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Practical activity

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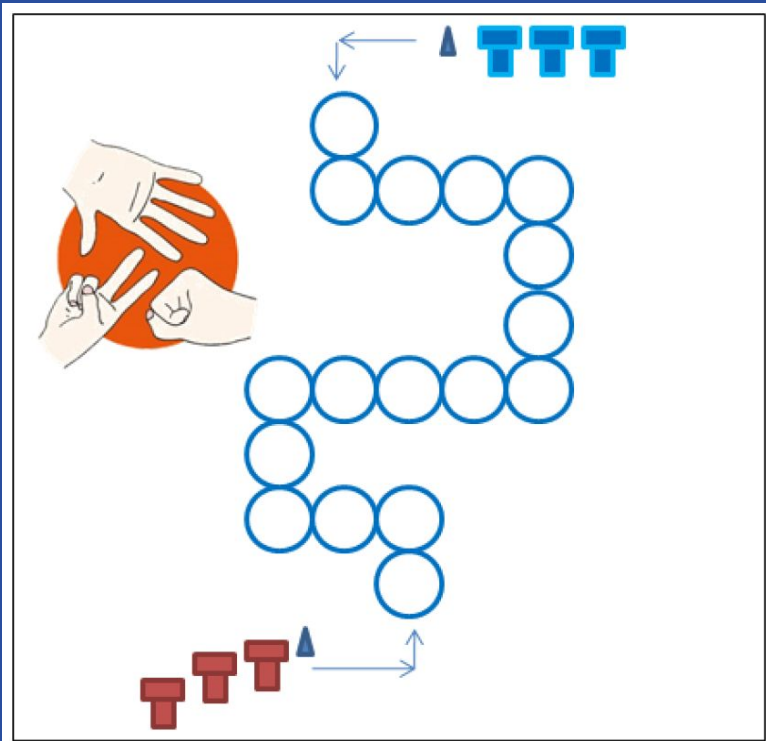
CEIPES



1° Activities: Icebreaking & energizer

HUMAN ROCK-PAPER-SCISSORS

Number of participants: 6+
Target group: Ages 13–30
Duration: 15–30 minutes



Activity description:

Players from two teams line up at opposite corners of the playing area. At the trainer's signal, the first player from each team starts running. When they meet in the middle, they play a game of rock-paper-scissors. The winner continues running toward the opponents' baseline, while the loser returns to the end of their team's line. The next player in the losing team's line starts running as soon as the winner has been determined. The game continues in this way until one player crosses the opposing team's baseline, earning one point for their team. When a team scores a point, two new players from each team start again.



2° Activities

team building & central practice

MINI OLYMPICS

6 mini games for each team to complete... Find a letter at the end of each activity to complete the hidden word!

Number of participants: 12+

Target group: 8+

Duration: 1 hour



2° Activities

1) SHOOT THE BASKET

To complete the activity, each team must make 5 successful shots into the basket.

Each participant has one attempt to score before passing the ball.



2) BOTTLE BOWLING

To complete the activity, each team must achieve 2 strikes (knocking down all 12 pins).

Each participant has one attempt to knock down as many pins as possible.

3° Activities

3) HUMAN CHAIN

To complete the activity, each team must complete 6 HUMAN CHAINS:

form a line of team members holding hands.

One member must pass a hoop from one end of the chain to the other. The active member changes each time

6 chains = 6 active participants.



4) EGG RACE

To complete the activity, each team must bring back the eggs (6 ping-pong balls) to their base using a spoon, after completing a slalom course.

At the end of the room, place a chair in front of each team's base with a plate containing the balls.

Next to the team's base, place another chair with an empty plate. The first player runs to the chair at the opposite end of the room, picks up one ball with a spoon, and tries to carry it back to the team's plate without dropping it.

The game continues until all the balls have been successfully brought back to the team's plate.



4° ATTIVITÀ

4) ASSEMBLY LINE

To complete the activity, each team must transport as many balls as possible from one side of the gym to the other.

Players line up along the length of the gym to form a chain for passing the balls, which are placed in a basket at the starting point. All players must pass the ball along the line while staying in their positions, they cannot move with the ball in their hands or dribble it.

If a ball falls to the ground, it must be returned to the starting point.



4) GIANT BALL RELAY

To complete the activity, participants must complete the circuit by moving the giant ball around the cone and bringing it back to their teammates.

They may use either their hands or their feet to move the ball.

The game ends when all team members have completed the relay.

[illegible]