

Peace Through Play

Cooperative Games From Floor to Ceiling

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Lesson Sequence

- Creating Community
- Establishing Full Value Norms
(Play Hard, Play Fair, Play Safe)
- Problem Solving
- Building Trust

Activity Contracts

- Hand Print Contracts
- Netherwood Adventure Contract
- Puzzle Contract
- “Netherwood Climbers”
- Targets

Hand Print Contracts



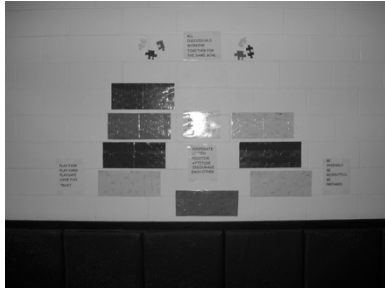
Hand Print Contracts

- Contracts are completed in grades 3-5
- "Hands" are completed during the first class each school year.
- "Hands" signify student signatures on the contract.
- Students identify the rules that are important for their class. These rules are written in the middle of the contract.
- Each contract is different.

Netherwood's Adventure Contract

- Contracts are given to grades 3-5
- Previous discussion about Play Fair - Play Hard - Play Safe
- Students are to read contract over with a parent
- Parent and student sign the contract and return to teacher

Puzzle Contract



Puzzle Contract



Netherwood Climbers



Netherwood Climbers



Targets



Cooperative Games

- Play Fair
 - Follow the rules
 - Be Honest
- Play Hard
 - Try your best
- Play Safe
 - No one gets hurt
- HAVE FUN!



Frogger

- Played in grades 3-5
- Equipment:
 - 4 yarn balls or other soft ball per student
 - Lily Pads (Poly spots) enough for half the class
- Object:
Advance across the gymnasium avoiding yarn balls that are thrown

Frogger

Frogger

Puzzle Buddies

- Grade Level – K-2
- Equipment
 - Puzzle Pieces
 - Hoops or Poly Spots
- Object:
 - Find your “Puzzle Buddy”

Puzzle Buddies

Cooperative Puzzle Activity

- 6 different puzzles with pictures and statements – Play Fair, Play Safe, Play Hard, Cooperate, Show Respect, Courage
- Cut with Ellison Die Cut Machine
- 6 student groups are created
- Each group is trying to complete one puzzle
- Groups must work together to be successful
- Discussion as to meanings of statements occurs when puzzles are completed

Cooperative Puzzle Activity

Pigs in a Blanket/Spider Toss

- Grade Level 3-5
- Equipment: Rubber pigs, spiders, plastic bags, towels, spider's web
- Object: Students attempt to toss and catch the pig/spider using a plastic bag, towel, or spider's web

Pigs in a Blanket

Pigs in a Blanket

Pigs in a Blanket

How Low Can You Go?

- Grade Level K-2
- Equipment: Hoops
- Object:
 - Work together to share hoops when the music stops
 - Hoops are eliminated each round
 - Students move safely to include everyone in a hoop

How Low Can You Go?

Cross the River

- Grades 2-5
- Equipment
 - 2 hoops, 2 ropes, 2 scooters, 2 scooter paddles per team, 2 “Rivers”
- Object
 - Cross the River from one side to the other without leaving any team members behind
 - Work together to come up with a strategy to send scooters back without losing them.

Cross the River

Co-oper Band

- Used in grade 3-4
- Safety during use is a priority
- Different activities include:
 - Ships Passing in the Night
 - Shape Creation

Co-oper Band

Roaring Rapids

- Grades – 3-5
- Equipment
 - 10 Domes of 3-4 different colors
- Object
 - Balance while moving across your team's color domes while other teams are doing the same thing (Colors will cross)

Roaring Rapids

Roaring Rapids

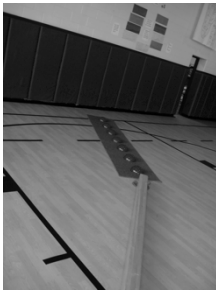
Flee The Island

- Grade Level: 3-5
- Equipment:
 - 2 Swinging Ropes
 - 4 Mats
 - 6 Stepping stones, 6 frogs, 12 Poly spots
 - 1 Tunnel with cones to keep in place
 - 1 low balance beam
 - 7-8 Roaring Rapid Domes
 - 2 scooters
- Object:
 - Students try to "Flee" from a volcanic island to safety. All students need to stay on equipment and NOT touch the floor. Teamwork, cooperation and trust are all very important "We don't care who gets there first or last, we care that you get there as a class."

Flee The Island



Flee The Island



High Elements

- Whale Watch
- Traverse Wall
- Swinging Balance Beam
- Bosun's Chairs
- Vertical Wall
- Flying Squirrel
- Zip line

Whale Watch

Traverse Wall

Traverse Wall

Swinging Balance Beam

Bosun's Chairs

Vertical Wall

Flying Squirrel

Zip Line

Zip Line – Video

- Principal Mr. Wert “Zipping”!
- Dr. Fischer – Superintendent – “Zips”!
– [Netherwood PE Website](#)

Debriefing

- Thumbometer
- “I liked it when...”
- Take a picture
- Self-Reflection
(Adventure Curriculum Book)
- Feelings Cards
- Magic Microphone
- Training Wheels Body Parts

Thumbometer

- Using your thumb to show your response to the question
- Thumb pointing up - you like the game
- Thumb pointing down - you did not like the game
- Thumb pointing to the side - you are not sure

“I liked it when....”

- Grade level: 3-5
- Fill in the blank

Take a Picture

- Grade Level: K-5
- Rules
 - Ask students to “Take a picture” in their mind as to what is happening at that very moment.
 - Can be used during an activity to re-focus students or at the end of an activity to use as a discussion point

Self Reflection

- Available in *Adventure Curriculum for Physical Education – Elementary School*
- Can be laminated and completed using dry erase markers or crayons or washable markers
- Self-Reflection statements are read at the beginning of class and then repeated at the end for student completion.
- Other assessments available as well.

Feelings Cards

- Grade Level: 4-5
- Equipment
 - Cards with different feelings identified in words and pictures
- Rules
 - Students pick a card that best identifies how they are feeling about a particular activity.
 - Students do not have to share, but may share with the group what the feeling is and why.

"Magic" Microphone

- Grade Level – 3-5
- Equipment
 - One microphone
- Rules
 - The microphone is magic because it only allows the person who has it to speak.
 - The microphone is passed around a circle and students are asked to share something about the cooperative activity that they have just completed.
 - Can be used in conjunction with "I liked it when..." and Feelings Cards

"Magic" Microphone

Training Wheels Body Parts

- Grade Level: Any
- Use varies depending on scenario given
- Contains
 - Brain
 - Ear
 - Hand
 - Heart
 - Stomach
 - Eye
 - Smile
- info@training-wheels.com
- 888-553-0147

Questions?



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