

# TEACHER GUIDELINES

## 5. STEPPING STONES

**OBJECTIVE:** *Develops problem solving skills, co-operation and communication.*

For this activity, the team stands in a specific order, using bases set in a straight line and then reverse the order by moving from base to base

### Equipment

One base is required for each member of the team plus one extra base. Ensure that bases are made of non-slip material. If none are available, tape 300mm-375mm squares on the floor or use carpet squares cut to that size.

### Procedure

The team have successfully completed the challenge when the members are standing in reverse order from their starting positions.

For example:

**Starting position:**

Paul      Ann      Maura      Jim  Liz      John      Donal      Theresa

**Ending position:**

Theresa      Donal      John      Liz  Jim      Maura      Ann      Paul

### Rules

- Only one student may touch a base at a time.
- When moving from one base to another, one may move in either direction to the next base.
- Team members may only move to a new base if it is empty.
- The bases may not be moved.
- No one may touch the floor with any part of their body.
- If a rule is broken the team must start over again.

**Review:** Teamwork card and discuss outcomes.

## 6. THE ROCK

**OBJECTIVE:** *Develops team work, problem solving, awareness of group safety, communication*

In groups of 6 to 8, all group members must balance on the rock (or be off the floor) for a slow count of one to five.

**EQUIPMENT:** A rock i.e., 325mm automobile tyre (if it is a large group such as 10 members a 350/375mm tyre may be required) or a heavy-duty box. Several mats to be placed underneath/around the rock.

**Rules:** No one may touch the ground for a specified duration.

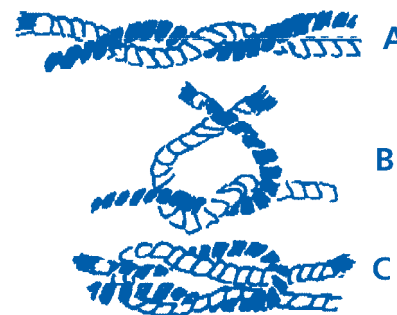
**Review:** Teamwork card and discuss outcomes.

## 7. THE HUMAN REEF KNOT

**OBJECTIVE:** *Develops communication, teamwork, decision-making and problem solving.*

The challenge is to form a reef knot with the rope, while all members of the team hold onto the rope.

**Equipment:** One long rope



1. Begin with an over and under crossing (A).
2. Bring the ends back above in a second similar crossing (B).
3. The completed knot is tightened by pulling on the ends (C).

**Procedure:** The teacher / group leader demonstrates how to tie a reef knot with the rope. Upon completion of this exercise all members of the team take up position along the length of the rope and hold on to it. With all members holding on to the rope, the team must form a human reef knot.

### Rules

- All team members must hold onto the rope.
- If any member of the team loses their grip, the team must start over.
- The reef knot is the only kind of knot that can be accepted.

**Review:** Teamwork card and discuss outcomes.

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