



INCLUSIVE SPORTS CURRICULUM AND PROGRAMS: FLAG FOOTBALL EDITION

This publication is prepared under Erasmus+ Sport project - “We ball too”, project number 101184656.



**Co-funded by
the European Union**

Organizations involved in the project and responsible for preparation of the publication: Istropolis Invincibles, Příbram Bobcats, Slovak Sport Organization



The publication constitutes one of the deliverables of the “We ball too” project, co-funded by the Erasmus + Programme of the European Union.

Funded by the European Union. Views and opinions expressed are however those of the authors only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

For any comments on this publication, please contact:
istropolisinvincibles@gmail.com



1. Introduction

Purpose of the Curriculum

This Inclusive Sports Curriculum for Flag Football aims to promote equal participation and access to sports opportunities for all genders. The program is designed to create a welcoming environment that encourages teamwork, respect, and skill development, while challenging gender stereotypes and fostering confidence among all participants.

Philosophy of Inclusion

Sports can be a powerful platform for empowerment and equality. By embedding inclusivity into flag football training and gameplay, this curriculum ensures that every player—regardless of gender, background, or ability—has the chance to participate, lead, and succeed

2. Learning Objectives

By the end of this program, participants should be able to:

1. Demonstrate fundamental flag football skills (passing, catching, flag pulling, route running).
2. Collaborate effectively in mixed-gender teams.
3. Exhibit understanding and respect for diverse perspectives and abilities.
4. Design and execute strategies through teamwork and communication. Recognize and advocate for gender equality and inclusivity in sports



3. Curriculum Structure

The curriculum spans **six key modules** that can be implemented over a multi-week program or adapted for shorter workshops. Each module includes lesson plans, drills, and reflective activities.

Module	Focus Area	Key Activities
1	Introduction to Inclusive Sports	Icebreakers, mixed-gender team formation
2	Fundamental Skills	Skill-Building Stations
3	Teamwork and Communication	Team Challenge Relay
4	Strategy and Leadership	Strategy Huddle Sessions
5	Mini-Games and Assessment	Inclusive gameplay sessions
6	Reflection and Advocacy	Group discussions, feedback, peer evaluations





Module 1

This opening module helps participants understand inclusion, teamwork, and respect in the context of sports. It sets a positive and safe atmosphere for collaboration, regardless of gender, background, or skill level. Activities focus on breaking down social barriers, promoting open communication, and introducing basic flag football concepts in a fun and supportive way.

Activity 1: Name & Goal Toss

OBJECTIVE

Break the ice, learn names, and express personal goals in a supportive way

SETUP

- Players stand in a circle with one soft football (or ball).
- One player says their name and a personal goal for the session (e.g., “I’m Alex, and I want to get better at flag pulling”).
- They toss the ball to another player, who repeats the process.
- Continue until everyone has shared.

INCLUSICE FOCUS

- Emphasize listening and respect—no interrupting or teasing.
- Encourage players to cheer or clap after each introduction.



Activity 1: Name & Goal Toss

OBJECTIVE

Build empathy and connection by finding shared interests across genders and backgrounds.

SETUP

- Divide participants into small, mixed-gender groups (4–6 players).
- Give each group 2 minutes to find **three things they all have in common**, excluding sports (e.g., favorite food, music, hobbies).
- Groups share their “common ground” findings with the rest of

INCLUSICE FOCUS

- Encourages players to see similarities beyond gender or skill level.
- Reduces cliques and helps everyone feel part of a team.

REFLECTION PROMPT

“What surprised you about what your teammates have in common?”



Activity 3: Step Together Challenge

OBJECTIVE

To emphasize the importance of communication, coordination, and equality in teamwork. Players learn that success comes from listening, respecting others' input, and moving together toward a shared goal – taking a step that is **equal in timing and length** for every participant.

SETUP

- Players form **a single line or small groups** (6–8 players each), **standing side-by-side**.
- Each player lightly holds the shoulders of the person next to them.
- The group's goal is to **take one synchronized step forward**, ensuring that every **player's step is the same length and happens at the same moment**.

INCLUSICE FOCUS

- Success depends on every member's awareness and cooperation, not on individual strength or speed.
- Participants must listen, observe, and adjust to each other – mirroring real teamwork and gender equality.
- Promotes respect for different body types and movement styles by finding a shared rhythm and stride that works for everyone.
- Reinforces the idea that progress as a team requires equal contribution and understanding.

