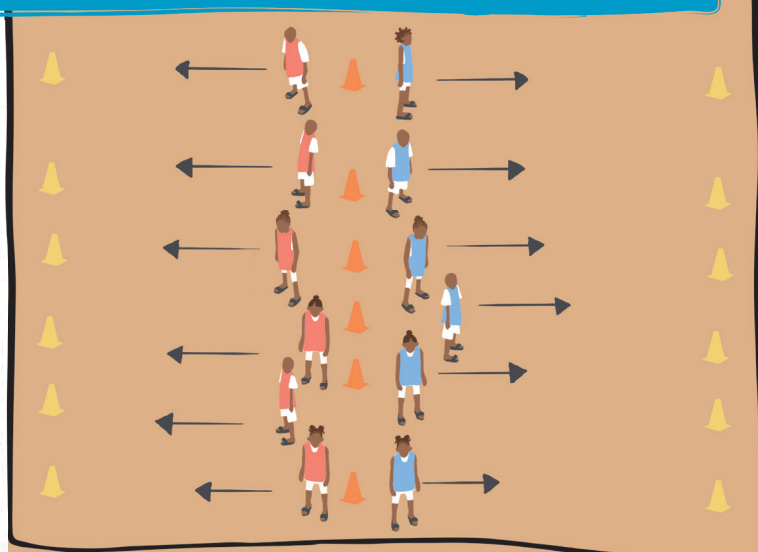
5 to 10 minutes

DIFFICULTY

moderate

AGE

all age groups



9

Dogs and masters

EQUIPMENT: *Sticks, cones*

TASK: Each player gets a partner – one plays the role of the dog and the other the master. In a demarcated playing area, the dog follows the master while exchanging a stick with him or her. The master moves around in all directions, he or she may walk, run, change direction and the dog must be able to keep up with its master. Players take turns to switch roles.

DURATION

5 to 10 minutes

DIFFICULTY

easy

AGE

6 to 14 years



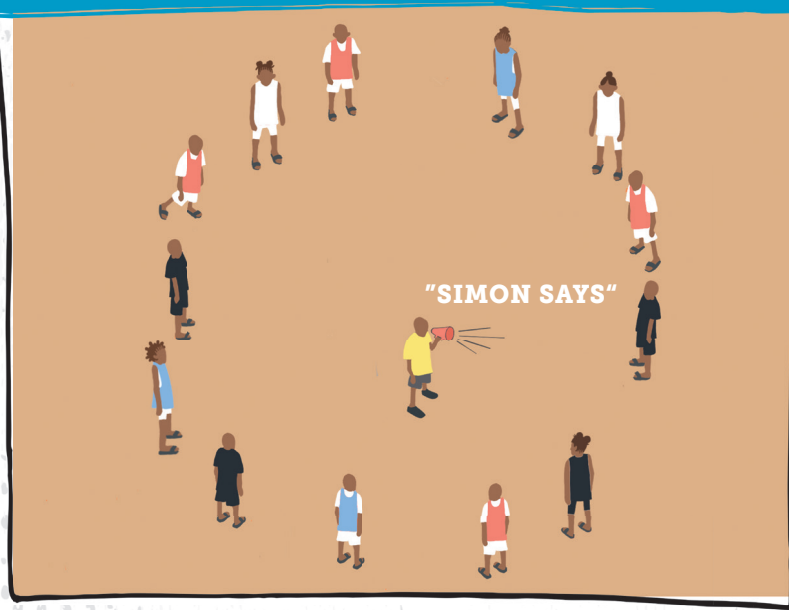
10

Simon says

EQUIPMENT: *none*

TASK: Make the players stand in a circle. The coach calls out a command, and the players have to follow it. However, the only time the players should follow the command is if the coach says "Simon says" first. If the coach doesn't, and a player still follows the command, they will lose and need to leave the circle. They may still follow the commands. The last player in the circle would be deemed the winner.

Choose commands that will work or stretch the players' bodies physically. A few good commands include, "bend over and touch your toes", "jump up and down", "run in a circle", and "move your arms in circles".



DURATION

5 to 8 minutes

If the players are really focused, this game can be time-consuming, therefore, the coach has to set a time limit. The players left in the circle would all be the winners.

DIFFICULTY

moderate

AGE

9 to 12 years

I have the ball**EQUIPMENT:** none

TASK: The game aims at stretching different parts of the body. The players have to say and imitate what the coach says and does. The coach is holding an imaginary ball and so do the players as they try to move the ball to different parts of the body while stretching and flexing them. For example:

Coach: I have the ball

Coach: I put it here (on the right shoulder)

Coach: I put it here (on the head)

Coach: I put it here (on the left foot)

Coach: I pepeta (make the right foot dance)

The coach may pass on the lead role to one player after another.

Kids: I have the ball

Kids: I put it here (on the right shoulder)

Kids: I put it here (on the head)

Kids: I put it here (on the left foot)

Kids: I pepeta (make the right foot dance)

**DURATION**
 3 to 5 minutes
DIFFICULTY
 very easy
AGE
 all age groups
Apples or pineapples**EQUIPMENT** none

TASK: Make the players stand in a circle while facing the other's backs with an arm length distance between them, holding each other's shoulders. The coach will call out names of fruits representing a specific movement and the players will have to carry out that movement. For example:

Apples = jump forward

Pineapples = jump backward

Mangoes = jump 180°

Players have to remember what each fruit represents and react with the respective movement. Players who make the wrong movement may be eliminated.

**DURATION**
 3 to 5 minutes
DIFFICULTY
 very easy

The coach may call out the fruits faster so they can challenge the players to think faster.

