

ERASMUSRUGBY



UNIT 9: SOLIDARITY

Aim

Solidarity is a human value that involves helping and supporting others, especially in times of need, without expecting anything in return. It is a form of active empathy, where one not only understands the suffering or difficulties of others, but also acts to alleviate them.



- Solidarity helps you become more empathetic, strengthen relationships, and feel good about yourself by contributing to the well-being of others. It also creates a fairer and more humane environment around you.



- It involves telling the truth, not deceiving, and acting transparently, even when no one is watching.
- Act in accordance with your values and principles, without contradictions between your words and your actions.
- Take responsibility for your actions and treat others with fairness, equity, and dignity.



- LITERACY: area-specific vocabulary and expressing oneself appropriately.
- PHYSICAL LITERACY: knowledge of the body and its motor skills, acquiring the habit of practicing physical activity, hygiene and body care.
- ACTIVE CITIZENSHIP: Using physical activity to facilitate relationships, integration, and respect for agreed-upon rules. Teamwork, cooperation, and responsibility.



- Duration of this learning unit: 3h 20'

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Assessment

Rate the following indicators about the group before (A) and after (D) the session from 1 to 4 points*, and compare them. If the group is new to you, only complete D.

Children pay attention to new things and concepts

The children listen to the coach's instructions.

The children follow the coach's instructions.

The children maintain the positions and alignments established by the coach.

The children complete the tasks indicated for accident prevention

TO	D

* Rating defined: 5 to 7 Points - Unsatisfactory | 8 to 14 Points - Needs improvement | 15 to 19 Points - Meets expectations | 20 Points - Exceeds expectations.

GRADES:

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Activity 9.0 | Mandatory pass



15 min

Resources and planning

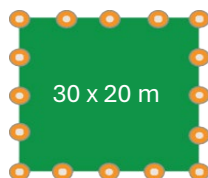
20 children



1 coach



5 balls



KP

- Support each other
- Teamwork
- Collective commitment
- To feel that they form something bigger than themselves

Tips

- Support all colleagues
- Perform the exercise thinking as a team, not just 10 individual players.

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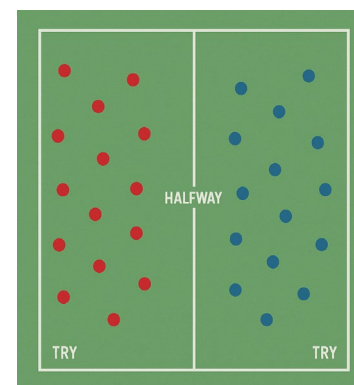


UNIT 9: SOLIDARITY

Activity 9.0 | Mandatory pass

Procedure | Keep in mind the mileage of the unit

- 1) We divided the team into two teams of 10 players.
- 2) We play short games in which the player with the ball can only advance when the ball has been passed to him by a teammate; the player with the ball can only advance 3 meters.
- 3) This exercise is designed so that all members of a team support their teammates and are close to their support so that together they can all move forward.



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UNIT 9: SOLIDARITY

Activity 9.1 | Solidarity Chain



15 min

Resources and planning

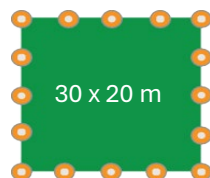
20 children



1 coach



1 string



KP

- Support each other
- Teamwork
- Collective commitment
- To feel that they form something bigger than themselves

Tips

- Support all colleagues
- Perform the exercise thinking as a team, not just 3 players together

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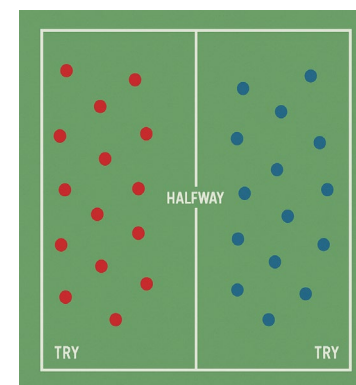


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Activity 9.1 | Solidarity Chain

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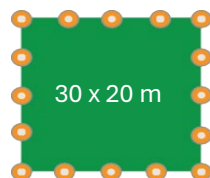
Activity 9.2 | The Invisible Partner



Resources and planning

20 children

1 coach



KP

- Support each other
- Commitment
- To feel that they form something bigger than themselves

Tips

- Support all colleagues
- Think about the other person

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UNIT 9: SOLIDARITY

Activity 9.2 | The Invisible Partner

Procedure | Keep in mind the mileage of the unit

- 1) The coach secretly tells each player the name of a teammate.
- 2) During that week, each player has to support and encourage the teammate that the coach told them to, without the teammate knowing.
- 3) At the end of the week, each player is asked who they believe has been the person who has been encouraging and supporting them during this time.
- 4) Players need to recognize the satisfaction they feel when a teammate supports and encourages them, and foster this atmosphere within the team.