VARIATIONS

- **Silent Round:** Teams must complete the synchronized, equal-length step without speaking, using only visual or tactile cues.
- **Double Step Challenge:** Once the group succeeds with one equal step, they attempt **two or three consecutive synchronized, same-length steps** without stopping.

REFLECTION PROMPT

- “What made it challenging to take a step that was equal in both timing and length?”
- “How did your team communicate and adjust to achieve equality?”
- “What can this exercise teach us about moving forward together – in sports and in teamwork?”

COACH NOTES

- Praise groups that show patience and clear communication.
- Emphasize that success requires **mutual respect, attention, and equality** – everyone’s movement matters.
- Highlight moments when players adapted their stride to match others – an important lesson in empathy and inclusion.



Module 2

In this module, players develop essential flag football techniques through cooperative, mixed-gender drills. Activities are designed to build confidence, trust, and communication while ensuring equal participation for all players. Every player should feel valued, supported, and challenged – regardless of experience or gender.

Activity 1: Skill-Building Stations

OBJECTIVE

Develop core flag football skills in a cooperative, feedback-driven environment.

SETUP

Create 4–5 skill stations:

- 1. Passing & Receiving
- 2. Flag Pulling
- 3. Route Running
- 4. Defensive Positioning
- 5. Agility & Footwork
- Groups share their “common ground” findings with the rest of

INSTRUCTION

- Players rotate every 8–10 minutes in **mixed-gender pairs or small groups**.
- Coaches provide equal feedback to all participants.
- Encourage players to pair up with new teammates at each rotation.

INCLUSIVE FOCUS

- Ensure feedback highlights effort, communication, and teamwork as much as skill.
- Use inclusive language and reinforce mutual respect and support.

REFLECTION PROMPT

“What did I learn from my partner’s style or approach?”

“How can different perspectives strengthen our team?”



Activity 2 Inclusive Tag Sprint

OBJECTIVE

Develop agility and coordination while reinforcing fair play and respect.

SETUP

- Divide players into small mixed-gender groups (6–8).
- Each player wears a flag belt.
- In a marked 10x10 meter grid, players jog or sprint lightly while avoiding having their flag pulled.

INSTRUCTION

- If a flag is pulled, players exchange a quick **“high-five”** and rejoin the game immediately (no elimination).
- Rotate after 2 minutes to keep energy high.

INCLUSIVE FOCUS

- Emphasizes fun, movement, and mutual respect, not competition.
- Equal participation: no player is “out” or left aside.
- Encourages positive communication (“nice pull,” “good dodge”).

REFLECTION PROMPT

“How did you show respect and fairness while competing?”



Activity 3: Route Pairs Challenge

OBJECTIVE

Combine timing, teamwork, and understanding between mixed-gender partners.

SETUP

- Mark routes with cones (e.g., slant, out, curl, post).
- One player throws, the other runs the route.

INSTRUCTION

- The receiver must start at the correct time based on the thrower's cue (e.g., clap, count, or eye signal).
- Rotate roles and routes frequently.

INCLUSIVE FOCUS

- Develops **mutual trust and coordination**.
- Encourages both genders to take turns leading and reacting.
- Reduces pressure by focusing on rhythm, not distance or strength.

VARIATIONS

Teams design their own “signature route” and name it together, promoting creativity and inclusion.

REFLECTION PROMPT

“How did you and your partner adjust to each other's timing and movement?”





Module 3

This module helps players apply their individual skills in cooperative, game-like scenarios. The focus is on developing strong team communication, shared leadership, and inclusive decision-making.

Players learn that effective teamwork requires trust, listening, and respect – not dominance or individual talent.

Mixed-gender cooperation is emphasized through challenges that reward equality, strategy, and empathy.

Activity 1: Team Challenge Relay

OBJECTIVE

Build teamwork and communication among mixed-gender participants through fun, skill-based challenges.

SETUP

- Divide players into mixed-gender teams (4–6 players each).
- Set up relay stations focusing on different flag football skills:
 - Throwing accuracy (hit a target 10 yards away)
 - Catching drill (partners throw and catch while moving)
 - Flag-pulling on a dummy
 - Sprint-and-tag challenge

INSTRUCTION

- Each team must complete all stations as a relay, tagging the next member after completion.
- Points are awarded not just for speed, but also for teamwork, communication, and inclusiveness (ensuring every member contributes).

