

Survivor Challenge Competition

Co-operative Groups

Teacher's roll

Patience

Facilitator

Keeping groups safe – discipline

Guided Discovery

Student roll

Work Together

Contribute talents

Concern for Group members

Solve the problems

DISCUSSION ON TOUCH

Reinforced throughout unit

Appropriate touch with appropriate comments builds self-confidence and self-esteem. Inappropriate touch destroys confidence and so does inappropriate comments. You are constantly touching each other every day. Pushing, shoving, poking, etc. happen daily – all forms of touch. High 5's and hugs are forms of appropriate touch. Hitting and punching are inappropriate.

Learn to distinguish appropriate from inappropriate. Keep touches and comments in the appropriate realm.

DISCUSSION ON COMMENTS

Reinforced throughout unit

Sticks and stones may break your bones but Words will break your heart.

DISCUSSION ON SAFETY

Reinforced throughout unit

Team building unit involving trust, communication, and problem solving. The unit starts with small projects involving groups of two, three, four, and up to including the entire class. The smaller projects are used to develop the trust, communication, and problem-solving skills that will be needed in the final projects, trust falls and simulation activities. Safety is necessary to build trust. A student must be responsible not only for themselves but the other members of the class as well. Special instructions are given for specific tasks to insure safety, i.e., hazards, spotting tips, instructional tips.

Goal of Physical Education Class

Lifetime skills

Provide you with knowledge to be active after high school - not great skills but knowledgeable about skills

so that you to chose to be an active person throughout your life.

Caring - for each other - Mentally - Emotionally - Physically

Sticks and Stones will break your bones

But words will break your heart.

Accepting each other's limitations - Your team must work through each other's limitations to find a solution.

Different strength, flexibility, skill levels

Safety - Physical

Including Everyone

Coming together is a beginning
 Staying together is progress
 Working together is success

Survivor/Co-operative Groups

Unit Plan

Objectives:

- To expose students to the skills of team building
- To help students understand the roles of members of a group
- To promote physical activity as a healthy lifestyle.

Skills - Communication

Team Building

Equipment Needed

Colored vests for each team

Clipboard & pencils for each group during Survivor Challenge

Safety considerations:

Wrestling mats

2" mats

4" mats

INITIATIVE GAMES UNIT

Warm-up in gymnastics room

update 7/11/14

Group divisions

Mingle into groups of 8 within 20 seconds. If successful, change everyone in group and make a new group of 5. If unsuccessful, pushups for everyone unless it is just one group. Very OK for them to fail - makes the corrections easier as they are now listening. Then, 4 then 3. Cannot be with same people.
 Get into groups - eye color - blue, green, brown then into groups of 3 of similar height.

STORK STRETCH pg. 163 Silver Bullets

Group of three (3) - face each other in a circle - Place right foot onto right thigh of partner on the right - continue until all three are balancing on the left leg with right leg up - lean over the knee and stretch then lean back & stretch - Repeat on left leg

AMOEBIA TAG (ADD ON) Discuss a one celled amoeba

Two partners are 'it'. They catch a third & hold hands until they catch a fourth. Then they split into two groups of two. Set boundary lines so that the partners have a chance to catch all the singles.
 Stay on mats - don't step on tile floor - safety - socks are slippery on floor.

