

Activities for ages 9 to 12 years

These activities are designed for you to use with the children at your club who are between the ages of 9 and 12. They can be used before, during or after training sessions – and contain activities to try at home.

The Legendary Team Pledge

When: Warm-up or warm-down exercise (10 minutes)

Goal: To help children to think about positivity and embrace a collective approach to behaviour both around their club and online



Gather children in a group and discuss the Legendary Team Pledge and why it is important for teams to be respectful to each other, opponents and officials. Explain the pillars of the pledge and how they can help the team be better and have more enjoyable experiences. Ask children their thoughts on the pledge and anything they would like to add. Questions you could discuss with children:

- How should you treat your teammates, and how would you want them to treat you?
- What could you do if you saw someone being treated unkindly online?
- In what other areas of life could you use the pledge?
- How should you treat others online?
- What positive words would you want to use to describe your team?

Extra time 1: ask children to recite the pledge before training, to embed the learning

Extra time 2: challenge children to 'Spread the Pledge' and share it with family or friends



Activities 9 to 12 yrs

Pass the Ball

When: Warm-up or warm-down exercise (10 minutes)

Goal: To discuss what it means to be a legendary teammate, and consider the impacts of positive or negative behaviour on a team



Gather children together in a circle with a ball. Pick one of the topics / questions below, give an example answer, and then pass the ball to one of the children in the circle. When a child receives the ball, they think of an answer, before passing onto a teammate. The aim is to get everyone to share an idea. Topics or questions include:

- What is something respectful you could say to a teammate or opponent?
- What is something you could do to spread kindness online?
- Why might you block or report someone online?
- How might a bully negatively affect a team?
- What could you do if you see someone being bullied online?

Give Respect

When: Warm-up or warm-down exercise (5 minutes)

Goal: To discuss role model behaviour and nominate famous sportspeople who appear positive and respectful to others.



During a group warm-up, challenge 3-5 children to name a sporting hero (or celebrity) who has shown respectful behaviour. You could ask them:

- Why do you look up to this person?
- Why do you think this person acts this way?
- What can you learn from them?
- How would you feel if a teammate or opponent acted like that to you?
- How should famous people behave on social media?



Activities 9 to 12 yrs

Team Check-in

When: Before training

Goal: To encourage children to share their emotions, shape a supportive environment and create a platform for open discussion and support.



Prepare a range of empty pots or jars. Customise these with labels, describing a range of emotions: Happy, Sad, Tired, Excited, Angry, Worried.

When children arrive for training, give them a piece of paper with their name on and invite them to take turns to put it into the jar that best reflects their mood.

Use these mood jars before every training session to check in with children and track how they are feeling – and engage if anyone is feeling low. If there are any patterns, it can help to identify any problems and give children a route to talk to you.

Note: Mood jars are intended to facilitate discussion and give children a way to express their feelings in a non-confrontational way. If anything concerns you, you should follow your club's safeguarding procedures and notify the relevant safeguarding lead.

Interland Challenge

When: At home

Goal: To encourage children to explore the Be Internet Legends Interland game and learn more skills to be safer and more secure online



Tell children about the Be Internet Legends Interland game and share a handout with details of how to play. Challenge children to play the Interland levels and to get a friend, sibling or parent to play along. Could you set some team challenges? For example:

- Try to complete a level and download a certificate
- Help a teammate complete a level (sharing advice, tips)
- Tell their team their favourite level or part of Interland

beinternetawesome.withgoogle.com/en_uk/interland