

You'll need: hoops, bean bags, blocks, cones, other equipment to build structures with

You can play: outside, in the gym, on the blacktop

Game 1

Castle Building Relay

Divide a selection of equipment up evenly between the number of teams you have. Try to keep the number of people in each team to four or less. On a signal, the first person in line chooses a piece of equipment and runs to the other end of the space. They place the piece of equipment down and run back to their group. When the first person has returned, the second person chooses a piece of equipment and repeats the process. The group have to try and build a structure out of their equipment. As soon as a piece is placed, it cannot be moved. Repeat the relay until all the objects from each group are at the other end of the space.

For learners that require further guidance, provide instructions such as build a tall tower or round structure etc. and see who accomplishes the task.

Game 2

Hoop Elimination

Place lots of hoops on one side of the play space. Learners are given a bean bag and line up on a designated line a certain distance away from the hoops. Learners have to throw their bean bags towards the hoops with the goal of landing one inside. When a bean bag lands inside a hoop, that hoop is taken away. The objective of the game is to remove all the hoops in as few throws as possible.



Increase the distance of the hoops from the line

Decrease the size of the hoops



Decrease the distance of the hoops from the line

Increase the size of the hoops

Game 3

Giants, Wizards and Elves

Divide the group in two. Each team moves to opposite sides of the play space. Each group needs to decide if they will choose to be a Giant, Wizard or Elf. Once decided, both groups move to the centre of the play space and stand approximately two metres apart. On a call of "one, two, three, go!" each team shows their move:

Giants - stand on tip toes with hands above their head

Wizards - legs apart and pointing an imaginary wand at the other team

Elf - squatting down low

Giants beat Elves, Elves beat Wizards and Wizards beat Giants. Whoever wins the battle chases the other team back to the side they started from. If you are tagged, you switch teams.

Debrief

Was there a time where you did something different to the rest of the group? What happened?

Do you think co-operating is easy?

What do you think you could do to make it easier?

Mindfulness

5 finger breathing - Trace your 5 fingers, as you go up, breathe in and as you go down, breathe out.

Cooperation and teamwork are often synonymous with each other. However, there are differences between the two terms. Cooperation is defined as two or more people sharing resources or information but without having a cohesive strategy or shared outcome in mind. Teamwork takes cooperation a step further, where the individuals within a group create a shared vision and work towards achieving the same objective.

Both these terms are important and can be used in different ways to support the outcome of a game or activity. In certain games as long as the learners cooperate with each other they may achieve the goal of the activity. In this instance, it may not have been the most efficient way to do it, but the job still gets done. In the same activity, a group that formulates more of a shared plan may be more effective at completing the task, with success coming quicker and with a greater sense of ease because they worked together as a team.

The games used in this lesson plan can highlight these two points really well. In each activity, the outcome of the game may be accomplished by the group only collaborating, but a more structured approach to each activity and working as a team would be more effective. For example, in Hoop Elimination, each individual could choose to throw their bean bag at any hoop they choose and all the hoops would be cleared eventually. The group would have cooperated by sharing the resources (bean bags) without having a clear strategy in mind to achieve the outcome.

If in the same game the group discuss how they may achieve the outcome, they can employ teamwork to target each level of hoops in a planned order. For example, if all of the group agree to throw all of their bean bags at the closest targets first, the chances of success are increased. Then they can target a mid level range and finally the furthest hoops. With so many bean bags being thrown at less hoops, the opportunity to achieve a bean bag landing inside the farther, more difficult hoop are greater. This is using teamwork.

Using games and other physical activities to demonstrate these complex social constructs can be a great way to embed physical activity in to many learning opportunities. In order to create an environment where teamwork may occur, learners need to communicate, think strategically, make decisions and adapt their own outcomes to that of the team.

If you would like more ideas on cooperative activities or games that develop teamwork, please contact us at play@pise.ca. We are happy to share additional resources and discuss ideas with you!