POPSICLE PUSHUPS pg. 166 Silver Bullets	Groups of four (4) - First person lays down on stomach, next person places lower leg on back and lays down - continue and connect the square. Then the group tries to do a pushup together. Timing & balance are critical.
KNEE ARCH PUSHUPS	One partner lays on back - sit-up position with knees bent & feet slightly apart. Partner does a pushup placing hands on partner's knees.
MONKEY ROLLS End of Day 1	Groups of three (3) - stand about 4' apart facing the same direction - Middle person log rolls to one side then the partner jumps over into a log roll - third person jumps over into log roll - Continue until group is tired.
SNAKE IN THE GRASS pg. 93 New Games Talk about appropriate touch before starting game - review	Have 3-5 people lay down on stomach - the rest of the class stands around one of the snakes and places an index finger in an appropriate place on the body of the snake. Start on go - snakes crawl on belly and touch classmates. When you get touched, you become a snake on your belly. Go until everyone is caught.
Walking Tag	Get a partner - designate one 'It' (older - younger - taller - shorter - etc.) 'It' walks and touches partner. The new 'It' does 5 pushups(designate exercise) then chases (walks) after partner.
BLOB TAG pg. 107 New Games	One person is 'it'. Catch a person & add on to the BLOB. Add on until everyone in the class is caught & a member of the BLOB. Don't unhook or the people you catch while unhooked are free.
BROOM BALANCE pg. 164 Silver Bullets	Groups of 6 - One person has a stick - hold it overhead with both hands- look up & spin around 10 times - then drop the stick & try to jump over it. The rest of the group is responsible for safety - don't let them fall into a wall or onto someone else. Laughter is OK. Talk about inner ear balance
ROCK-PAPER-SCISSOR Mixer	Groups of two - rock/paper/scissor - winner goes to right side - partner goes to unsuccessful side - get a new opponent - winner/loser runs to other end - good mixer.
ROCK-PAPER-SCISSOR TAG or GIANTS-WIZARDS- TROLLS End of Day 2 Tunnel Tag	Two groups - get together & call two signals - then face each other about 3' apart. Do the first signal - whichever group loses, run to wall - the other group chases - if you are touched you become a member of the other team. Keep going until everyone becomes a member of one team or exhaustion sets in. 4-5 people are 'It' designated by vests. When tagged, you must put your hands on your head and legs apart. To get free, someone must go thru your legs. Tell them 'Thank you'
WHEELBARROW & DUMP THE SAND	One person in push-up position - other partner lifts legs. Move to other end & switch partners. After wheelbarrow - add wheelbarrow - forward roll (dump the sand). Tuck chin & lift legs up.

CHINESE GET-UP (stand-up) pg 65 New Games	Stand back to back with elbows hooked - sit down & then get up. Start in groups of two then add on - 4 - 8- etc. until everyone is involved.
CATERPILLAR CRAWL	First person on their hands and knees - second partner straddles legs over first - she is supported by her hands and her partner's body - walk across room Try with two first then add on and see if you can walk three steps with more legs to the caterpillar.
SLOTH WALK	Partners face each other - one person does a handstand - feet up and hands on feet of standing partner - hold legs - Try to walk.
AMOEBIA WALK pg. 159 New Games	Get in groups of 8-10 - four people facing out form a circle grasping hands Everyone else get into the circle - then have the outside 4 grasp elbows Move around the room and back to your starting spot - Safely - If group unhooks or someone gets injured - go back to starting spot and begin again.
EAGLE CARRY pg. 81 Cooperative games from other Cultures	Groups of 4 - one person lays face-down with arms stretched out straight to side Three carriers pick him up, two by the arms & shoulders and one by the ankles Carry him as far as possible before collapse. Switch so that everyone in the group is carried. SAFETY - grasp shoulders & arms so no injuries - Good relay race.
GROUP ACTIVITIES	
KNOTS pg. 69 New Games	Groups of 8 - On command - grab hands without holding on to the same person or the person next to you. Without letting go or switching grip, untie the knot. If successful, show the instructor and try another knot.
THE CLOCK pg. 116 Silver Bullets	Groups of 6-8 sitting in a circle -they must connect somehow at the arms. One person is designated the 12:00 - the group must get up, run clockwise to 12:00 then counterclockwise to 12:00 and sit down. Timed drill - keep working to improve your groups time. (Instructor should not designate how they connect. This can be adjusted to improve the time.)
MERRY-GO-ROUND	Groups of 8 - 4 lying down in a circle with feet in middle - 4 standing in between partners - grasp wrists - Group lying down should tighten body and lift off floor Group standing take a step back to lift partners up then walk or run in the circle. Switch places when group comes apart.
PYRAMIDS pg. 57 New Games	Start on hands & knees - Collapse by straightening arms & legs on count Then get into groups of 3 - two people on hands & knees - third person gets on top with one hand on shoulder of each partner and one knee on hips of each partner - Collapse if necessary to prevent fall. Try to add more to group - 3 - 5 - 6
BODY ENGLISH pg. 35 Silver Bullets	Groups of 6-10 Designate a topic (animals, sports, etc) Form the word with your bodies as the letters. Work until ready & then group will read your wordk.

