

Bonus Activity:

One body is moving

In this activity we are trying to focus on children's interaction and ability to cultivate mutual help.

Description

Method:

- The students are divided into groups of two, joining hands or feet (as if they were one person) and trying to reach from one side of the court to the other, following the instructions and the challenges of the teacher accompanied by music.
- When the music is playing the groups are moving, and when the music stops the groups should freeze.
- The members of any team that reaches the opposite side of the court are separated into other groups until larger groups are formed.

Teacher's challenges:

- You should move...
- With three feet touching the ground and each free hand on the knee.
- With 6 members of the "body" (of your team) touching the ground.
- With a head of your team's body much higher than the rest.
- Making noise without using your mouth and legs.
- With your backs together.
- As if you are a spider.

Do the activity twice, the first time with the group members not talking to each other, and the second time with the right to speak.

Discussion questions

Reflect

How did you find the game? Was it fun? How was the talking part and no-talk part?

Connect

How was your teamwork? Did you cooperate well? What could be better?

Apply

How can we work better together in our daily lives?

Facilitation notes

Encourage children to be creative. If you find that team members are not familiar with touching each other, you can give them the chance to use either a rope or a wreath, so that the team can once again be dynamic. Give each team time (10') after the challenge.

Number of Teachers or Coaches	2
Number of Students or Athletes	16-24
Typical Age Group	9+
Time Needed	25 min
Space Needed	Playground, sports hall
Materials Needed	Audio music player
Activity Objective	To enhance physical awareness, to encourage creativity and collaborative interaction.
Related Units	Unit 2&3
Related Learning Competences	Cooperation, coordination, mutual help, creativity.