

# FEMALES SCORE

## Key Learning

To increase awareness of the need to include and empower girls in play and in life.

## Goal

To play a favourite sports game in which only girls can score.

## What You Need

- Sports equipment for chosen sport (e.g. football)

No. of children

- 6 or more including at least 2 females



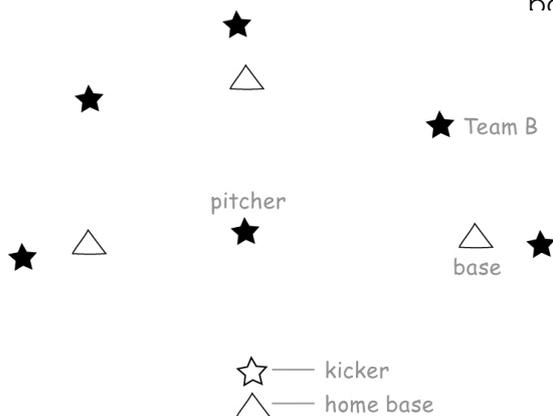
## Opening Questions

- Who is a girl or woman in your country or community that you admire?
- What role do females play in your community (for example., in the family, at school, in government)?



## How To Play

1. Ensure the play area is clean and free of obstructions.
1. Set up the play area with 3 bases and 1 home base (see diagram).
2. Divide the players into 2 teams, Team A and Team B. Each team must have at least 1 female.
3. Explain that Team A will begin the game as the kickers and Team B as the fielders. The teams will alternate between kicking and fielding.
4. Ask Team A to line up outside the play area and sit down (see diagram).
5. Ask for a volunteer from Team B to be the pitcher.
6. Ask all other players from Team B to spread out around the play area.
7. Explain and demonstrate that:
  - The first player on Team A will come to home base as the kicker. The pitcher will roll the ball toward the kicker. The aim is to kick the ball as far as you can within the play area.
  - Each kicker will have 3 pitches to try and kick the ball.
  - When the ball is kicked, the kicker will try to run around the bases. The kicker will run as far as possible around all the bases before Team B retrieves the ball.
  - When touching a base, the kicker is safe. The kicker does not have to make it all the way around the bases and home again during a single kick. The kicker can stop at a base and wait for the next kicker to kick the ball before running to the next base. With each new kick of the ball, the kicker will try to make it around all 3 bases to get a home run.



☆ ☆ ☆ ☆ ☆ Team A

# FEMALES SCORE CONTINUED

- Team B will work together to intercept the player running to the base. They can do this in two ways. The first is by passing the ball to the player closest to the kicker to tag the kicker running between the base and home. The second is to pass the ball back to the pitcher. When the ball is given back to the pitcher the play is dead. A new kicker from Team A is called to kick.
  - Team A scores a point for each home run.
  - When all players from Team A have had a chance to kick, they switch places with Team B. Team B becomes the kickers and Team A becomes the fielders.
  - A single round of kicking and fielding for each team is called an inning. Each game has 3 innings.
8. The team with the most home runs at the end of the third inning is the winner.
9. Play the game again, but this time:
- Only the female players can be base takers. The Base Taker will stand beside the kicker and instead of the kicker running around the bases, the Base Takers will run the bases and try to make a home run.
  - Number the female players on each team. For each new round of kicking, a new female player will act as the Base Taker. Female player 1 will go first. Then female player 2 will go second, and so on.



## Watch For

- Are the players taking turns to kick?
- Does each player understand their role while kicking and while in the field?
- Are the Base Takers making home runs?
- Are the teams supporting their Base Takers in running the base?

# FEMALES SCORE CONTINUED



## Discussion

### Reflect

- How did you feel when only females could score?
- How did your team support the females on the team?
- Was there any way your team could have given more support to the females?

### Connect

- Why do you think the females were asked to score?

### Apply

- Why is supporting girls and young women particularly important in HIV prevention?
- What is one thing each one of us can do to support more girls and young women as leaders?



## Variations

- To make the game more difficult, limit and change how the fielders are able to move the ball around (for example, only kicking or throwing overhead) during each new inning.



## Inclusion

- Refer to page G5.