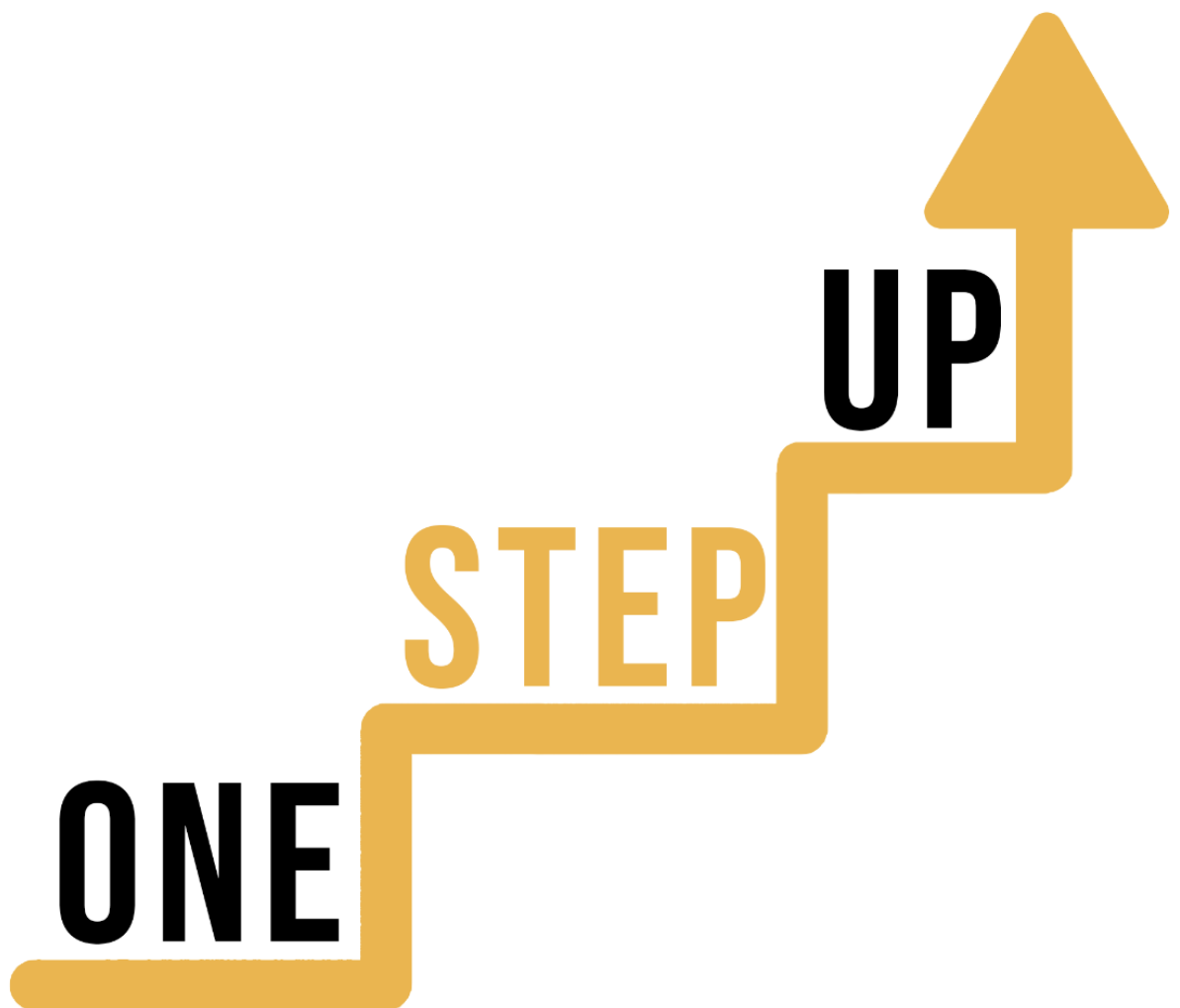


**BUILDING MULTILINGUAL
COMPETENCES THROUGH
SPORTS**

ADULT EDUCATOR MANUAL





MICRO-LEARNING RESOURCES TO RE-ENGAGE LOW-SKILLED ADULT LEARNERS IN EDUCATION AND TRAINING

ADULT EDUCATOR MANUAL

The aim of this short handbook is to support you, as an experienced educator working with low-skilled and marginalised adult learners, with diverse needs, to use the video resources and the activity sheets provided in the Suite of Micro-Learning Resources to Re-Engage Low-Skilled Adult Learners in your centre and in your community. Through this short manual, we will provide you with some background information on the topic being discussed in the video resource and provide some guidance to support you to introduce and implement the accompanying activity with adult learners in your group. The activity that has been developed to accompany the video resources aims to further develop their understanding of the topic outlined in the video resource. Finally, this manual will also present you with some de-briefing questions that you can use in your group of adult learners, to assess the user-friendliness and quality of the activity you have completed with them.

The topic of this manual relates to the video resources *Building Multilingual Competences through Sports and Hobbies*.

