

Movement Challenges & Games

BUILDERS AND BULLDOZERS

- Aim of this activity is to undertake the role of a builder or bulldozer and attempt to 'build', or 'bulldoze' the 'buildings' (cones) in an allocated time.
- The cones are spread randomly in a designated area. Some are tipped up (bulldozed), whilst others are sitting as they would normally (built).
- The class is divided into Bulldozers and Builders, each have a specific job to do. The Builders attempt to 'build' by using a predetermined body part (left hand, right hand, elbows feet, etc) the upturned cones to resemble buildings. Meanwhile the Bulldozers are attempting to 'bulldoze' the buildings by knocking them down by the predetermined body part.
- The teams change roles and repeat the game.

Equipment: Cones, at least 1 per student.

Area Required: Any defined space. Whole class participation.

Benefits

- Strategic Planning (What was your strategy/plan as a Bulldozer? / Builder?).
- Honesty (Did I work in the desired way? / Did I follow the guidelines?).
- Co-operation (Did I/we work together to achieve our goal?).
- Teamwork (How am I/we using others to achieve the goal?).
- Awareness (How do I move skilfully to achieve the goal?).
- Skills- coordination, special awareness, agility.

How to explain the activity

- It is important here to create a story so the roles have significance to the students. The story may be around a construction site where the students have to prepare themselves for their jobs. The builders can pretend to put on the safety helmet, safety vest, steel capped boots and tool belt. The bulldozers can do the same with keys, or they can be the actual bulldozers with sound and actions.
- We are going to do some very important jobs today. We will have half of you as builders the others as bulldozers. It will be your very important job to attempt to either build or knock down the building in our construction site.
- Builders, using your left hands you must build the 'building' (cones) before the bulldozers knock them down.
- Bulldozers, your job is to knock them (cones) down using your left hands, before all the builders can build them.

Cues for debrief / reflection

- What strategies did you use to help your team build/knock the buildings?
- Which job do you think is the most challenging? Why?

How to vary the activity

- Use alternative body parts - elbows, right foot, pinkies etc.