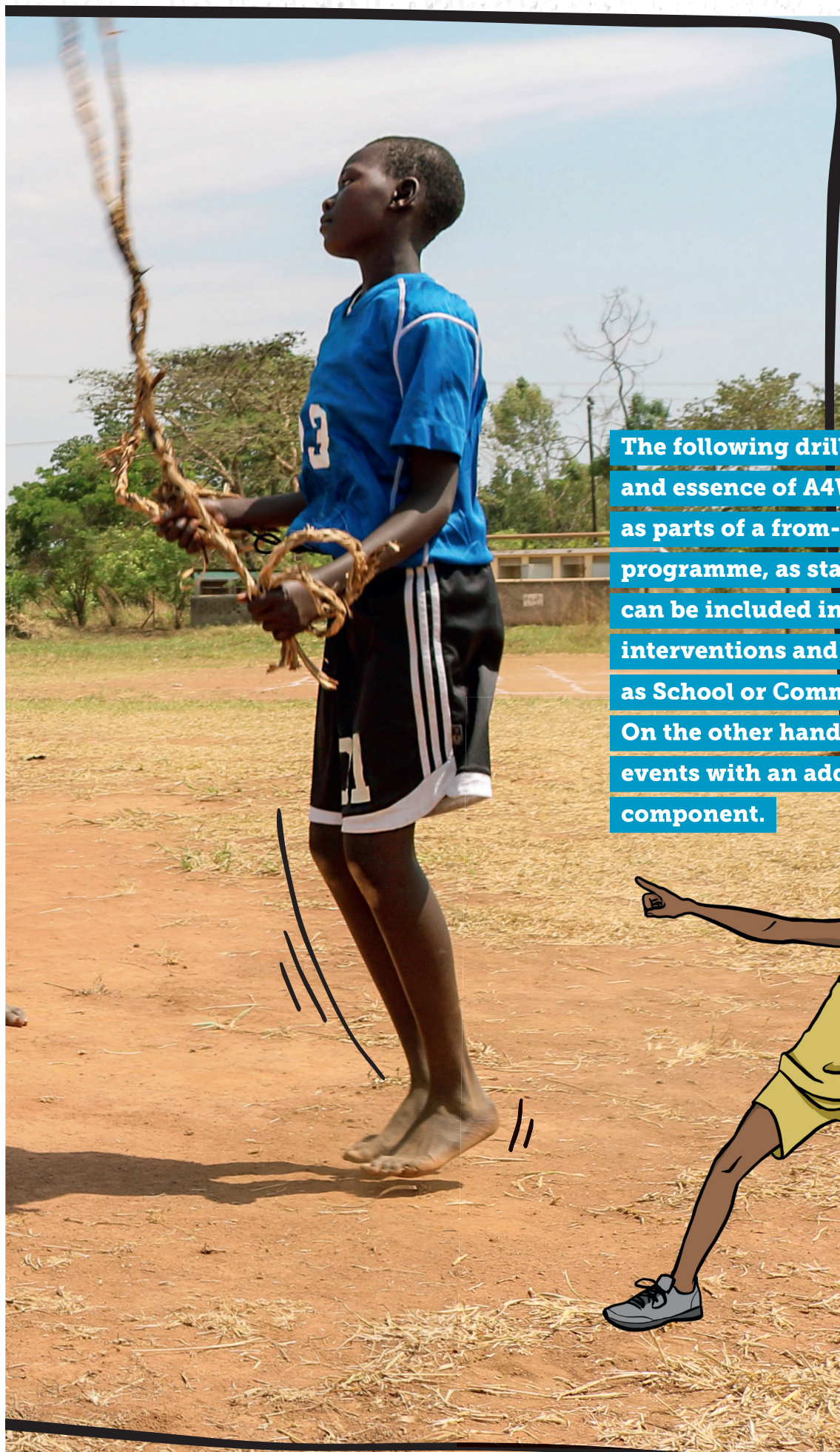
AGE
 8 to 12 years



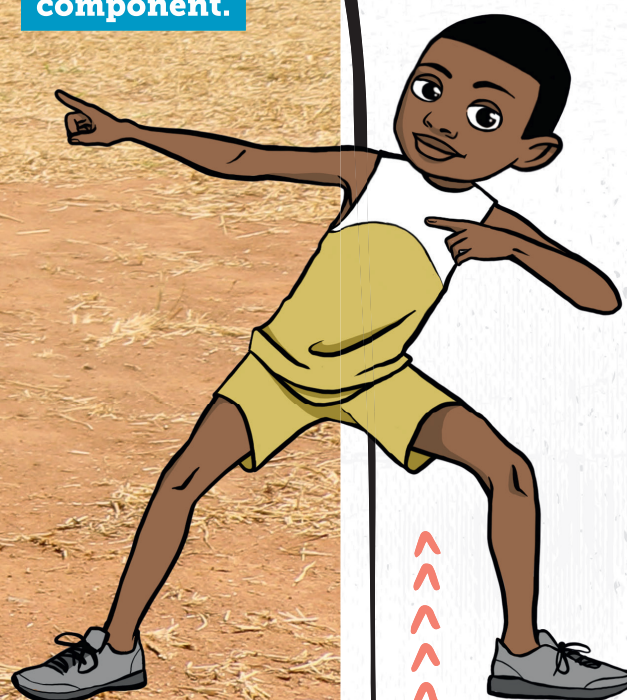
ATHLETICS4WASH

THE THE DRILLS DRILLS

Photo: Innocent



The following drills are the heart and essence of A4W. They are applicable as parts of a from-scratch WASH programme, as standalone workshops, can be included in already existing WASH interventions and programmes, such as School or Community WASH Clubs. On the other hand, they can enrich athletic events with an additional educational component.



LET'S GET THIS PARTY STARTED!

The following explanations will guide you through the particular A4W drills, which are the heart of the sessions, helping you with the instruction of the drills.

A4W coaches play a crucial role in generating the most positive outcomes for the children. Knowing how to conduct and execute the particular A4W drills correctly and leading a reflection round after every drill, transferring the drill message to the real life situation, is a premise for the intervention's success. However, always bear in mind that it doesn't replace clear and respectful communication, a willingness to listen attentively and to integrate feedback. The creation of a participative, trustful and protected learning environment is of immense importance and safeguarding children must be the priority in every A4W Session.

DURATION

●●●●● up to 20 minutes



How to read the Athletics4WASH instructions correctly

Do you need equipment and if so, what?

EQUIPMENT

Hurdles? Cones? Straps? Nothing?

Drill Set-Up

Every drill has a short description introducing you to the structure of the exercise.

What is the main topic of the drill?

Topic

Which WASH contents does the drill include?

WASH Connection

What can you change to make the drill easier / harder / shorter?

Progression

DURATION



DIFFICULTY



AGE



PARTICIPANTS



Everything at one glance:
How long will the drill take (from a few minutes up to 20 minutes), how difficult is it (from very simple to moderate), which age and how many participants are recommended?

INFECTION CHAIN

EQUIPMENT

Cones

Drill Set-Up

One player (germ) chases the rest of the players in a demarked playing area. Once the germ taps any other player, they have to join hands with the germ and then chase the rest of the players.

The game ends when all players have joined the germ.

DURATION

5 to 10 minutes

DIFFICULTY

easy

AGE

all age groups

PARTICIPANTS

at least 12

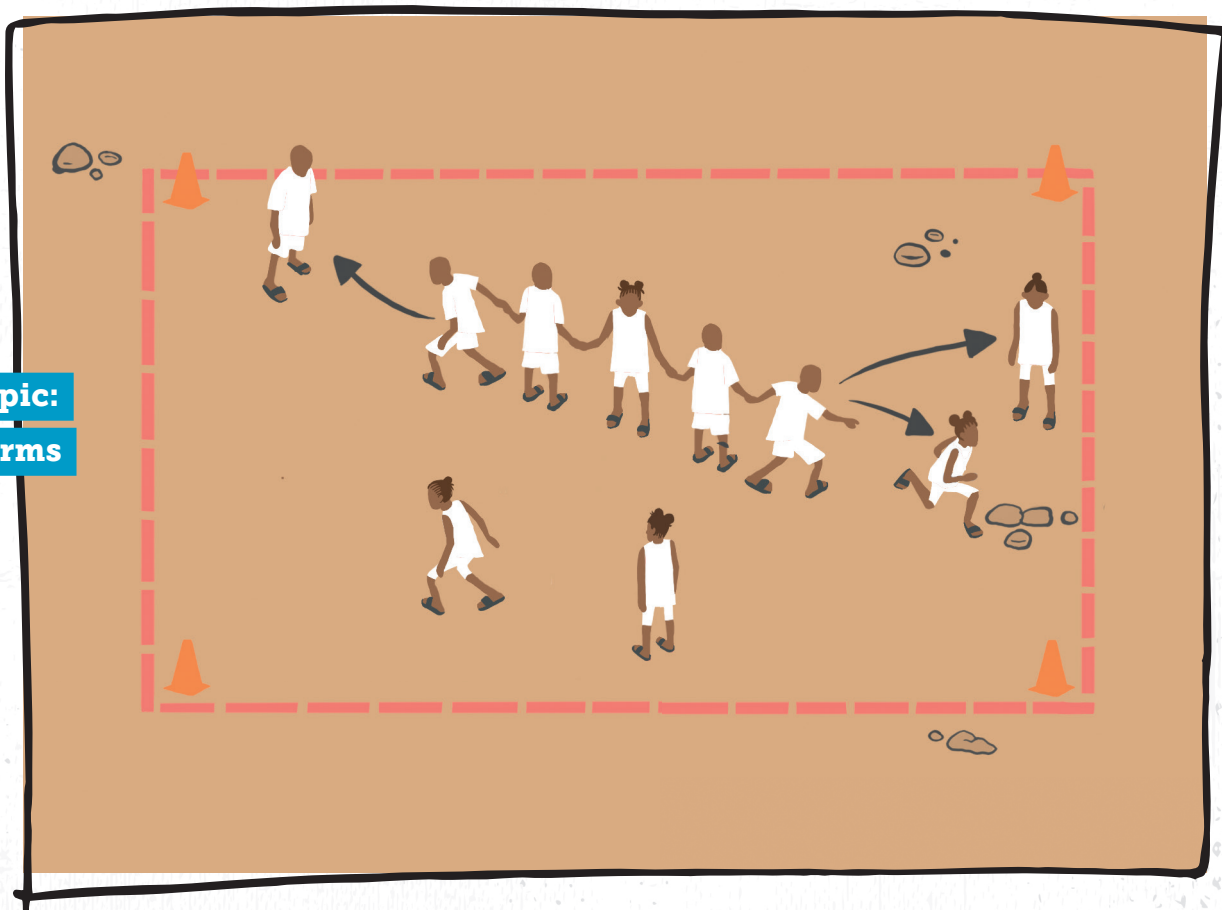
WASH Connection

It takes only one person with germs to spread the germs to everyone in the community.