INCLUSICE FOCUS

- Encourage teams to assign different roles so everyone participates meaningfully.
- Rotate leadership roles at each station to promote equal opportunities for leadership.

DEBRIEF

- Discuss how communication and inclusion helped the team succeed.
- Reflect on how roles and support affected group dynamics.



Activity 2: Echo Warm-Up

OBJECTIVE

Develop attention, focus, and active listening through movement.

SETUP

- Players form a circle.
- One player steps into the center and performs a simple movement (e.g., squat, arm wave, high knees).
- Everyone else “echoes” the move at the same time.
- The next person adds a new movement, and the group repeats.

INCLUSICE FOCUS

- Every player becomes a leader once.
- Reinforces equality, as all voices and movements matter.
- Promotes awareness and non-judgmental attention to others.

REFLECTION PROMPT

“How did it feel to lead? How did it feel to follow?”



Activity 3: Build the Play Game

OBJECTIVE

Combine teamwork, creativity, and inclusion in a semi-competitive but cooperative setting.

SETUP

- Teams design their own short play (offensive or defensive) together.
- They name the play (e.g., “Team Phoenix Route” or “Unity Sweep”) and practice it for 3–4 minutes.
- Then each team demonstrates the play in a friendly scrimmage or presentation.

INSTRUCTION

- Teams must explain their plan clearly and agree on everyone’s role.
- The goal is not to “win” but to execute the play smoothly as one unit.

INCLUSICE FOCUS

- Promotes **collaboration and creative leadership** from all genders.
- Every team member has a voice in creating and performing the play.
- Success is measured by teamwork, not performance outcome.

REFLECTION PROMPT

“How did creativity and teamwork combine in your play design?”





Module 4

This module helps players apply teamwork and communication skills to real game scenarios while developing leadership and decision-making abilities.

The goal is to ensure all genders and ability levels have equal opportunities to lead, strategize, and make in-game decisions. Leadership is treated as a shared responsibility rather than a fixed role.

Activity 1: Defensive Director

OBJECTIVE

Develop leadership and spatial awareness in defense through communication and adaptability.

SETUP

- In small defensive groups (4–5 players), one person acts as the “Defensive Director.”
- They must organize teammates into zones or man-to-man coverage.
- The opposing group practices short offensive plays.

INSTRUCTION

- The Defensive Director gives cues such as “mark left,” “stay deep,” or “switch.”
- After each play, the role rotates so everyone experiences being the defensive leader.

INCLUSIVE FOCUS

- Ensures both genders take leadership roles in organizing defense.
- Emphasizes listening, clear speech, and trust.
- Highlights how strategic thinking is as important as athletic ability.

REFLECTION PROMPT

“How did your communication help or hinder your defense?”



Activity 2: Leader Switch

OBJECTIVE

Practice adaptive teamwork and rotating leadership during live play.

SETUP

- Small-sided flag football game (4v4 or 5v5).
- One player starts as team captain and calls plays or formations.
- Every 2–3 minutes, the coach blows a whistle – the captain must switch.

INSTRUCTION

- Each leader chooses one quick play, makes adjustments, and communicates clearly.
- The team must adapt quickly to each new leadership style.

INCLUSICE FOCUS

- All players get equal opportunities to lead and make decisions.
- Promotes adaptability and mutual respect.
- Encourages quieter players to take command in a supportive environment.

REFLECTION PROMPT

“How did your team adjust to different leaders? What made transitions easier?”



Activity 3: Leadership Circle

OBJECTIVE

Reflect on leadership experiences and celebrate inclusive teamwork.

SETUP

- Players form a circle after the session.
- Each person shares one moment they felt proud of as a leader or teammate.
- The coach highlights examples of empathy, communication, and fair play.

INCLUSIVE FOCUS

- Encourages self-awareness and mutual recognition.
- Reinforces that good leaders also listen and support others.
- Builds confidence and appreciation across genders.

REFLECTION PROMPT

“What kind of leader do you want to be on and off the field?”





Module 5

This module focuses on applying all learned skills – communication, teamwork, inclusion, and leadership – in friendly, mixed-gender tournament settings.

The key idea: success is measured by cooperation, respect, and team spirit, not just points or wins.

