

Movement Challenges & Games

HUMAN LOG CARRY

- Divide the class into groups of 8-10.
- Each group has to carry each person across a set distance.
- All team members to be involved in the carry.
- Once carried across that person cannot assist in the next carry.
- This activity requires a high level of trust - be sure the group is ready for it.

Equipment: Cones to designate the start and finish of the carry.

Area Required: Grassed or soft fall area.

Benefits

- Stamina.
- Strategy.
- Strength.
- Team work (did I work as part of a team).
- Persistence (if one method didn't work did we try others).
- Communication (did I provide support and encourage).

How to explain the activity

- Lets get in groups of 8-10 to do the human log carry.
- Each person will be safely carried across the 'river' and put on the other side.
- Once across that person cannot assist in the next carry.
- Remaining team members return to carry the next person across until all are safely across.

Cues for debrief / reflection

- How did it feel to be carried across?
- What was the best way to carry someone?
- Did your whole team participate?
- How did you decide who went last / first?
- Is there any way we can adapt this activity?

How to vary the activity

- Vary the size of the groups and the distance to be carried.
- Allow team members to return to carrying after sitting out only one crossing.