

# Illinois 4-H eSports



## PILOT CURRICULUM

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**Illinois Extension**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Hi! Thanks for taking the opportunity to explore the new and exciting world of eSports! This pilot curriculum consists of a set of modules that cover a specific topic pertaining to esports. Each of these modules will have a written and video component to go along. The curriculum is structured so that you can choose the order in which you present modules after the 3 core intro modules, giving you and your club the freedom to go at your own pace. There are also recommended tracks, such as a track for clubs who are learning about esports for the very first time. Once finished with the core modules, there will be specialization modules covering advanced topics released over time, so look out for those as well.

***Be sure that each participant completes the survey via the link at the end of the curriculum.***

1) Esports is a form of sports primarily facilitated through electronic systems in which the interactions between players and teams are enabled through human-computer communication. eSports includes many video game genres as well as card games.

2 ) Studies have shown that esports provides many of the same benefits of other sports, minus the physical exertion. Those benefits include teamwork, communication, strategy, visual-spatial skills, and sportsmanship. (Granic, Lobel & Engels, 2014)

3) University of Illinois Extension 4-H will follow the ESRB rating system (<https://www.esrb.org/>) when selecting video to play with 4-H convened and hosted activities.

4) 4-H volunteers and staff leading e-sports clubs and events are required to follow ESRB ratings in selecting video games that match the ages of the participating 4-H members. Under no circumstances will video games with a Mature (M) rating be allowed during 4-H club meetings or other 4-H hosted events.

5) In making decisions about what games their kids can play at home, parents may find value in the following resources: Also in the appendix.

<https://www.esrb.org/tools-for-parents/> (tips on parental controls and family discussion guide)

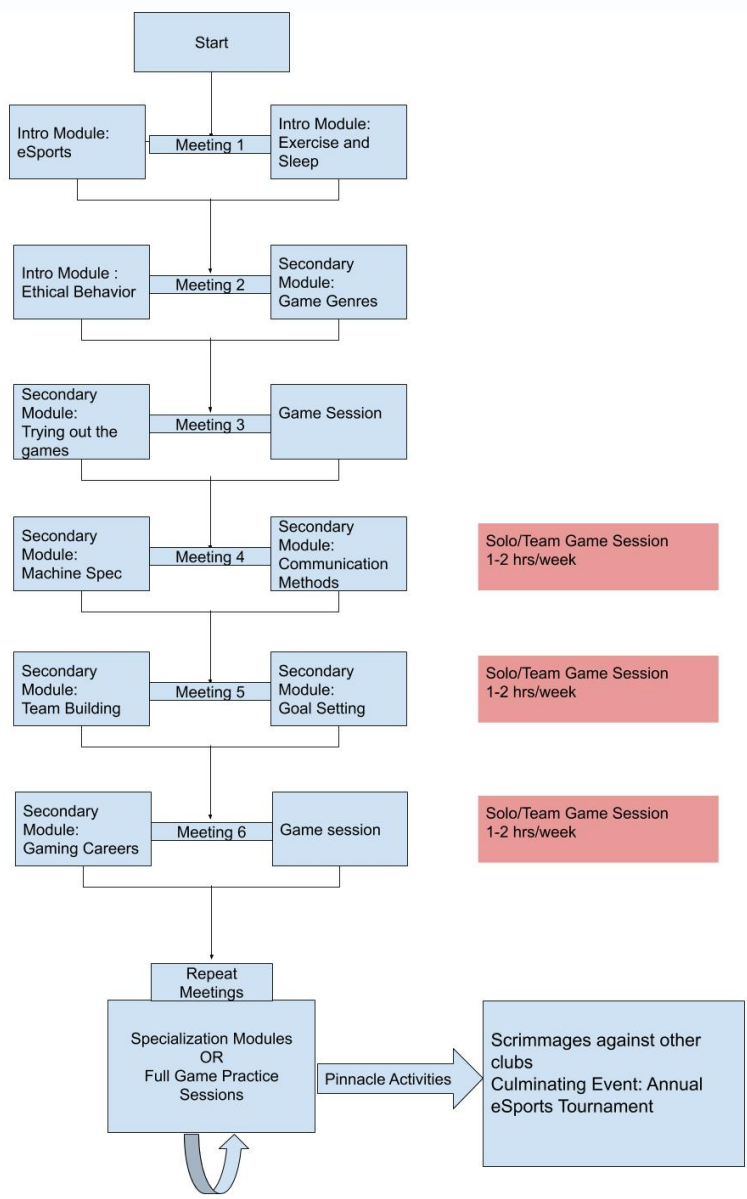
<https://www.common sense media.org/game-reviews> (game review site with details on presence of drinking, drugs and smoking, violence, sex, language, positive messages, positive role models and representations, consumerism and ease of play. )

