

# “Psychosocial Support Program to Promote Social Integration of Refugees through Cooperation Movement Games ”

“The role of sport in the social integration of refugees”



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# Theoretical background



- **The role of sports on refugees' integration**
  - Sport - Physical activity - Play: Benefits of participation
  - The role of sport in the social integration of refugees
  - Barriers preventing refugees' participation in sport
  - Psychosocial support sport program for the promotion of social integration of refugees through Cooperation Movement Games



# Guidelines for implementing a sport program



- **Best practices**
  - Funding and Scheduling
  - Communication and increasing awareness
  - Attracting and training of human resources
  - Collaboration and assessment



# Content of the sport program



- Example games to promote social integration
- Introductory Games - Acquaintance - Familiarization - Communication Games
- Collaboration - Trust Games
- Interaction - Recreation Games



# Delivery of the sport program

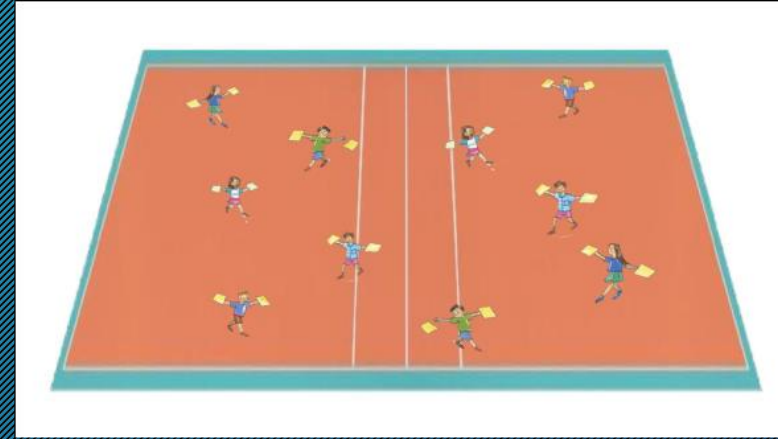


- Objectives -Secondary goals
- Age
- Team/s - Number of participants/players
- Venue - playing area/space
- Variations - Modifications
- Equipment



# 1) “Low flights”

## Description & Main rules



- The area must be divided in half. In both sides of the midline a “neutral zone – safety zone” should be defined by drawing lines (1m at least on each side) (e.g. the midline and the attack lines on a volleyball court).
- The participants are divided (either on coordinator’s proposal or after draw) into two equal in number and ability teams (A and B) and each team chooses its “half side” of the area by draw.
- The players of each team, having their hands wide open and balancing a paper sheet on each palm (approximately A4 size, e.g. magazine pages, etc. or bigger e.g. newspaper pages etc.), are lined up (next to each other) behind the final line of their "half court".
- With teacher’s signal, they start moving (e.g. with slow or fast walking or running etc.) towards the line of the “neutral zone – safety zone” on their court side. As soon as they cross the line and stand “behind” it, they return to their initial position in the final line. **The purpose of the game is to keep the paper sheets (or other objects) on their palms.**
- ☐ Every time a player drops a paper sheet (or other object) they can continue after balancing it again on their palm.



# Variations - Modifications



- ❖ **Modification:** Routes participants have to cover and the ways they move.
  - Participants should:
    - a) cover the route more than once or
    - b) move in various ways, e.g. slow and fast walking or running, with multiple and various jumps and bounces, side steps, hopscotch etc., or
    - c) move among the hurdles which have been placed along the route.
  
- ❖ **Modification:** Objects carried:
  - Various objects, such as balloons, plastic or fabric small balls, sponges etc. could be carried by the participants.
  
- ❖ **Modification:** Drop of the paper sheet (or a different object):
  - It could be determined that every time a player drops their paper sheet (or a different object) they should return to the starting point and try all over again.