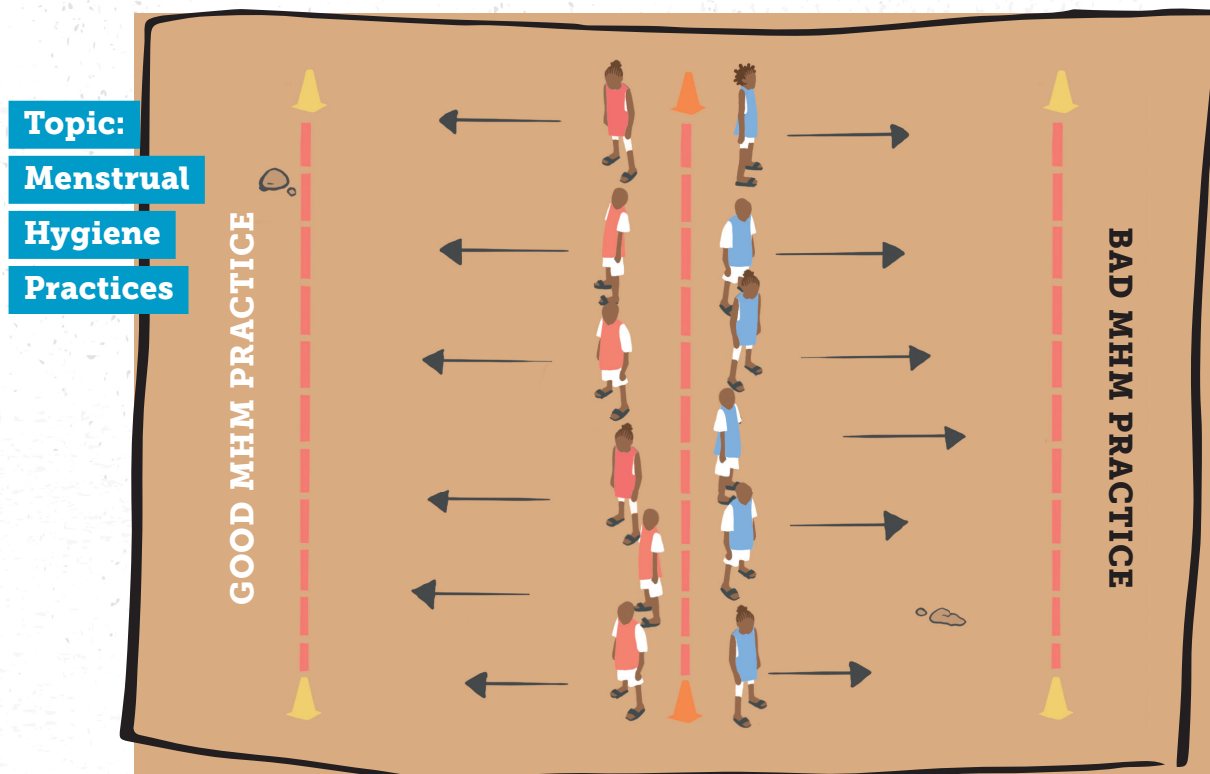
Progression

None

Topic:
Germs



GOOD OR BAD MHM PRACTICES



EQUIPMENT

Cones, bibs, hurdles

Drill Set-Up

Set up three parallel cone lines with the same space between each line. Divide the players into two teams and assign a bib colour (e.g. blue and red) to each team. Have the two teams line up along the middle cone line with their backs facing one another. One team should be on each side of the cone line. The area behind the left cone line represents good MHM practices, whereas the area behind the

right cone line represents bad MHM practices.

The coach starts each round by calling out one MHM practice that is either good or bad. If it is a good MHM practice, the players on the red team must run very quickly to safe zone whilst the blue team has to turn and chase them before they reach the safe zone and vice versa.

DURATION

5 to 10 minutes

AGE

10+ years

DIFFICULTY

moderate

PARTICIPANTS

up to 16

WASH Connection

Pupils learn about the good and bad MHM practices.

Progression

None



RUN FOR HYGIENE AND SANITATION

EQUIPMENT

Cones

Drill Set-Up

Player 1 runs to the coach (at point B) to pick a WASH message. They run back and deliver the WASH message to player 2. Player 2 has to demonstrate the message whilst running to the coach to pick up a new message. Proceed until everyone has played at least once.

DURATION

10 to 15 minutes

DIFFICULTY

moderate

AGE

12+ years

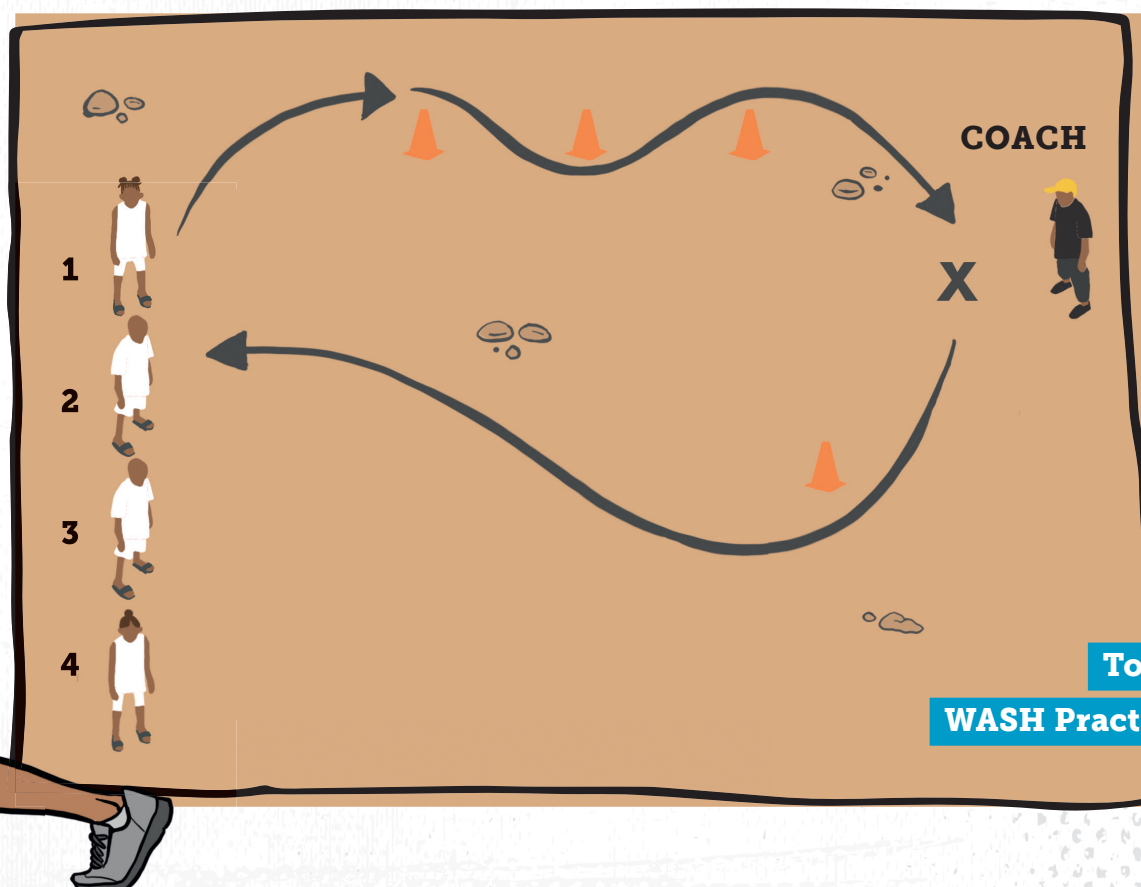
PARTICIPANTS

8 to 15

Progression

The players may demonstrate the message for the next player in line to guess whatever the message is. The next player can only go to pick a new message if they guessed the message before correctly.

In case of big group, it may not be feasible for the coach to hand over the messages. He or she could place them in a box at an appropriate distance.



ESCAPE THE GERM

EQUIPMENT

Glitter or washable paint, whistle

Drill Set-Up

All players' hands are tied together and they disperse themselves on the pitch. 2–5 players dip their hands in glitter or washable paint. They are the germs. Everyone starts running on the coach's command, whereas the germs try to touch the players. If they get infected, they have to run to their nearby handwashing spot. If they get touched by a germ again before reaching there, they have to exit the game.

DURATION

10 minutes

DIFFICULTY

easy

AGE

12+ years

PARTICIPANTS

12+

WASH Connection

If you are infected by germs, you always have to wash your hand afterwards to stay healthy.

Progression

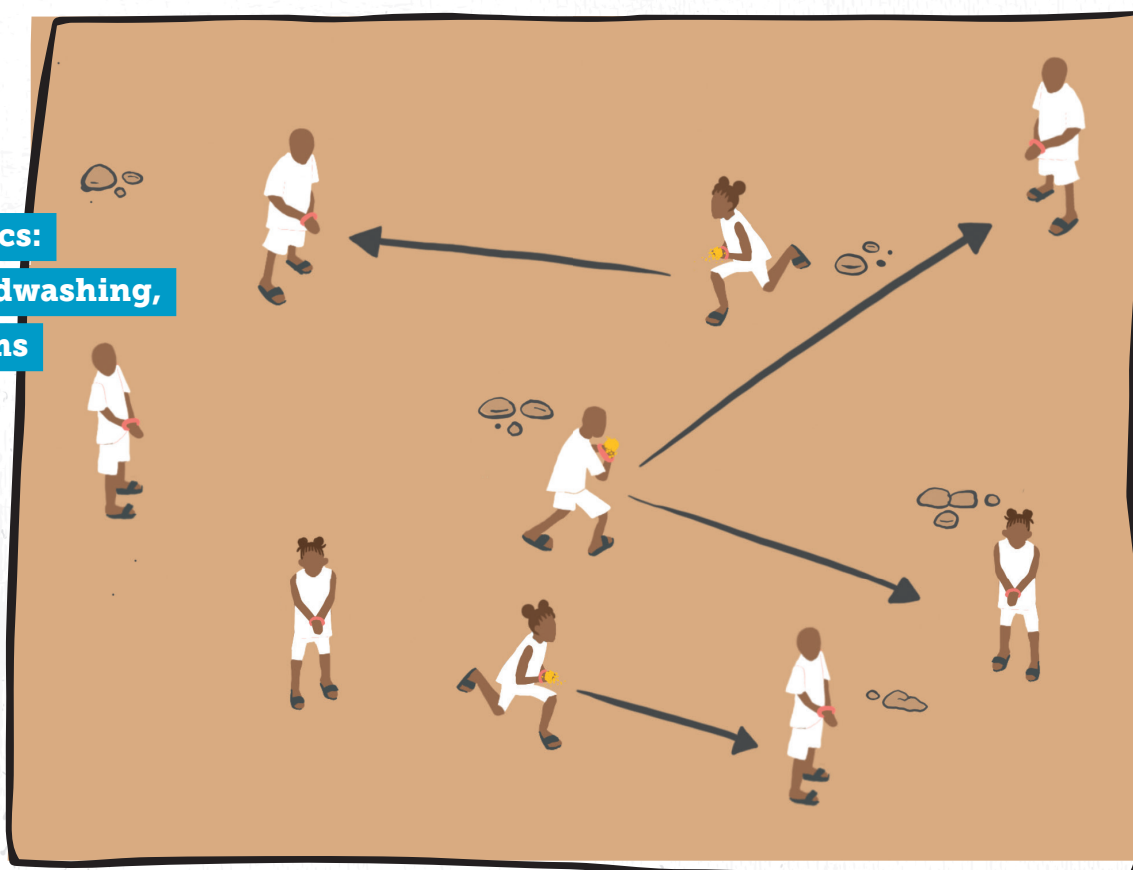
None



Topics:

