SHAPE Montana Conference

Cooperative and Team Building Activities!
COOPERATIVE TEAMBUILDING ACTIVITIES!

Find a spot
Group Juggle

Jig Saw Add to it!
Task Cards
(Blindfold Jigsaw, Amazing Rising Pole, Hands-free, Team Web)

Beat Sheets
Flip it

Cheerleader
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ADD TO IT

**Jump Partner**

Jump 4X (4 counts)

**Grapevine Partner**

Grapevine R then L (8 counts)

**Skate Partner**

Step together with R foot, then L foot. Repeat (8 counts)

**Hip Partner**

Touch R hip, L hip, R glute, L glute, clap 2X, “Raise the Roof” 2X (8 counts)

**Backward Walk Partner**

Walk backward 4 steps, counting “1-2-3-4” (4 counts)
FIND ANOTHER SPOT
“GET TO KNOW YOU”

A fun and active game, Find Another Spot takes quick thinking. Have everyone stand on a spot in a circle (there will be one less spot than students). The person without a spot stands in the middle and tells their name, then calls out a characteristic, trait, like-dislike, etc. that describes them (example: has traveled outside the state at any point in their life, have a pet, etc.). For example, the person may call out, “Anyone who likes sushi!” All the students who like sushi must find another spot, but not one immediately to their right or left. The person in the middle races to grab a spot and the person left standing becomes the next caller in the middle.

When people move spots it must be at least 2 spots over.
GROUP JUGGLE
TASK
CARDS
TASK: TEAM PUZZLE

**Description:** The object is for teammates to communicate with “blind” team members to successfully put the puzzle together.

**Set-up**
- Half of your group needs to be blindfolded.
- Make sure puzzle is apart and scatter the pieces in the space provided.

**Rules**
1. Only blindfolded team members may touch the puzzle pieces.
2. Those not blindfolded must communicate with their “blind” team members to put the puzzle together.
3. Those giving directions may at no time touch anyone who is blind.

**Debrief ...**

Did you complete the challenge? Why or why not? How did communication play a role in your success? Provide specific examples.
TASK CARD- THE AMAZING RISING POLE

Objective: To work together as a group to lower the pole from a waist high position to the ground.

Students begin facing each other with index fingers extended at waist height. Fingers should be alternated with group members standing opposite (zipper fashion). The pole is laid across the fingers lengthwise. Students cannot touch the pole with any other part of their body and they MUST maintain the contact between their index finger and the bottom of the pole AT ALL TIMES.

Debrief: Did you complete the challenge?

Why or why not? How did communication play a role in your success? Provide specific examples.
**TEAM WEB**

**Description:** The object is for your group to successfully travel around the gym balancing a ball on a basket using the team web.

**Rules**

1. All team members must hang on to one of the web strings individually. (Detach extra strings if your group does not have enough people.)
2. Strings may only be held at the end of the rope.
3. The basket and the ball may not be touched by anyone after the challenge has started.
4. The team must first work together to lift the ball onto the basket.
5. Then, the team must work together to lift the basket with the ball balanced on top of the basket.
6. Group must walk carrying the ball/basket to all 4 corners of the gym, returning back to your starting location.
7. If the ball drops at any time the group must start over.

**Debrief ...**

Did you complete the challenge? Why or why not? How did your group demonstrate teamwork during this activity?
HANDS FREE

Description: The object is for your group to transfer the ball from the start line to a finish hoop without using your hands.

Rules
1. All team members must touch the ball during the transfer.
2. The team must start over if anyone touches the ball with their arms below the elbow.
3. The team must start over if the ball hits the ground at any point.
7. The ball must be placed directly into, and remain in the hoop.

Debrief ...

Did you follow the rules of this challenge? Why or why not? How did your group demonstrate cooperation during this activity?
BEAT SHEETS

• The Beat Sheet concept is an original idea from Dave Senecal- PE Palooza as a method for developing dance skills in an easy and fun way.

• It promotes students to see how important teamwork is and how they need to focus on performing the rhythm together.
FLIP IT (FUN WARM UP)

Developed by Gopher

Two Teams

Objective: in 1 minute how many cups can you flip so your team’s color is on top.

Run, walk, jog, skip, use as many locomotor movements as possible.
CHEERLEADER
CREATE YOUR OWN TEAM BUILDING ACTIVITY

Challenging activity, I do this with my 8th graders at the end of our unit.

Give groups ~20-25 minutes to come up with a challenging small group activity (I allow Ipad use).

The catch: The activity should be one that the group believes it can do better than any other group!

Then all groups come together and take turns to present their activity.

Groups earn points if:

- No other group can beat them at their activity (+2)
- Can do another group's activity (+1)

Be warned: This is harder than it sounds - requires all elements of teamwork including creativity, communication, trust, problem-solving, time management, etc.

To help groups succeed, the facilitator checks in with the progress during planning. Help with ideas or problem-solving strategies if the group is struggling.

Encourage creative out-of-the-box thinking e.g., singing, dancing, non-verbal, as well as physical and mental-type challenges.
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