

Cerebral Challenge: Action Sheet

1. Cerebellum: Speech

Each teammate must pick one of the inspirational statements below and recite it to the team.

- ◆ “The object is not to see through one another but to see one another through.”
- ◆ “A smile is the light in the window of your face that tells people your heart is at home.”
- ◆ “If you are on a team, be loyal to your teammates and coach. Many times the team may not function smoothly, but complaining only makes it worse.”
- ◆ “Any fool can criticize, condemn, and complain. And most fools do.”
- ◆ “If you’ll not settle for anything less than your best, you will be amazed at what you can accomplish in your lives.”- Vince Lombardi
- ◆ “When playing games, give others credit when credit is due, be prepared to help, and support your teammates.”
- ◆ “Love is the force that ignites the spirit and binds teams together.” – Phil Jackson
- ◆ “Show class, have pride, and display character. If you do, winning takes care of itself.”- Paul “Bear” Bryant
- ◆ “The best way to forget one’s self is to look at the world with attention and love.” – Red Auerbach
- ◆ “Nobody who ever gave his best regretted it.” –George Halas
- ◆ “Everyone is different. Some are better at math and spelling. Some are faster runners than others. Be tolerant and respectful of others.”
- ◆ “It’s not whether you get knocked down, it’s whether you get up.”- Vince Lombardi

2. Temporal Lobe: Hearing

The team joins hands in a circle. Walking in a clockwise direction, they sing”

Ring a ring o’ roses,
A pocket full o’ posies,
Ah’tishoo, ah’tishoo,
We all sit down.

As down is sung, all the students submerge.

Try different verbal signals with different movements then.

3. Parietal Lobe: Smell and Taste

- Each team member must think of a food that is very sweet or spicy.
- Each team member must smell each of the following items:
 - ◆ The air ◆ The water ◆ A puzzle piece ◆ This sheet

4. Medulla: Brain Stem-Blank

The team must tread water one width of the pool together. (No team members can run ahead of the group so the team forms a straight line while moving.)

5. Frontal Lobe: Thinking

- The team solves the problem listed below.

What is the answer to the following math equation?
 $(5 \times 20 + 20 - 10 - 5 - 5)$ divided by 5 equals _____ .
- Then the team forms a circle and holds hands together. Perform ____ trials (from the answer) of breathing (up and downs).

The instructor may formulate his or her own question to make the players think based on needs.

6. Frontal Lobe: Movement

- Each teammate selects and performs 4 of 6 locomotor movements listed below: ◆ Run ◆ Walk ◆ Skip ◆ Gallop ◆ Leap ◆ Slide
- Each team member performs one locomotor movement for one width (or length if the pool is shallow enough) of the pool, switches to the next locomotor movement for the same distance, and completes all 5 selected locomotor movements.

7. Frontal Lobe: Planning/Decision Making

Tangle: The team forms a circle. Each teammate joins one hand with someone across the circle and the other hand with someone near him/her, until everyone has joined hands. The object is to untangle the group to form a single circle without breaking grips.

8. Parietal Lobe-Blank

The team forms a circle. A container/gar is placed in the centre on a kickboard. On the signal “Go”, all teammates begin splashing water into their team’s container without touching it.

9. Frontal Lobe: Speech

- Each team member chooses a partner and describes the other in 15 seconds or less.
- Each partner tells the other his or her favorite color and why he or she likes it.
- Each partner tells the other his or her hobby and describes it in 15 seconds or less.

10. Frontal Lobe: Emotion

A player must read the following story aloud to his or her teammates. After reading this story, the player who read the story poses the following questions to the team. Each team member should reflect 30 seconds before answering the question.

- ◆ In what way did Sarah act?
- ◆ In what way did Jake act?
- ◆ Which one do you most like? Please keep the answer to yourself.

You ran several races in physical education class. Sarah and Jake finished first in two different races. After finishing first, Sarah yelled, “I won! I won! I came in first place!” As classmates finished, she quickly told them she had won and told them her time. Jake crossed the finish line, winning his race, but he ran back to cheer on his classmates without mentioning a word about finishing first.

11. Frontal Lobe-Blank

The whole group form a big floating letter “P”, a floating number “2”, a floating punctuation “,” (comma), a signal “+”, and one different figure.

12. Occipital Lobe-Blank

Teammates, each with a board, from two lines, face each other, about 15 feet apart. Then teammates use the broad side of the board to make a gauntlet of waves by alternately pushing and pulling the board through the surface of the water. One swimmer tries to swim through the waves between the two lines. Take turns letting all swimmers challenge the waves.

13. Occipital Lobe: Sight

Teammates collect rings, ping pong balls, rocks, coins, and toys from the surface and bottom of the pool.

14. Temporal Lobe-Blank

Participants holding hands and standing in curved lines pass hula hoops from one end of the line to the other.

15. Parietal Lobe: Touch/Pain

- Each teammate must touch at least 5 of the following objects:
 - ◆ His or her own nose
 - ◆ His or her elbows
 - ◆ A board (or something floating)
 - ◆ Bottom of the pool
 - ◆ Handle of the stairs
 - ◆ The deck of the pool
- Teammates choose a partner. Each teammate tells the other about two times when he or she was hurt.
 - ◆ Where was he or she hurt? ◆ How intense was the pain?

16. Temporal Lobe: Reading

- All team members read the following passage aloud: Coaches, teammates, and opponents can make mistakes during a game. In a game, the referees can make mistakes too.
- How do I react when they make a decision that I do not agree with? (Everyone must give a short answer.)

17. Cerebellum: Balance and Posture

- All teammates must perform 5 different 3-point balance activities. (Several examples are listed below. Teammates can also create their own activities.)
 - ◆ Sit on a board/noodle
 - ◆ Hand stand on a board/noodle
 - ◆ Knee on a board/noodle and turn around slowly
 - ◆ Stand on a board/noodle
- Hold each balance activity for 5 seconds. (Each teammate must accurately count out the time or use a clock. A teammate can use the following count pattern to account for 5 seconds- one thousand one, one thousand two, and so forth.)

18. Temporal Lobe: Memory

The team stands in a circle and chooses a starter. The starter must perform an action (e.g bubbling) that each teammate in turn must copy. The next turn goes to the member on the right of the starter. It is then his or her turn to choose an activity and add it to the previous one.

Congratulations!

Please assemble the puzzle now!

References:

- Elder, T. (1995). Water Fun and Fitness. Champaign: Human Kinetics.
- Harmer, J., Kilpatrick, J., Lowden, S., Maclean, J., Marks, K., Meaney, P., Richter, K., Tullberg, J., & White, D. (2001). Teaching Swimming and Water Safety: Learning Aquatics the Australian Way. Champaign: Human Kinetics.