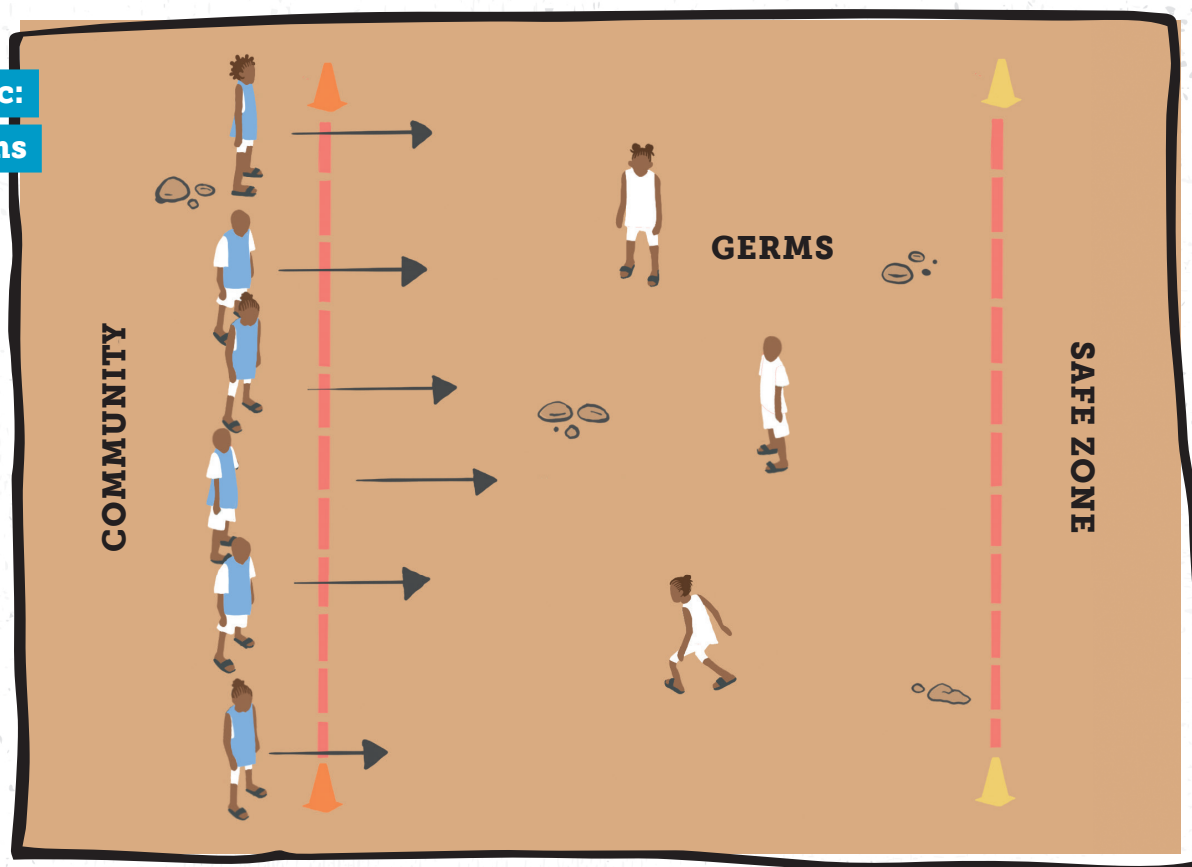
Handwashing,

Germs



GERM ATTACK

Topic:
Germ



EQUIPMENT

Cones, bibs

Drill Set-Up

The players should run past the germs that attack them on the instructor's command. If a germ tags you, it means you are infected and you must step out of the game. In progression, you reduce the number of germs to enable more players to pass through the safe zone.

Progression

The tagged players join the players in the middle to act as germs. Cartons are placed in front of the safe zone. The players have to clear them to be safe.

DURATION

5 to 10 minutes

DIFFICULTY

easy

AGE

all age groups

PARTICIPANTS

at least 12

WASH Connection

It's not easy to protect yourself from germs so you have to try as much as possible to protect yourself from them.





Photo: Kevin McElvaney



COMMUNICATION

EQUIPMENT

Cones, hurdles, whistle

Drill Set-Up

Divide the players into four teams, with each team at least four players. The players from each team will be placed at points A, B, C, and D. At the coach's command, players at point A run to deliver a WASH message and a baton to point B. Players at point B deliver the same to players at point C and the same to point D. Players at point D are expected to end the game with the right WASH message. The fastest team to the ending point wins the race.

DURATION

5 minutes

DIFFICULTY

moderate

AGE

10+ years

PARTICIPANTS

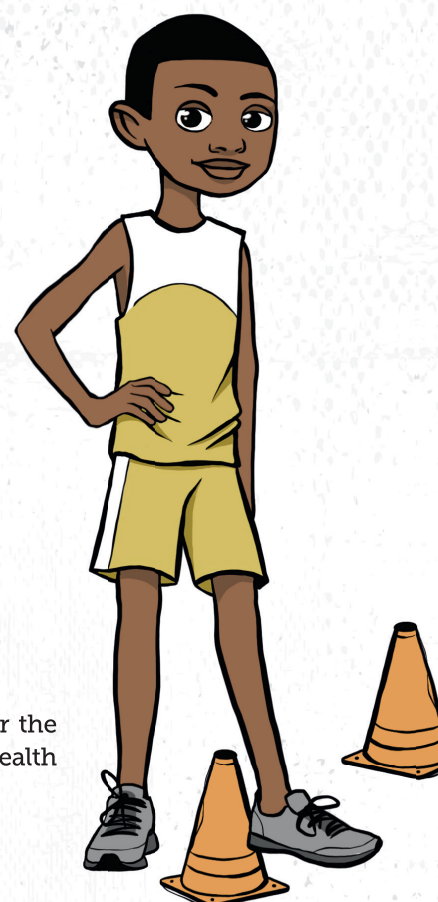
12+

WASH Connection

It is everyone's role to deliver the right WASH message for the health and safety of everyone.

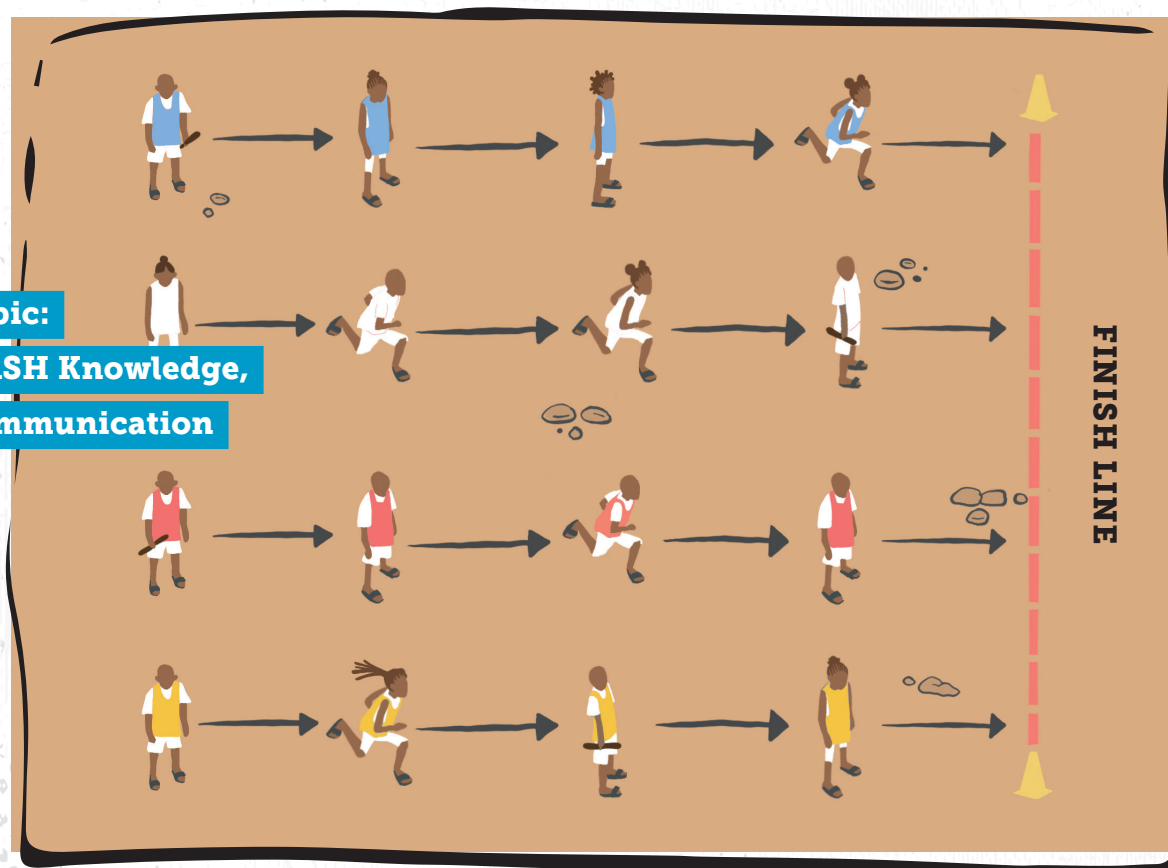
Progression

Hurdles may be added in between the points for players to clear.