6) eSport competitions can be a career and/or a pathway to college. See what the University of Illinois at Urbana-Champaign Esports team is up to at: <https://esports.illinois.edu/>

**We recommend following the progression below when using this material:**

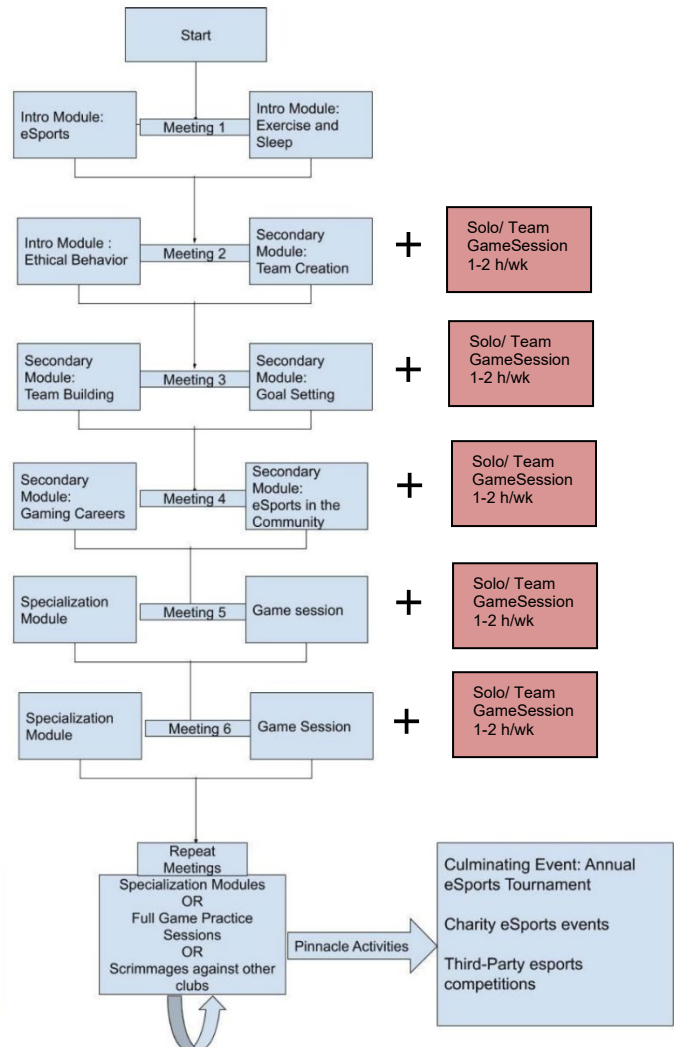
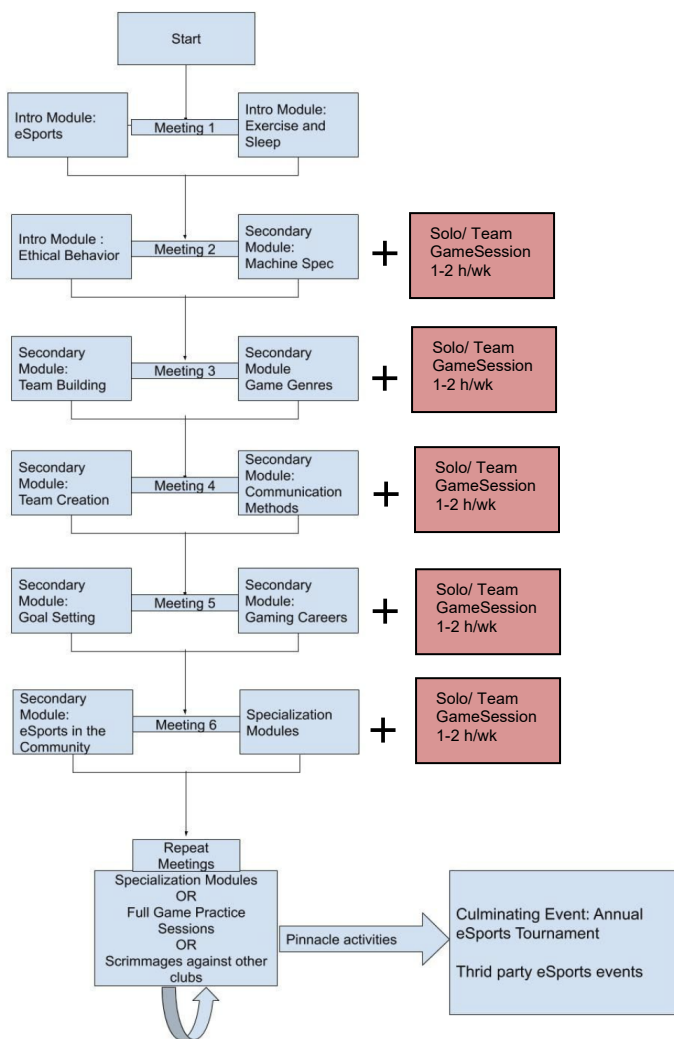
1. Choose a recommended track or create your own module order
2. Watch instruction videos for each module to get a feel for how the module should go
3. Either use the topic videos to run each module or do it yourself
4. Use specialization modules and/or team practices after all core modules have been completed

