

Movement Challenges & Games

COOPERATION GAME

- The aim of this game is for a group of students to work cooperatively in moving a piece of equipment, as fast as they can, from one point to another, and then back to the start, in which ever manner they decide.
- The equipment must be touched at last once by each member of the group as the equipment moves up to one end point, and then touched again by each member on the way back to the starting point.
- The game is completed once the equipment has travelled up and back, and all players have touched the equipment in both directions, and all are back on the starting line.
- The game can be completed within a certain time, or each group may be timed individually. It is important to note that the timing is for each group to work toward decreasing their own time and to compete against their own previous efforts and to have an achievable goal.

Equipment: One piece of equipment for each group eg. Frisbee, gator, gridiron ball, skipping rope, hoop etc.

Area Required: Basketball court, or oval. Group numbers 6-30.

Benefits

- Strategic thinking (What was your strategy?).
- Co-operation (Am I including others? How am I including others?).
- Teamwork (How am I using others to achieve the goal?) Initiative (What roles did I take in the process of group discussions?).
- Skills -Speed, Agility, Ball handling.

How to explain the activity

- In this activity each group will have one piece of equipment which must be moved somehow up the far end of the court, and back to this starting point.
- The only rule is that everyone in the group must touch the equipment at least once on the way up and at least once on the way back.
- The game is over once all the players and equipment is over the end line/starting point.
- Apart from that rule there are no other requirements so it is up to all of you in the group to work out the best way to do this. I will give you all a few minutes to plan, then the game will start on my instruction.
- We will have a few attempts to improve our own times.

Cues for debrief / reflection

- How did you move your equipment?
- How did you all go about deciding which way was the most appropriate?
- Did the equipment have anything to do with the way you decided to move it?
- Did you successfully complete the required task?

How to vary the activity

- Allow students to change the equipment, in order for each group to experience different pieces of equipment. This will enable the students to form comparisons with certain techniques/strategies using various pieces of equipment.
- Asking the students through discussions, How the game could be changed or modified? Eg having every student touch it at least 5 times there and back/ Modifying the movement down the court, eg skipping.
- Add consequences for dropping the equipment such as return to start or everyone does 5 jumps. Don't allow the person/s with the equipment to move their feet - students will have to pass the equipment to achieve the goal.