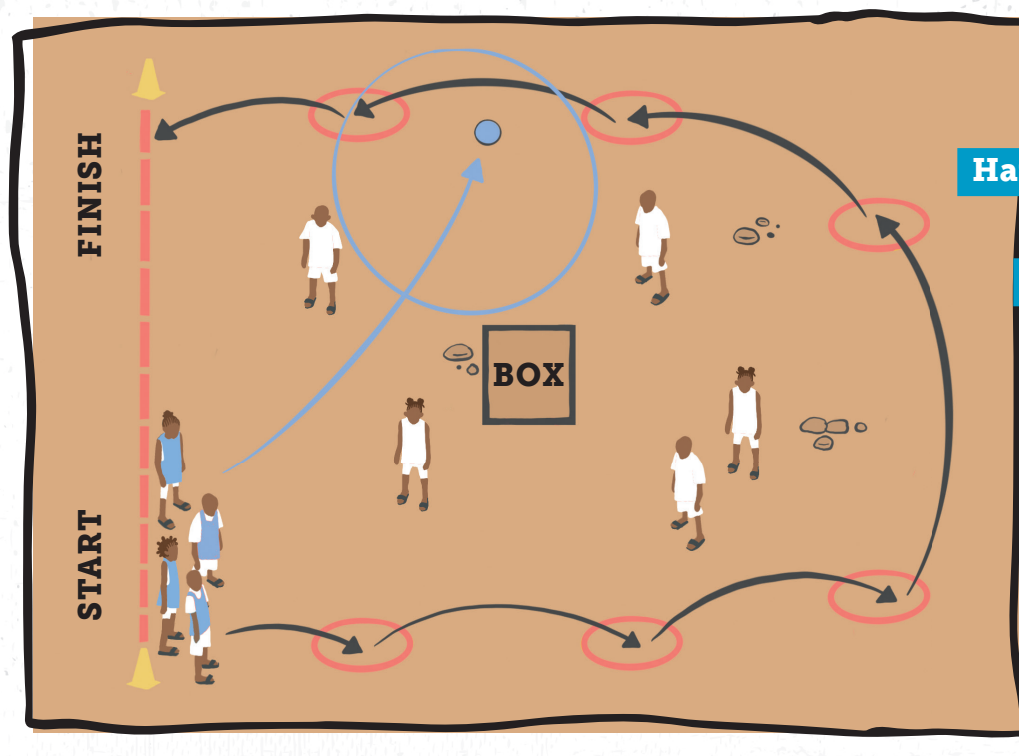


Topic:

WASH Knowledge,
Communication



CLEAN HANDS RACE



Topics:
Handwashing,
Hygiene
Knowledge

EQUIPMENT

Cones, ball, 6 hula hoops, bucket/box, hurdles (optional)

Drill Set-Up

In a marked area, place six hula hoops (each represents one step of hand washing) and a bucket/box in the middle of the pitch as in the picture. Divide the players into two teams. One team will be fielders and the other team runners. The runners line up at the starting point. The first runner throws a ball in the marked area and has to run through the hula hoops in the right order while the fielders have to collect the ball and place it in the bucket/box. The runner has to be inside a hula hoop by the time the fielders place the ball in the

bucket. Fielders then will ask the runner/s what step of handwashing they are standing at. If the runner does not answer correctly, they will be out. The next runner throws the ball and repeats the process. All the runners inside the hoops can always continue running while the fielders collect the ball. After each runner has had a turn, we count how many runners have made it to the finishing line. The fielders and runners now exchange roles. The team that gets more players to the finishing line wins the game.

DURATION

20 minutes

DIFFICULTY

moderate

AGE

12+ years

PARTICIPANTS

10+

WASH Connection

Players learn the steps of the hand washing cycle.

Progression

You may add hurdles in between the hula hoops.

KEEPING OUR COMMUNITIES CLEAN

EQUIPMENT

Balls in two different colours, cones, whistle, bibs, (self-made) hurdles

DURATION

5 to 10 minutes

AGE

10+ years

DIFFICULTY

moderate

PARTICIPANTS

10+

Drill Set-Up

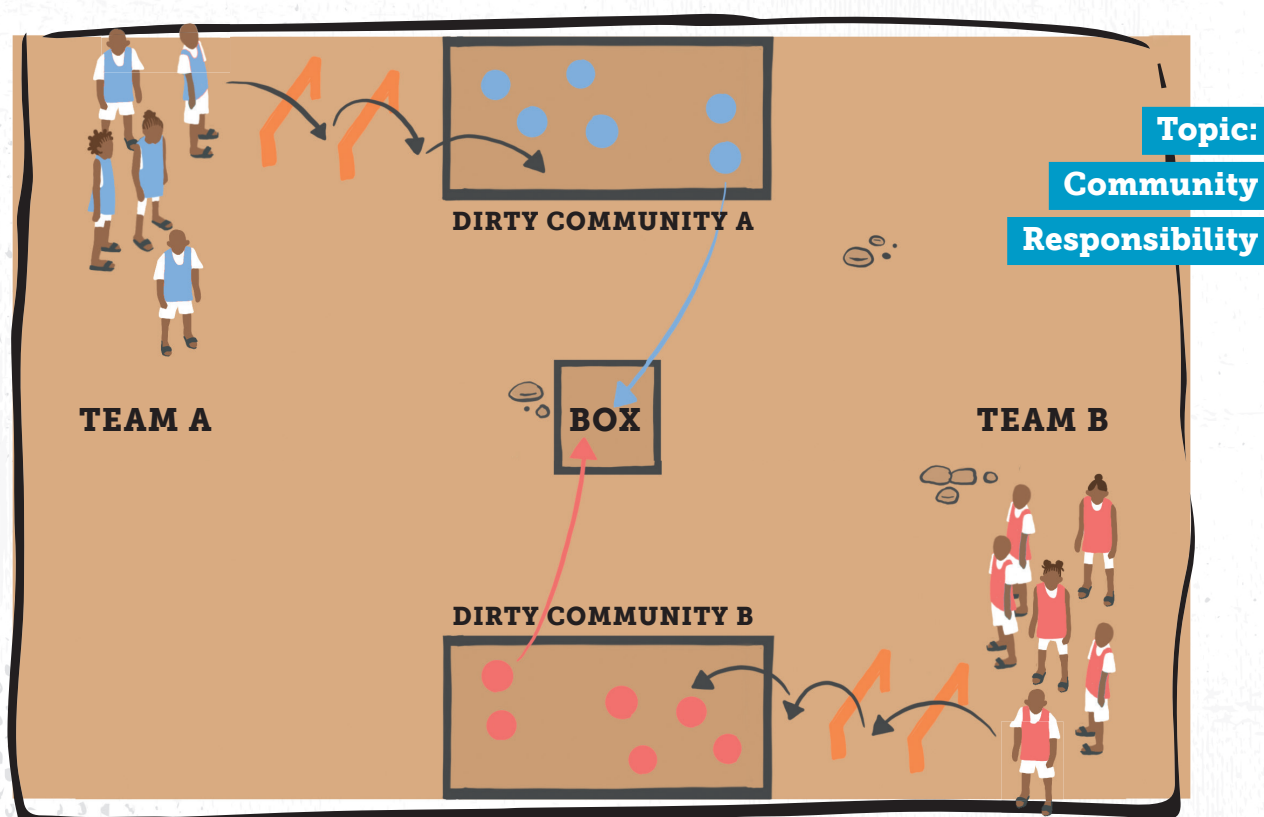
At the coaches' command, the first player from each team runs to the dirty community and picks up a ball representing the rubbish. Then the players aim at the bucket in the middle to dispose of the rubbish correctly. They have one try and run back to their team so that the next player tries the same. When the communities are clean hence all the balls are finished, the coach counts the balls from each team. The team that has dumped most rubbish in the basket wins.