TRUST ACTIVITIES

These activities are designed to foster trust and cooperation between a partner and between a group. If a partner or a group fails to take that responsibility seriously and a dangerous situation results, the partner or group fails and cannot move on to the next activity. These are dangerous situations and someone can get hurt if safety and trust are not taken seriously. Failure in the first area means you will not be allowed to try the next area. Grade is determined by success as a group - failure to finish all items results in a lower grade.

STICK LIFT

Dual stunt - #1 lies on back with arms at side - body stiff - Partner grasps him at the top of the shoulders and lifts him to a stand. It may take two people to lift some partners.

PARTNER FALLS

Trust your partner. Start standing close with one partner in front of the other. Front partner is stiff with arms out. Partner behind is talking to front person and encouraging them to slowly fall back into their arms. Small slow falls and stand the partner back up. As trust develops, catcher can move back so that the partner falls further each time before the catch is made. Fallee may stop or re-start when trust is broken. Catcher is responsible for partner's safety. Object - to get almost to the ground before the catch. Stay tight - don't loosen or step back. This shows the trust.

LIGHT AS A FEATHER

Groups of 8-9 One person laying on ground with group kneeling around him. On signal from group leader, the person laying down tightens body and group lifts him up to shoulder level (don't stand up). Then lower slowly. Try it a second time and when he is at shoulder level, try a small toss and catch. Catchers use the whole arm to catch on toss. If he bends, it means trust was broken either by too high a toss or insecurity. Know the person you are working with. Are they comfortable with the group? Do they enjoy a risk? How high can you safely toss without risk of injury? Group is learning how to catch and keep partner's safe.

TRUST FALLS OFF LOW OBJECT

Group gathers around standing partner - kneeling in a double line with arms intermixed. Fingertips to elbow of person across from you. Do not grasp arms. If one person gets scared and breaks, it will make you break also. Fall back into arms of group. Group must catch partner safely. They must also lower partner to floor safely. Group fails if someone is missed or set down too hard. SAFETY comes first. Group leader must make sure the person falling is ready and then count preparation for group. Do not proceed with a fall until everyone in group is alert and attentive to the person falling. SAFETY

if time permits

TRUST FALLS OFF BEAM pg. 80 Silver Bullets

When group is successful with falls off low object, proceed to the balance beam. Group will now stand in a double line with arms intermixed. Do not grasp arms. If one person gets scared and breaks, it will make you break also. Fall back into arms of group. Group must catch partner safely. They must also lower partner to floor safely. Group fails if someone is missed or set down too hard. SAFETY comes first. Group leader must make sure the person falling is ready and then count preparation for group. Do not proceed with a fall until everyone in group is alert and attentive to the person falling. SAFETY

Tag Games for warm-up

3 on 1	3 people in a circle holding hands - designate one person in the circle as the chasee. The 'It' is outside the circle and tries to touch the chasee. The circle tries to prevent the 'It' from touching the chasee. If the 'It' touches the chasee, switch places and pick a new person in the circle to be chased.
Turtle tag	4-5 people are 'It' designated by vests. When tagged, you must lay down on your back with your hands and feet in the air. To get free, someone must rub your stomach count to 1-2-3 and roll the turtle over.
High 5 Jive	4-5 people are 'It' designated by vests. When tagged, you must freeze with your hands up. To get free, 'Hi 5 Jive" Right hand high 5 - Left hand high 5 - Slap thighs, hit hip (side to side) Say Thank you and Your Welcome The 'It's' may touch you while you are unfreezing someone. The unfreeze is not done until the Thank you & welcome are finished.
3 - 5 - 7 Mixer	Beginning of year mixer - No Talking - Each person picks a number either 3 - 5 - 7. Then you shake hands with someone in the room. You tighten and stop when you get to your number and get to know the other person's number. If you have the same number, connect with the partner. Work the groups until you find everyone with the same number and there are only three groups - a 3 group, a 5 group, and a 7 group. Then introduce yourself to all the people in your group.
Birthday Game Mixer	Beginning of year mixer - No talking - The group must line up by birthdate with January starting at one end and December at the other. Use both month and day of your birthday. No talking. They have to use other means to communicate. (Most groups use hand signals - encourage them to check each other's answer.) Adults - use month & year'
PARTNER ADD ON	Everyone is a group of two - hook elbows and spread out on mat. Groups may not move around - groups are stationary. Unhook two people and make one 'it' & chase the partner. If tagged, partner becomes it & chases back. The free partner may add on to one end of the stationary group & force the opposite end to become the chasee.

