

TEAM CHALLENGES

MINOR OBJECTIVES

The students will:

- identify strategies for effective teamwork
- increase their level of agility and physical coordination
- demonstrate an awareness of personal and group safety.
- reflect upon experiences.

MAJOR OBJECTIVES

The students will:

- develop a positive self-concept through mastery of physical challenges in a supportive atmosphere
- demonstrate their ability to make decisions and will assume responsibility for the outcome of their decisions
- develop team communication through involvement in activities where clarity in giving and receiving instructions is necessary
- reflect upon experiences, review, record and communicate the outcome.

INTRODUCING TEAM CHALLENGES

When first introducing team challenges it is important to discuss the concept of teamwork. Discuss with students their understanding of the term "teamwork". Encourage the consideration of words such as *communication, ideas, different roles, leadership, listening, support, trust, etc.*

Foster a positive attitude within the group and encourage group members to support each other.

PLANNING

It is important that students feel a sense of self-reliance as a team if they are to actively set out to solve the problem presented to them. Teacher guidance should be kept to a minimum. Teacher interventions should be made as part of the introduction to the challenge or on request by individual teams. The latter guidance may be provided in the form of "TEAM WORK CARDS".

These cards focus the students' thinking in terms of their understanding of what the task is and how they will approach it.

SAFETY

Consideration of safety must be an integral part of all planning and performance of team challenges. The activities suggested in this programme have been used safely for many years. There may be safety hazards which are peculiar to specific situations which the teacher must identify and for which she / he must plan.

A safety procedure should be established and implemented which addresses the following matters:

- *Equipment*
- *Personal Safety*
- *Group safety*
- *Risks specific to the task.*

In setting up the activity identify as many safety concerns as possible.

Ensure that:

- *there are sufficient mats and other protective items*
- *the equipment is appropriate and does not present any inherent dangers*
- *heights, distances, obstacles and difficulty match the students' capabilities.*

A safety ethos must be established from the outset and adhered to at all times. The thoughts of the students must be focussed at all times on their own safety and that of other participants. Personal safety would encompass issues such as individual behaviour, clothing, and footwear. Group safety might relate to matters such as encouraging co operation and use of appropriate language by group members.