WASH Connection

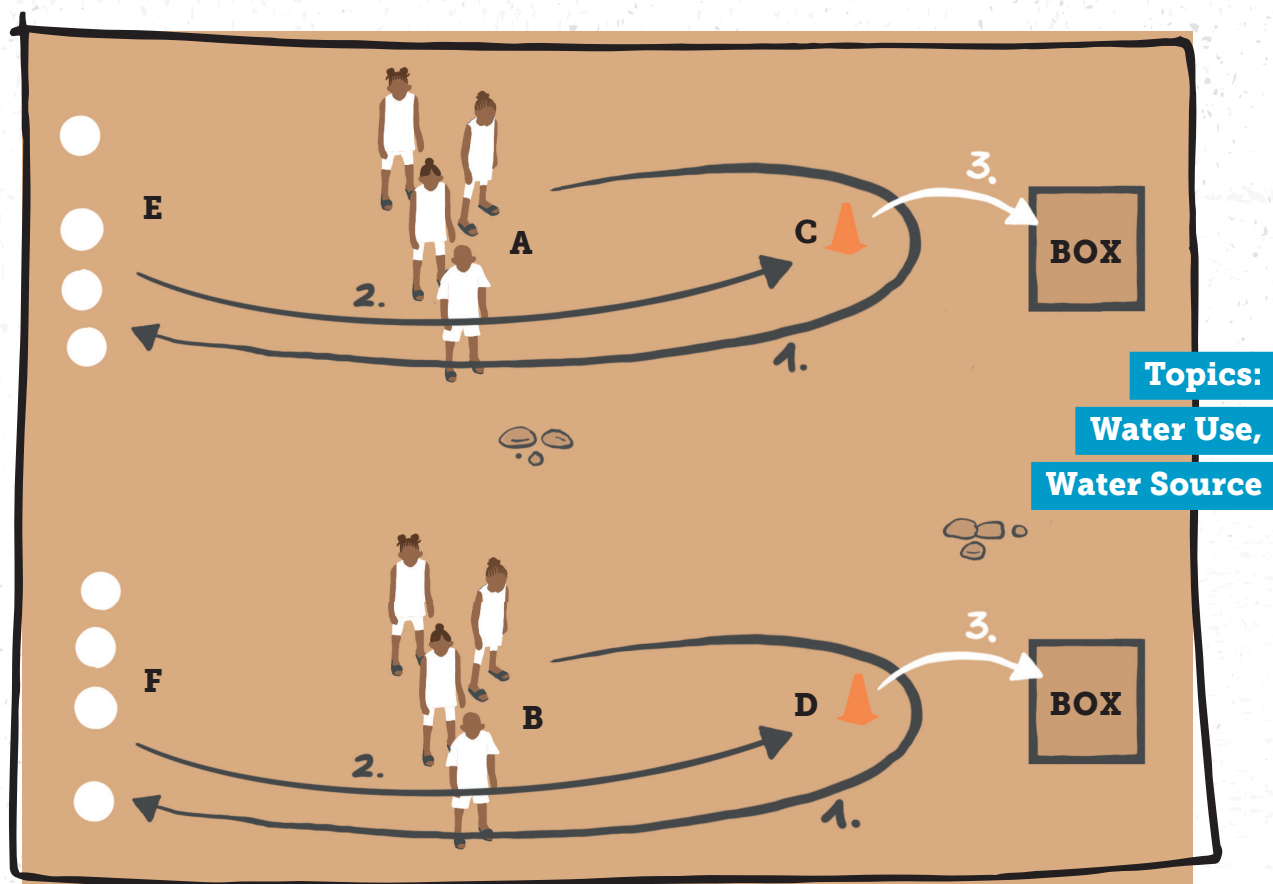
Disposing of rubbish properly is everyone's responsibility. If one individual does not do it right, it affects the entire community. It's important to not only keep your community clean but also to dispose of the rubbish correctly so that it doesn't affect other areas.

Progression

Add in hurdles to jump over on the way to the community.



WATER FOR ALL



EQUIPMENT

Cones, balls

DURATION

10 minutes

DIFFICULTY

moderate

AGE

10+ years

PARTICIPANTS

up to 20

Drill Set-Up

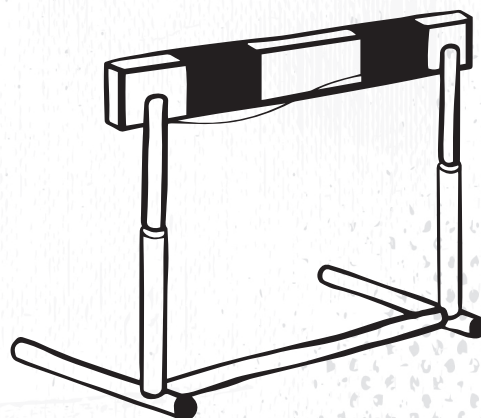
Players start from point A and B as marked and run around the cones at point C and D and collect water represented by balls at point E and F. From there, they run back to point C and D and try to hit the target box. The game is over when every player has had their turn. The team with the highest number of balls in the target box wins.

WASH Connection

All the teams collected water (balls) and have to put the water to good use by hitting the target. In the end, one team utilized its water better compared to the other team. We ask why and the causes of misusing water and water sources.

Progression

None

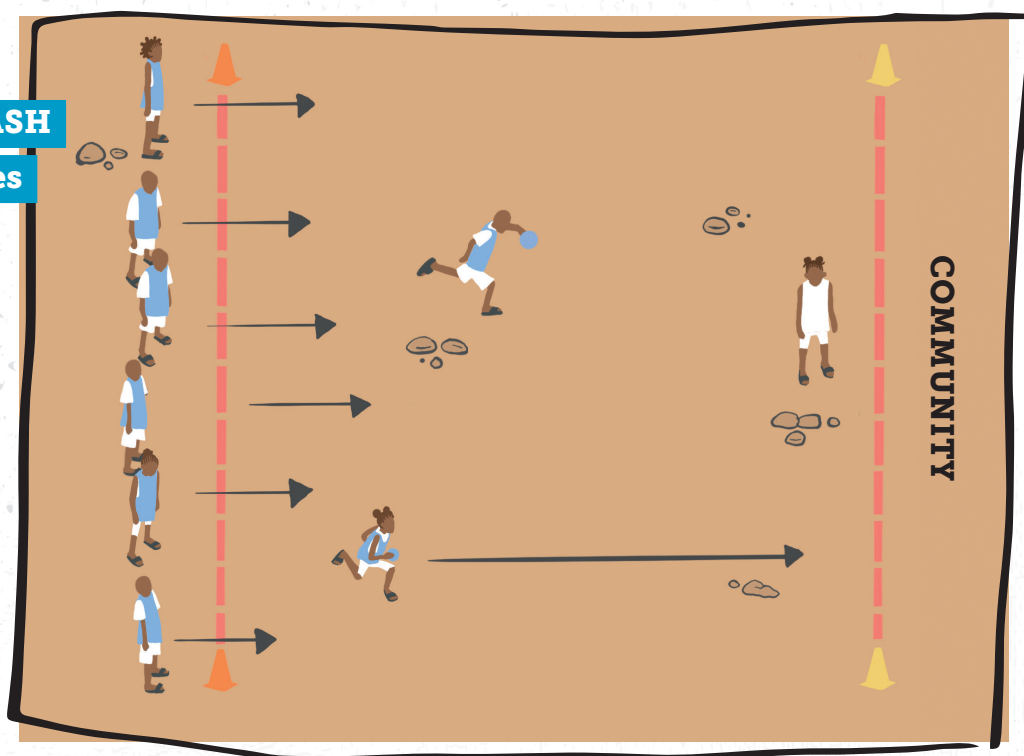


SAFE WATER DELIVERY

Topic:

Safe WASH

Practices



EQUIPMENT

Cones, balls

Drill Set-Up

The players line up next to each other while the one player is the keeper at the other side of the pitch. The players' goal is to deliver one to three balls (depending on group size) representing water past the keeper where the community is. When the keeper turns away from the players they have to run towards the community. But the moment the keeper turns back towards them, they have to freeze. The keeper eliminates all players that are still moving. If one of them had a ball with them, they had to put it on the ground for the other players to pick from there. Every round, the keeper gets a chance to guess which player has a ball. If the keeper is correct, the player and the ball have to go back behind the starting line. Whenever a ball is found, the keeper has to point out how water can be contaminated. The game continues until all balls (the water) have reached the community.

DURATION

10 to 15 minutes

DIFFICULTY

moderate

AGE

12+ years

PARTICIPANTS

10+

WASH Connection

The players learn that it is not always easy to get clean water to the community. They discuss about obstacles to overcome contaminated water.

Progression

You can make the players to athletic exercises like skipping, high knees or frog jumps on their way to the community.

