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## **No Barriers One Hour Session**

**Resources needed:**

* No Barriers Champion Cards
* Blank A4 paper and pens for students
* No Barriers Match Ball
* Camera phone to send photos via QR code

**Lesson Plan:**

| **Time** | **Content** |
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| Welcome-  5 mins | **Introduction to No Barriers -**  Welcome to No Barriers! Did anyone watch the UEFA EUROs this summer? This project celebrates european footballers who have overcome barriers to achieve success and for you to make a promise to tackle discrimination!  Does can anyone tell me what I mean by discrimination?  *Give young people a chance to answer, be encouraging*  **Discrimination** is something you do which is unfair. It is the unjust or unfair treatment people because of an idea of who they are - for example, you may discriminate against someone because of their race, age, sex, or disability, for example.  Can anyone tell me what inclusion means?  *Give young people a chance to answer, be encouraging*  **Inclusion** involves making sure that everyone is included and treated equally, feeling welcome and part of the conversation. Inclusion is also about providing equal access to opportunities and resources for people who might otherwise be excluded or left out.  **The aim of No Barriers is to make everyone feel included and welcome and to fight discrimination.** |
| Champion Spotlights-  10 mins | *Facilitator holds up Tyrone Mings card.*  Does anyone know who Tyrone Mings is? Does anyone recognise him?  *Read the information on the card to the group.*  *Ask the group:*  What barrier did Tyrone challenge? What did he stand up to during the match against Bulgaria?  Tyrone stood up to racism in 2019 during England’s UEFA EURO qualifying match against Bulgaria. Two years later, after the UEFA EUROs final at Wembley England’s black players once again faced racism from football fans.  *Ask the group:*   * **The England team took the knee before every game at the UEFA EUROs. Do you know why they do this? What do you think about professional footballers ‘taking the knee’ before a football match?**   England manager Gareth Southgate said his players and the Football Association (FA) made clear during the Euros that the decision to take the knee was to protest "against discrimination, injustice and inequality".  *Allow young people time to share their thoughts. If possible write down their thoughts and messages and answers to these questions. This will help with their later activity.* |
| Now it’s your turn-  10 mins | Now we are going to look at some different football champions from around the world who have overcome barriers. I will split you into 11 groups and give you each a card to read!  *Split the group up into 11 groups and give them each a No Barriers card*  Students learn about the other No Barriers Champions on the cards to share with the class *(suggestion: groups can create a mind map or their champion)*  Students are prompted to:   * Identify the barrier their champion overcame * Identify why this No Barriers Champion is inspiring (extension - is the barrier something they recognise?) |
| Share -  10 mins | Groups share findings about each of the Champions with the class  Ask each group:   * What barrier did they overcome? * Why do you think this person is inspiring? * Can you think of any other barriers that are important to you or your community?   *Ask children to share: Some suggestions - bullying, loneliness, homelessness.* |
| Intro to commitments  5 mins | Discussion Activity -  Think about the barriers that the champions on the cards overcame *(racism, disability, mental health, gender inequality)* **How can you overcome barriers? How can you support others?**  *Last month we had an amazing example of people coming together to show support:*  After the Euros final last month, when three players including Marcus Rashford missed their penalties, his mural in Manchester was defaced with racist graffiti. It has now been covered with messages of support.  **What would you write to Marcus Rashford if you could place a message on his mural too?**  *Messages include “I can take or leave football, but I can’t take or leave people like you. Thank you for your passion, compassion and desire to change lives.”*  *“Thank you for showing us kindness and helping those in need.”*  *”We all stand with you, love will always win. We are so proud of you, all our love.”* |
| Over to your students-  15 mins | You now have 10 minutes to make your own No Barriers Champion Card!   1. Take a piece of paper and draw yourself playing your favourite sport. 2. Write your No Barriers message - **what do you think can be done to tackle racism and other forms of discrimination? What can you do yourself?**   *(Young people may feel that they can’t make a difference but we can all make a difference and there are many ways young people can influence their communities, families and schools. They can campaign for change, raise awareness, create posters, set up petitions, raise funds and many other forms of social action. Every action counts no matter how small. )*  *If you have time your group may like to share their cards with each other outlining what their No Barriers Message is and why.* |
| Recap:  5 mins | Recap: what students have learned about different champions and overcoming barriers. |
| Next Steps | Now play a No Barriers game of football using the special No Barriers Match Ball!  You can also take a team photo to be shared online using the No Barriers resource pack! |
|  | **Facilitator Wrap Up**  **Step 1:** Take photos of the No Barriers cards to share with Big Ideas  **Step 2:** Scan the QR code below to send your images  **Step 3:** Text us the name of the venue your workshop took place in  **Step 4:** Fill in the facilitator survey [here](https://forms.gle/4FpYzDfHsXzFAHu67) - <https://forms.gle/4FpYzDfHsXzFAHu67> |