Players participate in small games and reflective challenges that promote empathy, confidence, and shared achievement.

Activity 1: Team Motto Circle

OBJECTIVE

Build team spirit and equality before tournament play begins.

SETUP

- Every team member contributes to the motto or chant.
- Encourages shared identity across genders and abilities.
- Builds motivation in a positive, cooperative tone.

INCLUSIVE FOCUS

- Encourages self-awareness and mutual recognition.
- Reinforces that good leaders also listen and support others.
- Builds confidence and appreciation across genders.

REFLECTION PROMPT

“What does your motto say about your team values?”



Activity 2: Fair Play Points

OBJECTIVE

Reward positive social behaviors equally to athletic performance.

SETUP

- Coaches, referees, or peer observers assign “Fair Play Points” throughout games.
- Points are awarded for:
 - Helping opponents up after a play
 - Encouraging quieter teammates
 - Equal ball distribution
 - Respectful communication
 - Positive reactions to mistakes

INSTRUCTION

- Announce at the start that Fair Play Points affect final rankings.
- Encourage all teams to show consistent inclusion and sportsmanship.

INCLUSIVE FOCUS

- Reinforces that success = skill + empathy.
- Creates positive peer pressure toward inclusive behavior.
- Ensures all genders and personalities are equally celebrated.

REFLECTION PROMPT

“What actions made your team earn Fair Play Points today?”



Activity 3: Silent Strategy Round

OBJECTIVE

Reinforce non-verbal awareness and inclusive decision-making.

SETUP

- During a 5-minute mini-game, teams must play without talking.
- They can use gestures, signals, or pre-decided cues only.

INSTRUCTION

- Afterward, teams discuss what strategies worked and what didn't.
- Emphasize eye contact, trust, and adaptability.

INCLUSIVE FOCUS

- Gives quieter players a chance to shine through calm focus.
- Levels communication power dynamics – no one can dominate verbally.
- Builds awareness of team intuition and non-verbal cues.

REFLECTION PROMPT

“How did your team work together without words?”





Module 6

This module helps participants and coaches reflect on their progress, identify personal and team growth, and set goals for continuing inclusive practices in sports and beyond.

It focuses on self-evaluation, peer feedback, empathy-building, and action planning. Activities are creative, interactive, and non-judgmental – designed to make reflection engaging for all.

Activity 1: Teammate Feedback Circle

OBJECTIVE

Encourage peer recognition and empathy within the team.

SETUP

- Players form a circle.
- Each person says one positive thing about the teammate to their left (e.g., “I appreciated how you always encouraged others” or “You were great at listening to everyone’s ideas”).

INSTRUCTION

- Keep the feedback short and genuine.
- Encourage compliments about teamwork, respect, and inclusion rather than skill or winning.

INCLUSIVE FOCUS

- Builds mutual appreciation and confidence.
- Balances voices so everyone receives acknowledgment.
- Reinforces emotional safety and equality in communication.

VARIATIONS

Players can also write small “thank you” notes to 2–3 teammates.

REFLECTION PROMPT

“How does it feel to receive and give positive feedback?”



Activity 2: Inclusion Commitment Wall

OBJECTIVE

Translate learning into future commitments.

SETUP

- Provide sticky notes or cards.
- Each player writes one commitment beginning with:
 - “In my next game, I will...”
 - “As a teammate, I promise to...”
 - “To make sports fairer, I will...”
- Notes are posted on a wall or board labeled “Our Inclusion Goals.”

INCLUSIVE FOCUS

- Builds shared accountability and visibility.
- Equal weight to every voice – each card matters equally.
- Creates a positive reminder for future sessions.

VARIATIONS

Teams can decorate or photograph the wall as a shared memory.

REFLECTION PROMPT

“What’s one promise you’re excited to keep?”



Activity 3: Thank You Circle

OBJECTIVE

Close the program with gratitude and collective reflection.

SETUP

- All participants form a large circle.
- The coach thanks the group and invites each player to share one sentence:
 - “One thing I learned...”
 - “One thing I’ll remember...”
 - “One person I’m grateful for...”

INCLUSIVE FOCUS

- Everyone speaks once – equal time, equal respect.
- Ends the journey on a positive and emotional note.

REFLECTION PROMPT

“How can we carry what we learned about inclusion into other parts of life?”