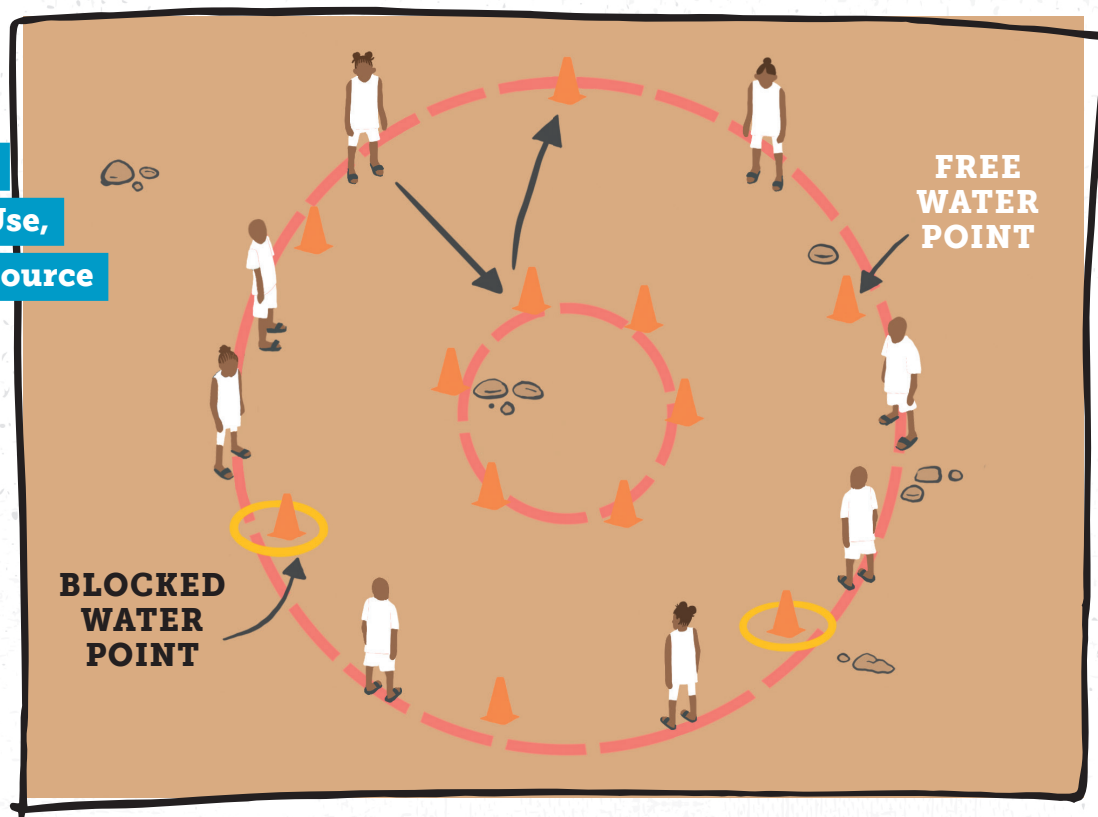


Photo: Malaika Media

RACE TO THE WATER SOURCE

Topics:

Water Use,
Water Source



EQUIPMENT

Cones, hula hoops, whistle

Drill Set-Up

Players stand in between the cones in the outer circle. At the coach's command the players carry out different exercises (skipping, high knees, side stepping etc.). On the second command the players have to sprint to the middle circle, turn around and find an open water point represented by a cone. Players that don't get a cone are eliminated from the game. Each round, the coach blocks one more cone with a hoop around it.

WASH Connection

The number of people in the community are always more than the water points. People always have to compete to find water at water points.

Progression

The coach may increase the running distance.

DURATION

10 minutes

DIFFICULTY

easy

AGE

8+ years

PARTICIPANTS

12+



GERM SLALOM

EQUIPMENT

Hurdles, whistle, cones, bibs

Drill Set-Up

Players are divided into three teams and each team has to run in a lane. However, three players are placed in each lane, whereby the middle obstacle can move sideways while the other two are stationary. Players have to run and dodge the obstacles at the same time.

DURATION

5 to 10 minutes

DIFFICULTY

easy

AGE

10+ years

PARTICIPANTS

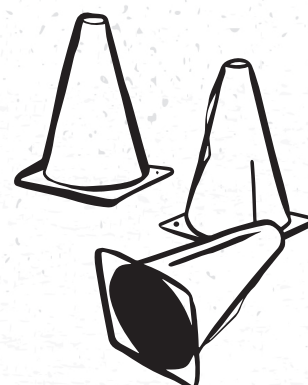
20+

WASH Connection

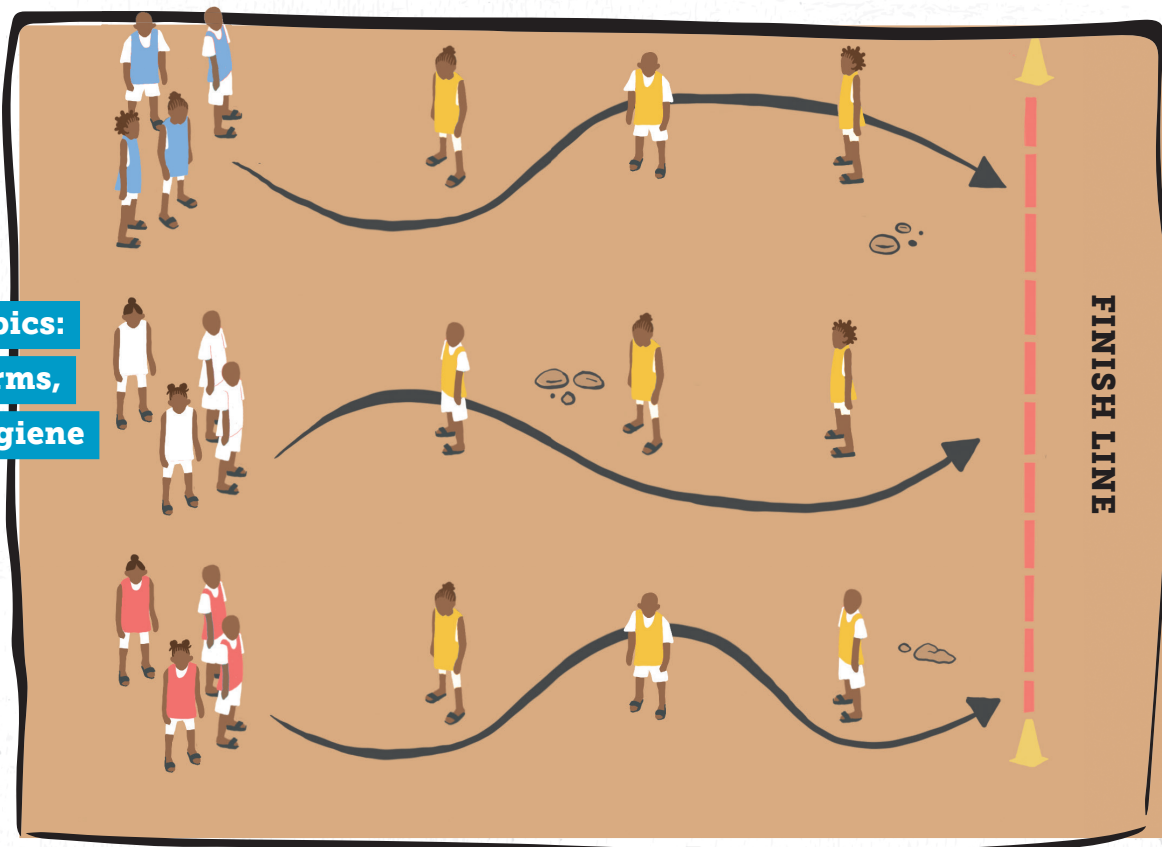
The obstacles represent the germs that players have to try as much as possible to avoid getting in contact with.

Progression

None



Topics:
Germs,
Hygiene



RUBBISH DISPOSAL



EQUIPMENT

Bibs, cones, balls in four different colours

Drill Set-Up

The group is divided into four teams, one at each corner of the pitch. One player at a time from each team runs with a ball towards the middle to place them there. On their way they have to jump side-ways over the hurdle/obstacle and dodge the taggers in the middle. The team with the most balls inside the middle wins.

DURATION

10 minutes

DIFFICULTY

moderate

AGE

10+ years

PARTICIPANTS

16+

WASH Connection

The balls represent rubbish that needs to be disposed correctly. Think together about the different obstacles that can stand in your way of proper rubbish disposal.

