

TEACHER GUIDELINES

1. TANK TRACKS

OBJECTIVE: *Develops teamwork & communication.*

The group (6-8 students) must move over a defined distance without touching the ground, using two mats.

Equipment: Gym mats

Rules: No member of the group is allowed to touch the ground.

Procedure

To start, the group stands on one mat with the other above their heads. They must put this mat on the ground, all get on it without touching the ground, pick up the first mat and repeat. This process is repeated until the group have travelled over a certain distance.

Variations: Races between the various groups in the class.

Review: Teamwork card and discuss outcomes.

3. HULA HOOP PASS

OBJECTIVE: *Develops co-operation and agility.*

With the group standing in a circle holding hands, the aim is to pass a hoop around the group as quickly as possible without the circle being broken.

Equipment: Large hula hoop.

Procedure

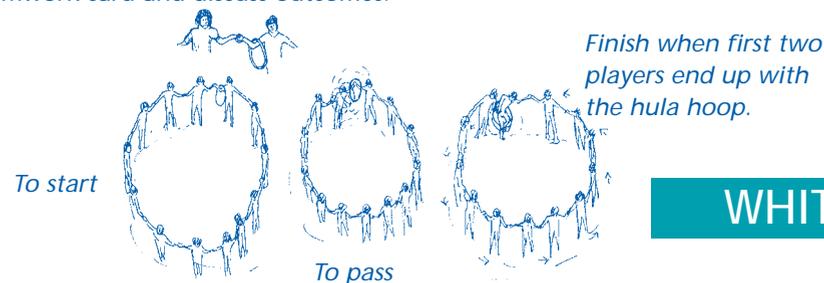
The group should consist of fifteen to thirty people who stand in a circle with their hands joined. The hoop is placed between two of the participants in the circle on their grasped hands.

Rules: The circle of hands cannot be broken

The hoop should start and finish with the same two people.

Variations: The hoop can be made smaller or an inner tube can be used to increase the challenge.

Review: Teamwork card and discuss outcomes.



WHITE (V)

2. THE DIMINISHING LOAD PROBLEM

OBJECTIVE: *Develops group co-operation and problem solving.*

The aim of this activity is to move a group or series of groups (teams) across an open field as quickly as possible. The distance can vary with the estimated strength of the groups.

Rules

- To cross the open area a person must be carried.
- The carrier must return and be carried him / herself.
- The only person allowed to walk / run across the open area is the last person.
- If the carried person touched the ground while being transported both members must return to the start.
- The number of people being carried and carrying can vary with the strength and / or imagination of the group i.e. one-to-one is not the only way.

Variations

The aim of the activity can be changed to move the entire group across the distance in as few trips as possible.

Safety: The usual safety precautions with regard to lifting and carrying apply. Care must also be taken to ensure that students who are self conscious about size are not put into a situation which might cause them some embarrassment.

Review: Teamwork card and discuss outcomes.

4. THE TP SHUFFLE

OBJECTIVE: *Develops problem solving skills.*

Two groups of ten people line up / balance on opposite ends of the TP so that the two groups are facing one another in single file

Equipment

A 10m telephone pole laid down on a grassy area. Ensure that the pole is stationary.

Rules

- The two groups have to exchange ends without touching the ground.
- Time the entire procedure and assign a 15 second time penalty for every touch with the ground.
- It is important with a timed initiative problem to attempt the activity more than once. The first attempt establishes a time to beat.

Review: Teamwork card and discuss outcomes.