

Combining carbon-related concepts with sports exploration can create a fun and educational experience for children. Here's a creative sports program with carbon-related activities:

**Title: "Carbon Champions: Sports and Science Unite!"**

**Objective:** Introduce children to carbon-related concepts while engaging in various sports activities.

**Activity 1: "Carbon Footprint Relay" (Track and Field)**

- Set up a relay race where each team member has a "carbon footprint" card.
- Along the relay route, place pictures or symbols representing eco-friendly actions (e.g., walking, cycling) and carbon-intensive actions (e.g., driving, using plastic).
- Children must choose an action card, run to the corresponding point, and then pass the card to the next teammate.
- Discuss the carbon impact of each action during a post-race debrief.

**Activity 2: "Eco-Friendly Soccer" (Soccer)**

- Use biodegradable or recycled materials for goalposts and soccer balls.
- Each goal scored contributes to an imaginary "carbon offset" that helps plant trees or support eco-friendly initiatives.
- Discuss the importance of sustainable materials and how they can reduce carbon impact.

**Activity 3: "Carbon Cycle Obstacle Course" (Obstacle Course)**

- Set up an obstacle course representing the carbon cycle stages (photosynthesis, respiration, decomposition).
- Children move through the course, acting out each stage of the carbon cycle.
- Discuss the essential role of carbon in plant growth and the ecosystem.

**Activity 4: "Solar-Powered Basketball" (Basketball)**

- Play basketball with a twist by using a solar-powered basketball hoop.
- Discuss the concept of renewable energy and how it reduces carbon emissions compared to traditional power sources.

### **Activity 5: "Carbon Capture Scavenger Hunt" (Nature Exploration)**

- Go on a nature scavenger hunt to find items that capture carbon, such as leaves, plants, and trees.
- Discuss how plants absorb carbon dioxide during photosynthesis and release oxygen, contributing to a balanced environment.

### **Activity 6: "Recycling Olympics" (Various Sports)**

- Organise a series of mini-Olympic events using recycled materials.
- Discuss the carbon footprint of recycling and how it helps reduce waste and environmental impact.

### **Activity 7: "Bike-Powered Basketball" (Basketball)**

- Play basketball with a twist by incorporating stationary bikes to generate power for stadium lights.
- Discuss the benefits of human-powered energy and how it reduces reliance on carbon-intensive electricity.

### **Activity 8: "Green Golf" (Mini-Golf)**

- Set up a mini-golf course with environmentally themed obstacles, such as recycling bins and solar-powered windmills.
- Children learn about renewable energy and the importance of recycling while enjoying a round of mini-golf.

### **Activity 9: "Sustainable Sports Gear Design" (Creative Expression)**

- Engage children in a creative session where they design their eco-friendly sports gear.
- Discuss the environmental impact of traditional sports equipment and explore sustainable alternatives.

**Conclusion:** End the sports program with a "Carbon Champions Ceremony," where children receive certificates or badges for their eco-friendly sports achievements. Encourage discussions about how small actions, even in sports, can contribute to a healthier planet.

By integrating carbon-related concepts into sports exploration, children not only stay active and have fun but also gain a deeper understanding of their role in promoting environmental sustainability.

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