Progression

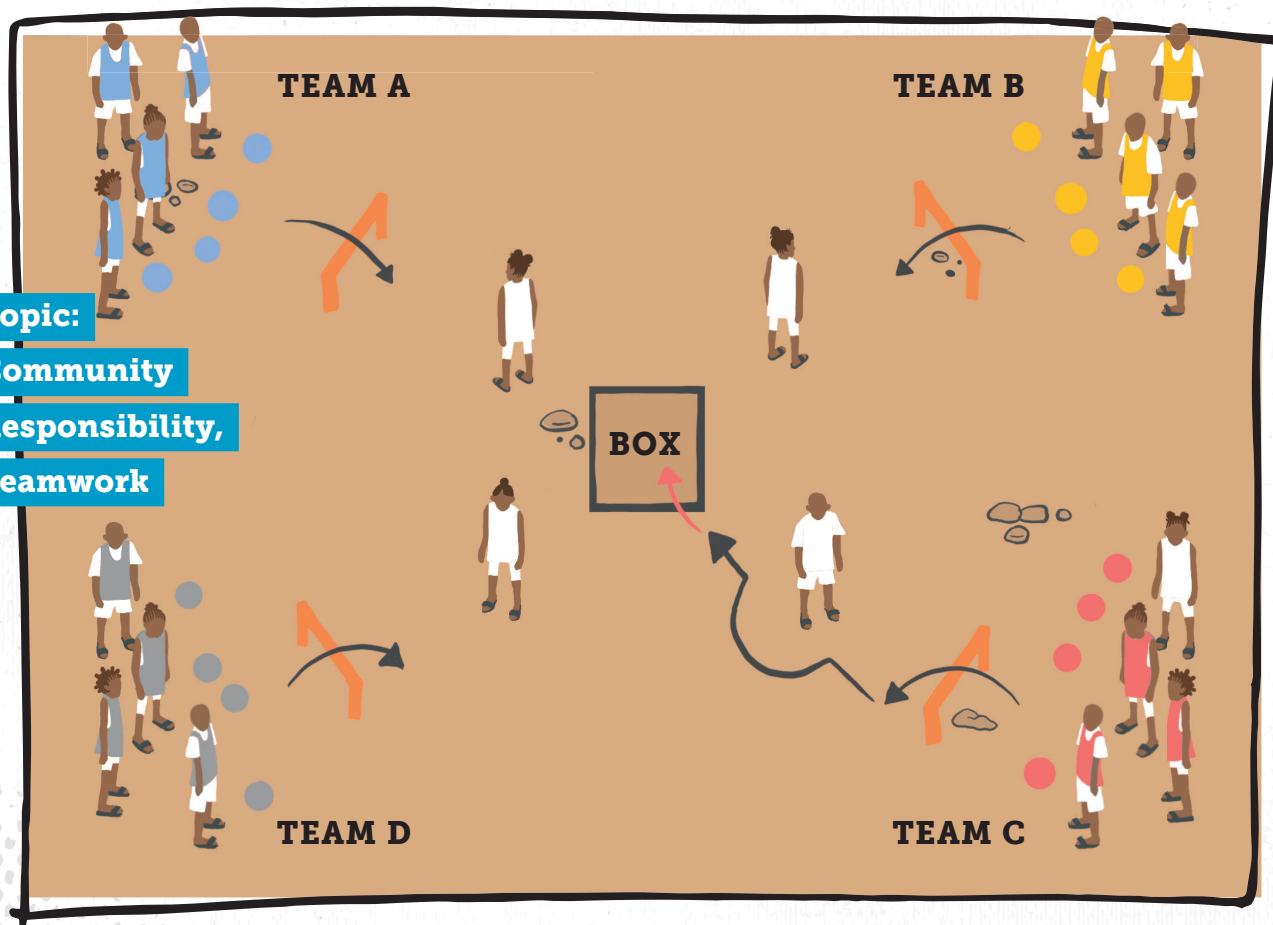
You may remove or place the hurdles there depending on the age and ability of the group. Low hurdles (43cm) could be replaced with high hurdles (60 cm).

Topic:

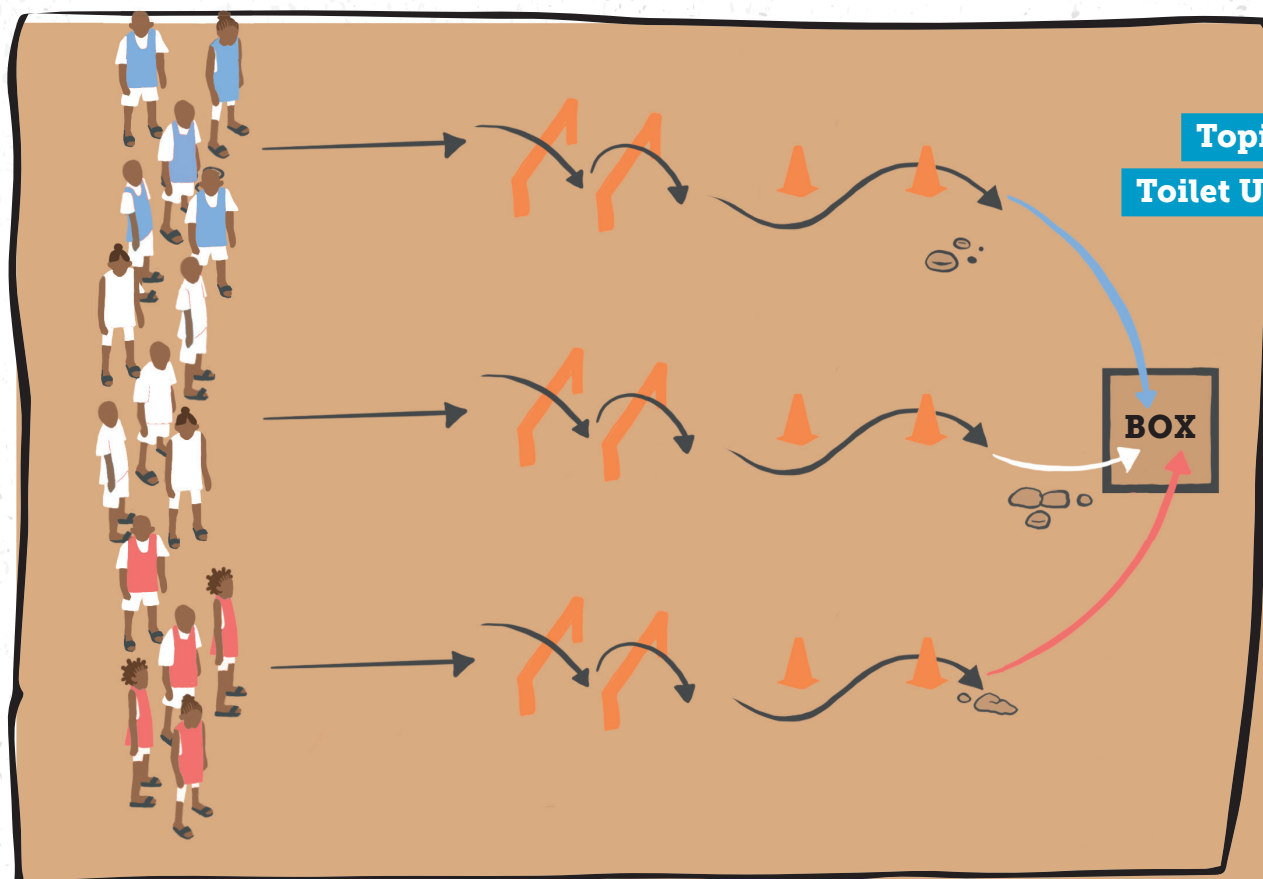
Community

Responsibility,

Teamwork



GOOD TOILET USE



EQUIPMENT

Cones, hurdles, box, whistle, sticks

DURATION

10 minutes

AGE

10+ years

DIFFICULTY

moderate

PARTICIPANTS

15+

Drill Set-Up

Create three lines for three teams. At the coach's command, players run, jump over hurdles, hop between cones and throw short sticks to hit the target. They then run back to tap the next player in line.

WASH Connection

Hitting the target represents proper toilet use. Missing the target represents toilet misuse.

Progression

You may increase or reduce the throwing distance to suit the age and abilities of the players.





ABOUT THE ORGANISATIONS



SPORT FOR
DEVELOPMENT

Sport for Development

SPORT FOR DEVELOPMENT (S4D) is an approach by the German development cooperation to use the **POSITIVE POWER OF SPORT** to improve the lives of children and young people in our partner countries.

S4D projects support young people by organising **EDUCATIONAL SPORT ACTIVITIES** at school or on the sports field. Through sport, the target group can more easily grapple with topics like education, employment, economy, health or displacement and migration.

Through 50 development projects since 2013, German development cooperation has reached over 1.2 million children and young people in 40 countries. It has trained more than 9,000 trainers and instructors and built or modernised 150 sports fields throughout Africa. With its guiding principle 'achieving more together', **SPORT FOR DEVELOPMENT** makes a significant contribution to reaching the Sustainable Development Goals (SDGs).



VIVA CON AGUA

Viva con Agua

Viva con Agua (VcA) is a non-profit organisation committed to ensuring that all people worldwide have access to clean drinking water and basic sanitation. They support **WASH PROJECTS** worldwide which contain the three components of **WA**ter, **S**anitation, and **H**ygiene.

There are **UNIVERSAL LANGUAGES** which work all over the world and at the same time also spread joy. This is why Viva con Agua uses music, sports and art to reach many people and activate and inspire them.

Education and empowerment go hand in hand. With their WASH projects VcA fosters an inspiring learning environment for pupils. This particularly strengthens the role of girls in schools and communities, as this increases their attendance in school, for example. Through the initiative **ATHLETICS4WASH** children playfully learn about WASH topics and become agents of change for a more conscious conduct with the invaluable resource of drinking water.



