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This lesson is for students who already have an understanding of Fairtrade.
Start the class with a game of Simon Says.

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Ask the students what the recommended amount of activity for a primary school child is (Answer: **60 minutes of moderate-vigorous activity**)
Ask the students how much activity they have every day (walking, team or individual sports, dancing, housework)
What sporting activity, if any, do they engage inside and outside of school?
What is their favourite game or sport played in school physical education lessons?

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Lead a discussion on how sport makes them feel.
Level 2 students: explain to them that endorphins which are essentially "happy chemicals" in the brain are released when we engage in sports, which is part of the reason why sport is not only good for physical health but emotional and mental health.

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What is the world's most popular sport?

- Football (Soccer) 3.5 billion fans
- Cricket – 2.5 billion fans
- Basketball – 2.2 billion fans
- Field Hockey – 2 billion fans
- Tennis – 1 billion fans



Figures from sporteology.com
List of national sports available at: https://en.wikipedia.org/wiki/National_sport

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The World Cup

- The first official World Cup ball was made in 1970 by Adidas.
- Around 1000 balls are used throughout a World Cup Tournament.



Tell the students how annually 40 million hand-stitched balls are produced in Sialkot, and how this figure goes up to 60 million in a world cup year.

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The Homeless World Cup

- The 2016 Homeless World Cup in Glasgow used Fairtrade footballs
- The first time a major international football event has been played with Fairtrade balls
- 70,000 people watched + 200m more online.



Tell the students how last year the Homeless World Cup was played with Fairtrade balls from Bala Sport, and how this tournament helps change the lives of the homeless people who take part as well as the Fairtrade sports ball workers lives. The homeless people gain self-esteem from taking part, and gain respect from the crowd, playing for their country.

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Ball sports for all

- Whilst most of us will never play in a World Cup tournament, many of us will enjoy ball sports such as football, tennis, rugby and hockey.
- Participation in these sports is a good way of keeping active and healthy.

Discuss how football and other high intensity or vigorous activity can help the cardiovascular system, improve speed, stamina, and agility.

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What other benefits are there to sports like football?



Discuss the teamwork aspect of it, learning to work collaboratively and not just thinking about yourself as an individual. Explore how sometimes the best captains are not necessarily the most skillful or fastest or strongest players, but they are the ones who show discipline, commitment, set a great example to the rest of the team and bring out the best in their fellow players.

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Ball sports

- There are many ways of keeping active including walking, swimming and dancing. However, ball sports are a very popular and common method throughout the world of keeping active and enjoying sport. Ball games bring people together.
- What is the one thing we need to play a ball sport? (apart from ourselves!)

When students have guessed the answer correctly (balls) go to next slide.

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Ask the students if they know what the title of the slide refers to. After answer is given/provided ask if anyone remembers how many hand-stitched sports balls are made in a non-World Cup year. Answer: 40 million balls. Ask if anyone remembers how many on a World Cup year. Answer: 60 million balls

Ask students where are most of the balls made. (What country/continent?) Answer: Sialkot, Pakistan, Asia.

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Sports ball production

- Workers in Sialkot, Pakistan, often work in poor conditions, with little breaks and not enough to get basics such as food, healthcare and education for their children.
- A quarter of Sialkot's population works in sports ball production, so it is a major source of employment in that city.

How much do leading sports ball companies make? Can they afford to pay workers fairly? Should they pay workers fairly?

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Ask student to recall what they have learnt on previous lessons on Fairtrade or if this is the first lesson on Fairtrade link to Fairtrade football video.

Discuss the benefits of it. Display infographic showing overview of Fairtrade in football. Briefly discuss each section and ask questions on it to check understanding.

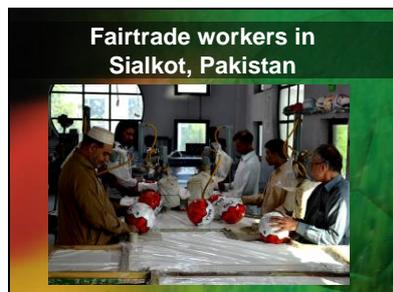
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Facilitate Group/class discussion.

Highlight how child labour on the whole has stopped, so those 7,000 children are better off. However, there is a still a problem for some families in that they cannot afford to support their families on the wages they earn.

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Ask students to list 4 things Fairtrade football does: guarantees a fair minimum wage, provides free transport for workers, funds social projects such as water purification plants and free eye clinics (and some other healthcare), subsidized household items like food, ensures there is no child labour, gives workers access to union representation.

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A presentation slide with a dark green header and a background of green leaves. The text is white and yellow.

Now it's time to pass the ball!

- Here are the rules...
- Pass (don't throw!) the ball
- When the music stops- you answer the question!

(This can be used for any lesson on Fairtrade and sports.) Explain the rules of the game to students. You will play music whilst they throw a soft ball to one another. When you stop the music, the person holding the ball will need to answer a question on your list.

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A presentation slide with a dark green header and a background of green leaves. The text is white and yellow.

Extension Activity

- This time, you be the journalist!
- Cover a story on a factory in Sialkot.
- Decide whether it will be a Fairtrade or non-Fairtrade factory
- Choose whether you will cover it in a positive, neutral or negative way
- Remember the what, where, who, why and when!

See attached News writing guidance/checklist. You may wish to add current and appropriate news stories you can source in a local or national newspaper to show to the children.