Additional Challenges

INCH WORM (ROCKING CHAIR)	Partners face each other - sit on partner's feet - rock back and forth then move either forward or backward - good relay race.
LEG WRESTLING	Lay down side by side with heads facing opposite directions. Hook elbows Lift inside leg up three times (counted out) then hook leg and push until one person flips over - Keep going with competition- winners vs. winners
BUG TUG pg. 121 New Games	Face away - reach down between legs with right hand - grasp opponent's hand on 'go' pull until one person steps forward - Winners advance to one side of room - losers to the other - keep playing until two undefeated then class championship is held.

SKIN THE SNAKE pg. 119 New Games	Stand in a line facing the same direction - Reach between your legs with right hand and grasp hand in front of you with left hand. On signal - group moves backward carefully - first person lays down as group moves over top - when you become the end of the line - you lay down until everyone is down then reverse the process and have everyone get back up in order - Group must go until it successfully accomplishes the task without injury or coming apart.
ANGEL BALANCE	One partner 'A' lays on back - 'B' is at feet - A places feet on B's hips and grasps hands - B leans forward & A lifts them up to balance position - try to let go and balance - If really good, do a forward roll out of balance.
HORIZONTAL STAND	One partner A lays on back with knees bent - B is standing at head of A - lean over and place hands on A's knees - A grasps B's legs and lifts B up to balance position.
PARTNER FORWARD ROLLS	One partner A lays on back with legs up - B is standing at head of A - Lean over and grasp ankles of partner - B rolls forward between A's knees while A is pulled up to repeat forward roll
FRISBEE PARTNERS	Use garbage cans as goals - timed event - groups of 4 - Partners stand back to back - they try to trap the frisbees between them without using hands then walk to garbage can and deposit the frisbees - Group with frisbees in can first Wins!
BALL BALANCE	Face each other - place ball between foreheads - you have to keep the ball in place by pressure without touching - On 'go' walk or run to designated area.
CLOTHES PIN TAG	Hook 2 clothespins onto back of shirt - Set boundaries - Go for 1 minutes - Try to collect pins off opponent's shirts without losing your own pins. When you lose your pins, sit out. Whoever has the most at the end of time - Wins. Repeat twice
LAP GAME pg. 171 New Games	Face clockwise around circle - sit down and try to move three steps with falling or unhooking. Start with small groups & add to full class.
CATERPILLAR pg. 117 New Games	Group lies down hip to hip on stomach facing the same direction. One person at end log rolls down the group - when they get half way, the next person starts. Go until everyone has a turn or until group moves to designated spot.
BODY SURFING (LOG ROLL) pg. 40 Cooperative Sports & Game book	Group lies down like in caterpillar above - one partner lies down across group on stomach with arms out in front. Group starts rolling to the right and partner goes on a surfing ride down line. Go until everyone has a turn or until group moves to designated spot.
Hoola Hoop Walk	Groups of 6 - two hoola hoops - two people stand with a leg in both hoops, and the others with one leg in a hoop and one leg out - two per side Move the hoola hoop from wall to edge of mat then turn and return to wall Group cannot touch the hoop with their hand except to start and put hoop in position