

Learning Intention: *How can you be a leader and work as part of a team?*

EQUIPMENT:

Buckets, cans, water, blindfolds
obstacles e.g hurdles, cones,
ropes etc...

I can work well in a team using different ways of communicating and also begin to take on a leadership role.

I can take on a leadership role and ensure I listen to my team members to achieve a task

I can take on a leadership role, listen to others and give them constructive feedback how to improve their teamwork

End of KS Attainment target:

Has taken part in outdoor and adventurous activity challenges both individually and within a team

WARM UP: Work it out! Teacher to put children in groups of 3/4

Children to skip around in an area. As soon as the teacher calls a maths question, the children are to create the answer using their bodies.

E.g. $6 \times 8 = 48$ – the children are to make the 4 and the 8 with their bodies, either by lying on the floor or standing.

Note: You can have half the class doing activity 1 and half the class taking part in activity 2

Activity 1: Water Bucket

Teams of 4/5 children.

You will need - One bucket of water, two lengths of rope and equipment to form an obstacle course.

1. The aim of the game is to carry the bucket of water around the course in the quickest time possible and teams are to try and keep as much water in the bucket as possible.
2. The obstacle course can be set up in any way you like, using a variety of obstacles.
3. Place the bucket of water and ropes at the start of the course.
4. The Rules are:
 - None of the children's hands are allowed to touch the bucket.
 - All of the team and the bucket need to complete the course.

Q&A: Why is it important to listen to your peers when working as a team?

ACTIVITY 2.

Teams of 4/5 children.

You will need for this activity- A full can of water and two marked off zones.

1. The aim of the game is to move the can from one zone to the other.
2. The two areas are placed roughly 5-10m apart, with a can in the centre of one area.
3. **The Rules are:**
 - a. Children can only touch the can with the tips of their left forefingers.
 - b. The can needs to be placed upon/in the second area and is not allowed to be thrown or dropped.
 - c. All of the team need to be touching the can at all times.

You can make the game harder by: Adding some obstacles between the two zones.
Blindfolding one or two children in the group

Q&A: How can you take on a leadership role and still listen to your peers?

Activity 3: Make your own obstacle course

In groups of 4 make up your own obstacle course to encourage teamwork:

- 1) Balance something around the course (e.g. tennis ball on racket, in cones)
- 2) Add your own rules to the course e.g. no talking, blindfolded, walking backwards etc...
- 3) Let another group try your obstacle course. Give them feedback about their teamwork.

Swap around so all children get to try their obstacle course.

Q&A: What was important when giving feedback to your peers?

PLENARY

What was important when trying to solve this problem? How did you work as part of a team? Why is listening to your peers so important?