

TEACHER GUIDELINES

5. TEAMWORK WALK

OBJECTIVE: *Develops team work, range of roles within the group, communication, problem solving, persistence, positive self concept.*

The challenge for the team to walk over a defined distance using planks of wood without any part of their bodies touching the ground

Equipment

Per team — 2 walking boards (2.44m x 100mm x 50mm) with ropes attached at one foot intervals.

Set Up

The team stand behind the starting line with the walking boards side by side. Each member of the team stands with one foot on each board. The students at the front and back, hold a rope in each hand which is attached to the board.

Possible solutions

A group leader or organiser is useful for this challenge to co-ordinate the team's movements. To move a board forward, members of the team must place their weight onto one board, while lifting the other and bringing it forward with the aid of the ropes. The team then transfer their weight on to the other board and the same procedure is applied.

Variations

- The challenge must be completed within a time limit.
- Use both a time limit and a distance goal. How far can a group travel in a given time.
- Devise an obstacle course or zig-zag path.
- Set a number of objects along the path to be picked up, e.g. a ball, hoop, or cone.
- Send the group members under a lowered parallel bar or a volleyball net while walking.

Review: Teamwork card and discuss outcomes.

6. JUMPING MACHINE

OBJECTIVE: *Develops team work, communication, agility, physical co-ordination and decision making.*

In this activity, the group must complete ten consecutive jumps without a miss or without stopping the rope between jumps.

Equipment

One tug-o-war rope or suitable alternative.

Set Up

To master this challenge, a group must devise a plan for entering the turning rope and may also need to have some group members practice turning the heavy rope. Because of its weight and length, the rope will need a high arc.

The team selects two of its members to turn the tug-o-war rope, as described. Other team members attempt to jump the rope ten consecutive times. The entire group (minus the turners) must jump the rope at the same time. The rope turners may change places with a jumper if he/she needs to rest.

Rules

- There may be only one team member at each end of the rope. All other group members are jumpers.
- To be counted, the jumps must be consecutive.
- The rope must pass over the jumper's heads and below their feet.
- If they miss, jumpers must begin the task again.
- Turners do not have to hold the very end of the tug-o-war rope.

Possible Solutions

There are two main solutions. The first requires the jumpers to stand in a straight line, close together (one to two feet apart). On a signal, all jumpers start jumping at the same time. The second solution has jumpers start jumping rope one or two at a time. With this approach, the group does not start counting jumps until all team members have entered the turning rope.

Review: Teamwork card and discuss outcomes.

YELLOW (Y)