**Track 1:** For clubs with youth who have never touched esports before. Recommended that club has a set of standardized computers



Track 2: For clubs with youth that have already been exposed to eSports and play casually:

Track 3: Accelerated Track for clubs who have esports players who want a team and deeper knowledge:



Disclaimer: While games such as Call of Duty have esports scenes, they are not appropriate for all audiences. As a facilitator, please prevent youth from playing games with a ESRB rating higher than T for teen, and only allow games that are age appropriate. For more information on ratings, please see the appendix.

# Intro Module 1 of 3

## eSports

Time: Roughly 20 Min.

Materials Needed:

- Writing Utensils
- Notebooks

eSports has recently taken the world by storm. With videogame platforms including everything from PCs, traditional consoles, and even cell phones, videogaming has never been more popular than it is today. While you may know what eSports are, you may be surprised to know that very few people *actually* know what eSports are.

In Module 1, you and/or your team will be tasked with examining the definition of eSports, and the differences between typical sports and eSports. Answer the following questions:

1. Without looking it up, what is the definition of eSports? What games or type of games can be classified under your definition? Write your response below:

Now, with your group, share each of your definitions. Try to be as specific as possible. Take a few minutes to discuss why you believe your definition is correct.

2. Next, Break down the word “eSports”.

What does the “e” stand for?

What is the definition of Sports? Feel free to use an online dictionary.

