



## 4women project

CONVENTION NUMBER 2020-1-DE02-KA204-007371

Erasmus+ KA2 Strategic Partnership

Training Programme  
“Art, Civics, Sport & Coaching  
for Migrant Women’s Inclusion”

<b>Unit SPORT ACTIVITIES FOR EMPOWERMENT OF MIGRANT WOMEN developed by JFC Laguna de Duero, Spain</b>
<b>Overall duration: 100 minutes</b>
<p><b>Introduction:</b></p> <p>By empowerment of women, we refer to the process by which women, in a context of disadvantaged by structural gender barriers, acquire or reinforce their capacities, strategies and leadership, both individually and collectively, to achieve an autonomous life in which they can participate on equal terms, having access to resources, recognition and decision-making in all spheres of personal and social life.</p> <p>Sport, in its most basic form, encourages balanced participation and has the ability to promote gender equality. Through sport, women and girls are empowered, their participation generates role models and promotes a true change of values in society in all modalities and with all rights.</p> <p>This module is an example of the empowerment of women through sport with a motivating session of self-defence. This session is designed to develop leadership skills, creating safe spaces for participants, providing knowledge tools to break down barriers and facilitate them access to services, if they suffer violence.</p>
<p><b>Necessary materials:</b></p> <ul style="list-style-type: none"> <li>• A handkerchief or cloth</li> <li>• Masks, scarves</li> <li>• Ropes</li> <li>• Room suitable for the activity</li> </ul>
<p><b>Preparation for the session/recommendation for additional resources:</b></p> <ul style="list-style-type: none"> <li>✓ Check that the activity area is safe</li> <li>✓ Prepare the materials</li> <li>✓ Watch additional videos, instructions, etc.</li> </ul>
<b>METHODOLOGIES</b>
<ol style="list-style-type: none"> <li>1. Individual training</li> <li>2. Self-defence in pairs</li> <li>3. Group/team activity</li> <li>4. Meditation</li> </ol>



### Learning objectives

-  Develop social skills
-  Develop self-confidence in group activities
-  Develop physical abilities
-  Improve the self-esteem of vulnerable women

### ACTIVITY/IES

#### Activity 1 (20 minutes)

- 1.1. Check the physical conditions** and possible injuries of the participants. Let them present themselves and share if they're practising any sport activity, their preferences, etc.
- 1.2. Start with a short warm-up:** (Tabata 5') jumping jacks, plank, skipping on place, sit ups
- 1.3.** They can **practice some basic movements** (squats, push-ups, running), following the rhythm and maintaining the distance.

#### Activity 2 (60 minutes)

##### 2.1. Handkerchief game under conditions

First, we develop the group in two teams, and to the participants from each team are given numbers (1-1, 2-2, 3-3, etc.). When the coach says a number, the participants from each team with this number, have to do 10 squats before running to pick up the handkerchief. Repeat until all team members take part.

##### 2.2. Ground control technique

The participants are separated into 2 groups.

One group gets on the ground with their eyes covered and they hold on well between all of them, so that to be difficult to separate them from each other.

The other group remains standing and without covering their eyes. Received a signal by the coach, they approach the group on the ground, trying however to get someone out of the grasp. If they succeed, they take it to their group.

The game continues until all people from the group on the ground are caught.

##### 2.3. Assault, bear-arm from behind (arms underneath)

We place the participants in pairs, trying to make them of similar size, weight, and level. During the 2 techniques the participants change roles between aggressor and defender.

The defender controls the aggressor's arms with hands and at the same time as opening legs, lowers her/his centre of gravity to achieve a stable position. Then hits the aggressor's face with an elbow. (fig.1)

Having gained some distance, she/he quickly returns to elbowing the aggressor's chest. (fig. 2)

Finally, she/he can push the aggressor with hands, give him a front kick and run away.



### Activity 3 (10 minutes)

Calm down, stretching and meditation

#### EVALUATION / REFLECTION

**Start by reviewing what happened during the activity. The following questions can be used:**

- 👉 Were the instructions for the session clear and did you understand how to do it?
- 👉 Did you enjoy the session?
- 👉 Did the self defence work well as a pair?
- 👉 How did you feel when you couldn't solve the problem, and when you did?
- 👉 How did you perceive your partner's behaviour?
- 👉 How have you adapted your behaviour towards her/him?
- 👉 What have you learned from this session?
- 👉 How do you feel?

#### Bibliography

- 👉 MANUAL COMPLETO DE KRAV MAGA <https://g.co/kgs/mSeFg3>
- 👉 Robles Rodríguez, J. (2006) Judo para ciegos como contenido novedoso en las clases de Educación Física. Unidad Didáctica. Revista Internacional de Medicina y Ciencias de la Actividad Física y el Deporte vol. 6 (22) pp. 75-86
- 👉 <http://cdeporte.rediris.es/revista/revista22/artjudociegos28.htm>
- 👉 For activity 2.3, watch the following videos with the group as additional support:

<https://youtu.be/f8zD0bgdB8>

<https://youtu.be/rDiuHI0hQQg>

<https://youtu.be/G8vy9G35YUU>

<https://youtu.be/NrFsTcvK96w>

<https://youtu.be/yvJu00ULgAO>