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TABLE OF CONTENTS

1  SESSION PLAN 1: DENGUE AWARENESS
3  SESSION PLAN 2: SELF PROTECTION FROM DENGUE
5  SESSION PLAN 3: CHILDREN FIGHTING DENGUE WITH THE COMMUNITY
SESSION PLAN 1: DENGUE AWARENESS

<table>
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<th>Date:</th>
<th>Venue:</th>
<th>Total Duration:</th>
<th>No. of players:</th>
<th>Ability/Level:</th>
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**Equipments:**
Cones, markers, match balls, and bibs.

**Objectives:**
At the end of the session the children are expected to be able to:
1. Define dengue.
2. Know the symptoms of a person suffering from dengue.
3. Improve ball control with the support of teammates through an opponent.

**PROCEDURE**

**A. INTRODUCTION**

**Direction**
1. The coach/mentor should request the players to stay in a shaded area in the playing field suitable for a short discussion.
2. The coach will show a picture of a mosquito and will ask the children the following questions.

**Discussion**
- What is in the picture?
- Have you seen a live one? What did you do?
- What do this mosquito brings to us?

**HINTS for the coach:**

Dengue is a mosquito-borne viral infection. Dengue is spread through the bite of the female mosquito (Aedes aegypti).

*Aedes aegypti* is a daytime feeder

Dengue causes a severe flu-like illness and, sometimes causing a potentially lethal complication called severe dengue.

*Show the picture of the mosquito again and emphasize that this kind carries the Dengue Virus.*

- This mosquito nests on stagnant water.
- It bites on the back and on the side of a person.
- It bites any time but most active during 2 hours after sunrise and 2 hours before sunset.

**EXERCISE 1: MOSQUITO ATTACK**

**Duration:** 15 mins

1. Place at least 3 pairs of cones as shown in the diagram.
2. Add one player in between each pair of cones.
3. This player will represent the mosquito.
4. They will move sideways to try to tag the players who will cross to the other side and back.

**Progression**

When the coach says “GO!” the players will continue the exercise but this time the player that represents the mosquito can freely move all over the area to tag the players.

**Discussion**

**Hints for the coach:**

What are the symptoms of Dengue?
- Fever
- Pain at the back of the eyes
- Headache
- Rashes
- Vomiting
- Pain on the joints
SESSION PLAN 1: DENGUE AWARENESS

**EXERCISE 2: DENGUE FEVER**  
**Duration:** 20 mins

**Direction**
1. The players are going to play tag with the ball.
2. The tagger will represent the mosquito.
3. The Player with the ball immune to tagging (safe from dengue).
4. When a player is tagged (red) the player will freeze with feet away from each other (infected by dengue).
5. To unfreeze the player.
6. The player with the ball will pass the ball through the

**Progression**

The tagger can now steal the ball.

**EXERCISE 3**  
**Duration:** 30 mins

**Direction**

Group the children into teams with equal number. Let them play a normal football/futsal game. Let them choose a keyword from the topic that they know to represent their team. Observe how each player perform in the match game in terms of how they control the ball in passing within their teammates.

<table>
<thead>
<tr>
<th>Team Name</th>
<th>Teammates’ score</th>
<th>Coach’s score</th>
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<tbody>
<tr>
<td>NAME</td>
<td>Passing ability</td>
<td>Support ability</td>
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</table>

- **SCORE:** 1 – 5, 5 is the highest score and 1 is the lowest.

**EVALUATION**

**Direction**

Ask the children to form a semi-circle. They have to pass the football to the person they want to. The coach will yell "STOP" after some passing. The child holding the ball has to answer one of the following question.

1. What is Dengue?  
   **Dengue is a mosquito-borne viral infection**
2. Where can you get Dengue?  
   **From the bite of a female mosquito**
3. What are the symptoms of Dengue?  
   - Fever
   - Pain at the back of the eyes
   - Headache
   - Rashes
   - Vomiting
   - Pain on the joints
4. What will you do if you are infected by Dengue?
   **Go to a clinic or consult a doctor**
5. How do you feel about today’s lesson?
6. Did you enjoy the games? What did you enjoy the most?
SESSION PLAN 2: SELF PROTECTION FROM DENGUE

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**Equipments:**

Cones, markers, match balls, and bibs.

**Objectives:**

At the end of the session the children are expected to be able to:

1. Enumerate the ways of how to protect themselves from dengue.
2. To improve ball control when dribbling through obstacles.

**PROCEDURE**

**A. REVIEW**  
**Duration:** 10 mins

Ask about the symptoms of Dengue after this, show this picture:

Ask the children if they are familiar with this and then proceed to the discussion.

**Discussion**

Ask the players what do they usually do to protect themselves getting mosquito bites?

**HINTS for Coaches: To avoid getting Dengue virus...**

- Use mosquito net when sleeping
- Use insect repellent
- Put on long sleeves shirts and long pants or pajamas.
- If symptoms of dengue is observed visit the nearest clinic for a check-up.

**EXERCISE 1: MOSQUITO ATTACK**  
**Duration:** 15 mins

**Description**

1. Players are going to play a normal tag game.
2. If a player is tagged the player will became the new tagger.
3. Before tagging the player the tagger must say a dengue symptom.
4. The player will be immune to tagging for 5 seconds if the player say something that will keep him safe from dengue.