INTRODUCTION TO THE TOPIC

Using sports and a person's hobbies is a fantastic medium to teach language skills, particularly to learners who may lack confidence in the area. Throughout the One-Step Up resources, learners can explore how these learning materials can positively impact their multilingual skills and how they can use them to feel more confident in their abilities. So whether they are dance enthusiasts, music fans, or budding sports stars, they can be guided to discover how different forms of sports and hobbies can be used to improve their language skills.

INTRODUCTION TO THE ACTIVITY

Using the case study of *Coláiste Uisce*, learners are introduced to an innovative and inclusive case study of an Irish initiative that promotes language learning through sports and hobbies. This provides an example of an initiative that aims to help young people improve their multilingual skills in a fun and relaxed environment that feels comfortable to them. Learners also have the chance to try out the '*Language Olympics*'

activity which will encourage them to use their multilingual skills while trying out different sports such as Tennis, Football, Basketball, and Badminton. This will demonstrate how playing sports and practicing their language skills can be fun and engaging.

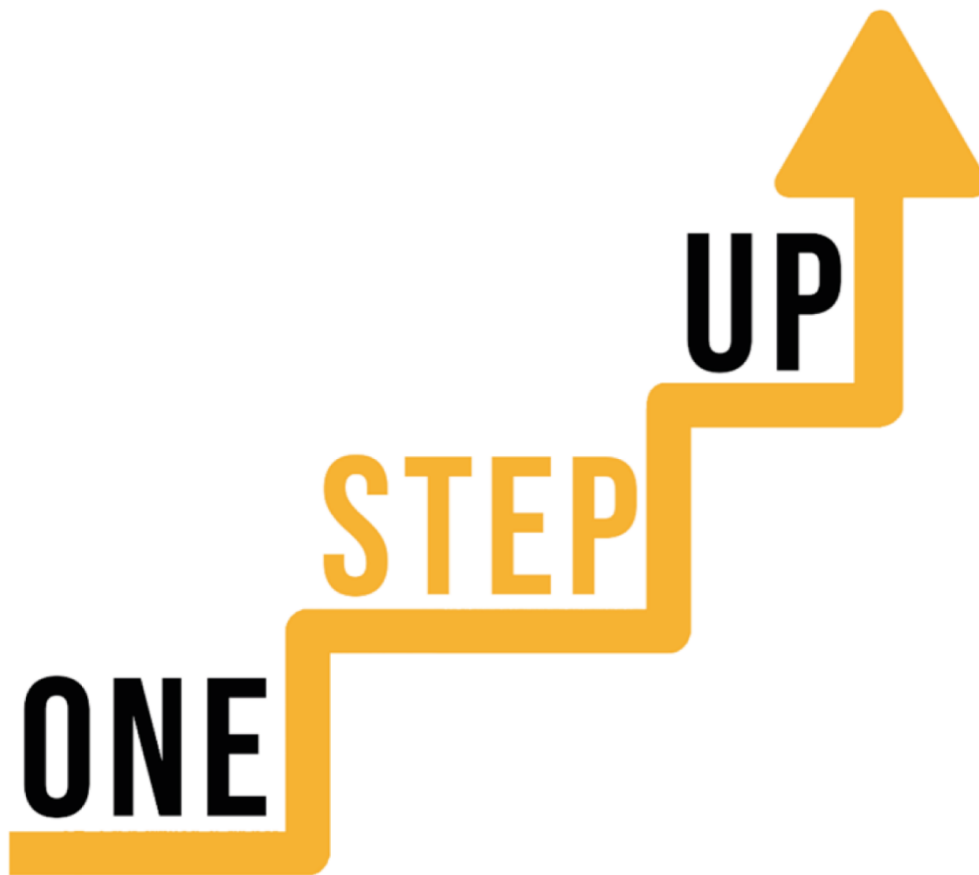
USING THIS RESOURCE WITH A GROUP

To use this resource with adult learners in your local group, we recommend that you begin by showing them the video resource to introduce the theme of *Building Multilingual Competences through Sports and Hobbies*. This video will help learners to understand the topic before they begin the Learner Handout activity. Once they have gained a general knowledge of the theme, they will be able to begin the handout. For this, we recommend that you print one handout per learner to complete. All learners need for this resource is a pen to complete the learner handout and a computer to view the video. This resource will take one hour in total to complete. To assess learner knowledge, we suggest finishing the session with the *Building Multilingual Competences through Sports and Hobbies* quiz. This can help learners to evaluate what they have learned through the ONE-STEP UP resources.

DE-BRIEFING QUESTIONS

Here are some de-briefing questions for participants to reflect on after completing the case study and activity:

- What did you learn about Colaiste Uisce?
- What do you think is the key to their success?
- What is one key takeaway that you will bring from this case study and activity? How will you apply it to your own life or work?
- How did you find the 'Language Olympics' activity? Did you find it helpful in improving your language skills?
- How do you think the use of sports and hobbies can be incorporated into the traditional educational system or training programme to improve language skills?



ONE STEP UP



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