3. Next, compare and contrast your definition to that found on online sources. Was your definition close? What similarities and differences exist between traditional/physical sports and eSports? After writing below, discuss as a group:

4. Are there rules that govern eSports? Is there a national or international group/organization that regulates eSports competition play? Find 3 and write what they do and where they operate.
5. Now that you have a firm grasp on the definition, take some time to watch a few videos about the field of eSports, and some of the popular games being played at tournaments. After watching the video (linked below), answer the following questions, and discuss as a group:

Esports is growing into a \$1B industry (7:47):

<https://www.youtube.com/watch?v=e0hIP84HeMU>

Most Popular Esport Games By Prize Money (2000-2019) (3:23):

<https://www.youtube.com/watch?v=rU19OFZ0vz4>

1. What was the most surprising thing you learned from the videos?
2. After watching the videos, has your opinion changed on the field of eSports? If so, how?
3. Did you recognize any games on the list of most popular games? Which ones? Were you surprised?

## Reflect and Apply:

Now that you have completed the module, take some time to answer the following questions. When you are done, discuss your answers with the group.

1. What were three key takeaways that stuck with you from this module?

1.

2.

3.

2. How would you explain eSports to someone that has never heard of it?

3. Give two reasons why youth should advocate for eSports?

4. How do eSports relate to your everyday life?

# Intro Module 2 of 3

## Exercise and Sleep

Time: Roughly 30-45 Min.

Materials Needed:

- An internet capable device
- Paper and writing utensils
  - Preferably, planners and/or notebooks

Although the stereotype of a gamer is one who stays up all night grinding and staying sedentary in their chairs, maintaining proper schedules for exercise and sleep makes for a healthy and competitive mindset.

In Module 2, you and/or your team will examine what makes for healthy exercise and sleep habits, and how to incorporate this information into your daily life.

1. In small groups, research the kind of exercise and sleep you need per day to maintain a healthy lifestyle. Useful information can be found in the links below:
  - a. How long should they exercise daily?
  - b. What kind of exercise do you need?
  - c. How much sleep do they need nightly?
  - d. Helpful Links:
    - i. <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>
    - ii. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>
    - iii. [https://www.health.harvard.edu/newsletter\\_article/how-much-exercise-do-you-need](https://www.health.harvard.edu/newsletter_article/how-much-exercise-do-you-need)
    - iv. <https://www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need>
    - v. [https://www.cdc.gov/sleep/about\\_sleep/how\\_much\\_sleep.html](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html)



2. Now that you have researched the required amounts of sleep and exercise you need, incorporate this knowledge into your daily life by making a sleep/exercise schedule for the next 10 weeks.
  - Your schedule should include workout times and proper sleep times. Start off with small workout goals, and build upon them over time.
  - If you are already participating in a sport/P.E., catalogue the activities you are involved in instead of blocking out extra exercise time.
  - You should include times blocked off for personal responsibilities and extracurricular activities.
  - Make sure that some time is blocked off for future game time outside of regular meeting times (max 1-2 hours per day, but at least 1 hour blocks for a few times during the week). Discuss with your team/club what times work best for everyone. These game sessions can be scheduled as early as your second meeting. You will have another opportunity to modify and finalize your gameplay schedule with teammates of your specific game in a later module (Secondary 4 of 9)
3. Once your schedule is complete, try your best to follow it! At the end of each meeting, you should devote some time to briefly check in with each of your team/club members to hold each other accountable to your schedules.

It is incredibly important that you get the proper amounts of exercise and sleep to be healthy, better ensuring you stay competitive in eSports. Accountability is an important element to building a strong, trusting team. Be sure to congratulate those that keep up with their schedules and encourage those that may have trouble sticking to them. As a team, you can help support each other to success!

## Reflect and Apply:

Now that you have completed the module, take some time to answer the following questions. When you are done, discuss your answers with the group.

1. What were three key takeaways that stuck with you from this module?
  - 1.
  - 2.
  - 3.
2. Do you sleep and exercise more, or less than what is recommended?
3. What will be the most challenging part of sticking to your schedule? How might you prevent/overcome this?
4. Are there other commitments or events in your life that you would benefit from making a schedule for? Do you already keep a schedule?