**EXERCISE 2: AWAY FROM MOSQUITOES**  
**Duration:** 20 mins

**Direction**

1. Divide the players into groups of three.
2. One group will represent the mosquito and will defend the space assigned to them as showed in the diagram.
3. The rest of the players will represent the things you can do to be safe from Dengue and the ball will represent a person at risk of Dengue.
4. Their goal is to move the ball to the other side.
SESSION PLAN 2: SELF PROTECTION FROM DENGUE

HINTS for coaches:

- One action will not guarantee your safety it is better to do all possible way to be safe. And also one person is not enough so everyone will be safe it takes group effort.

EXERCISE 3  
**Duration:** 30 mins

**Direction**

Group the children into teams with equal number. Let them play a normal football/futsal game. Let them choose a keyword from the topic that they know to represent their team. Observe how each player perform in the match game in terms of how they control the ball in dribbling, their ability to think of ways to pass through obstacles and how they defend the goal.

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**SCORE:** 1 – 5, 5 is the highest score and 1 is the lowest.

EVALUATION

**Direction**

Ask the children to form a semi-circle. Ask representatives from the winning teams. Each of them will get a piece of paper. They will not open it unless the coach tells them to do so. Each piece of paper has a written question. The children with the piece of paper will choose from the remaining seated children one whom they like to be in the team. After choosing the five pairs needs to sit together.

The coaches will call the pair one by the one. Once the coach calls a pair they will open the paper and read the question. Those children who were chosen needs go answer the questions.

1. What is the name of the mosquito that carries the dengue virus?
   - *Aedes aegypti – daytime feeder*

2. What should a child use to avoid getting mosquito bites when sleeping?
   - Net

3. What can we apply to our skin to avoid mosquito bites?
   - Mosquito Repellant

4. What kind of clothes should be worn to avoid getting mosquito bites?
   - *Long sleeves shirts and long pants or pajamas*

5. Where should you go when you see symptoms of dengue?
   - Clinic/Hospital
## SESSION PLAN 3: CHILDREN FIGHTING DENGUE WITH THE COMMUNITY

### Date: 

### Venue: 

### Equipments: 

- Cones, markers, match balls, goal post and bibs.

### Total Duration: 

### No. of players: 

### Ability/Level: 

### Objectives: 

At the end of the session the children are expected to be able to:

1. Enumerate the ways of how children can help to protect their community from dengue.
2. Show the ability to adjust to contribute to good team play.

### PROCEDURE

#### A. REVIEW 

**Duration:** 10 mins

Ask the children what are the news are they hearing related to Dengue in their community?

**Discussion**

Ask the players what do they usually do to help protect their community from Dengue?

**HINTS for Coaches: To avoid getting Dengue virus the community should...**

- **Discussions: 4 “S”**
  1. **Self** - protection against mosquito.
     - Use mosquito net when sleeping
     - Use Insect repellent
     - Put on long sleeves shirts and long pants or pajamas.
     - If symptoms of dengue is observed visit the nearest clinic for a check-up.
  2. **Seek** for medical assistance if you are experience dengue symptoms.
  3. **Seek and destroy** the mosquito’s nests.
    - The dengue mosquito lays its eggs in water-filled containers inside the house and surrounding areas of dwellings (this includes non-used bottles, containers, discarded waste, and tires etc... which hold water).
  4. **Support fogging and spraying if there is a sign of dengue outbreak.**

#### EXERCISE 1: ANTI-MOSQUITO NEST 

**Duration:** 20 mins

**Direction**

1. Divide the players into groups of three.
2. One group will represent the mosquito and will defend the space assigned to them as showed in the diagram.
3. The rest of the players will represent the things you can do to be safe from dengue and the ball will represent a person at risk of dengue.
4. Their goal is to move the ball to the other side.

**Reminders:** Flip one marker at a time, and you are not allowed to move the markers to another place.

**HINTS for coaches:**

One way of destroying the mosquito’s nest is to empty stagnant water in your surroundings. For example flower vases, empty cans, house gutters, plastic bottles, bottle covers and many more.
SESSION PLAN 3: CHILDREN FIGHTING DENGUE WITH THE COMMUNITY

EXERCISE 2: DENGUE FREE ENVIRONMENT  
Duration: 20 mins

Direction
1. Divide the players into two teams.
2. Before you start ask the player; “the ways you can be free from dengue are...?”
3. Place 3 goals in each team and each goal will represent a way how they can be free from dengue.
4. To start the match players are just going to walk and will represent that they are all at risk of dengue.
5. If a player scored a goal that player can now run and move freely and will represent that is safe from dengue.

Hints for coaches:
To achieve a dengue free environment it takes group efforts and cooperation.

EXERCISE 3  
Duration: 30 mins

Direction
Group the children into teams. Let them play a normal football/futsal game. Let them choose a keyword from the topic that they know to represent their team. Observe how each player perform in the match game in terms of how are able to adjust in their team play.

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EVALUATION

Direction
Ask the children to form a semi-circle. Call in volunteers who can explain the 4S to prevent Dengue.

1. Self-protection against mosquito.
   • Use mosquito net when sleeping
   • Use Insect repellent
   • Put on long sleeves shirts and long pants or pajamas.
   • If symptoms of dengue is observed visit the nearest clinic for a check-up.
2. Seek for medical assistance if you are experience dengue symptoms.
3. Seek and destroy the mosquito’s nests.
   • The dengue mosquito lays its eggs in water-filled containers inside the house and surrounding areas of dwellings (this includes non-used bottles, containers, discarded waste, and tires etc... which hold water).
4. Support fogging and spraying if there is a sign of dengue outbreak.