

## **Name: Tarp Challenges** (Take Action! DPA Booklet Sept. '09: [www.everactive.org](http://www.everactive.org))

Equipment: Tarp or vinyl tablecloth (5" x 7" or 6" x 9") for each group, 3 soft Frisbees/group


Activity Description: Perform the following tarp challenges with your group:


- While the entire group is standing in the tarp, fold it in half without touching the floor.
- Fold the tarp in half again while still on it. Do not touch the floor.
- Flip the tarp over and stand on the other side. Do not touch the floor.
- Open up the tarp and stand on it, but cover as little of it as possible.
- Cover the tarp so that none of it is showing.
- Move the tarp from one taped line to the other while not touching the floor.
- Enclose the entire group in the tarp.
- Catch thrown foam Frisbees in the tarp. One group member throws three foam Frisbees from a designated line approximately 5 large steps from the tarp while the rest of the group holds onto the sides of the tarp and attempts to catch the Frisbees. Once three tosses are complete, the next member in the group has a turn. The activity ends when all group members have thrown the three Frisbees.

**Name: Skoola** (Take Action! DPA Booklet Sept. '09: [www.everactive.org](http://www.everactive.org))

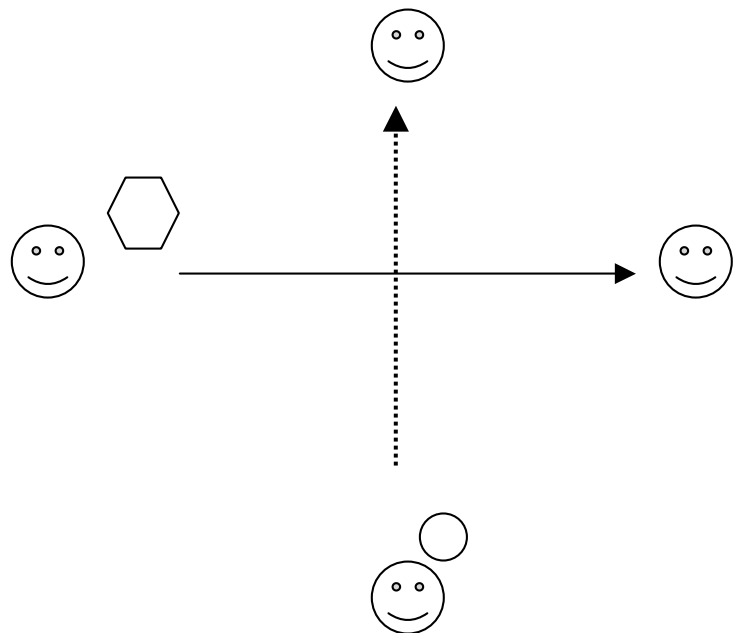
**Equipment:** Hoops, soft objects (gator-skin balls, foam Frisbees), timer

**Activity Description:** Split your group into pairs. If you have an uneven number, create one group of three and use the wall for backing. Ask pairs to stand facing each other approximately 3 metres apart creating an imaginary square. Your group will end up with one or two members on each side of the square. Choose two sides of the square across from each other to be the 'rollers' and two sides of the square across from each other to be the 'throwers'. The 'rollers' roll hoops back and forth and the 'throwers' toss balls overhand and/or underhand back and forth attempting to get them through the hoops. Use the timer and see how many balls you get through the hoops in one minute. Try again for another minute and try beat your score!

 = person

 = ball

 = hula hoop



## **Name: Trust Me Team Building** (pg 45 - Leading the Way)

Equipment: Mini-parachutes, 4-5 soft objects, 1-2 hoops

Activity Description: Space the group evenly around the edge of the parachute. Keep the parachute taut and attempt the following balancing activities:

- Grip parachute with both hands. Keep heels in the same place on the floor and lean back.
- Repeat the above, lifting one leg off the floor.
- Grip the parachute with both hands and stand with your back to the parachute. Keep heels in the same place on the floor and lean forward.
- See how many times your group can toss and catch the foam ball using the parachute. Count the numbers out loud.
- Choose one group member to hold onto a hoop and stand a few steps away from the parachute. The rest of the group members work together and try to lift the foam ball from the parachute into the hoop. The hoop holder can move around if necessary to catch the ball through the hoop.
- Switch the hoop holder often and continue playing until all group members have had a chance to hold the hoop or until it is time to move to the next activity.

## **Name: Movement/Jumping Bands** (SPARK P.E. - [www.sparkpe.org](http://www.sparkpe.org))

Equipment: Jumping bands or elastic jump ropes, circuit cards

Activity Description: Groups use the movement bands and cards to work through the individual and group tricks. There are two sets of bands included for larger groups. The tricks include:

- Jump In, Straddle Out
- Jog In, Jog Out
- Slalom
- Tinkling Step
- Kids' Creations
- Continue jumping your favorite tricks until it is time to move to the next activity.

## **Name: Shrinking Ground** (pg 40 - Leading the Way)

Equipment: Puzzle piece mat

Activity Description: Make sure all 4 mat pieces are connected and complete the challenges below:

- This is the only piece of land remaining on the earth. In order to save your entire group you must all balance together on the mat for 10 seconds.
- After each successful attempt, one of the puzzle pieces is removed (the land begins to diminish) and the activity is repeated.
- Discuss the strategies you used to balance on the land. Which strategies worked the best?
- Repeat the whole activity before it is time to move on.

## **Name: What a Laugh** (pg 114 - Leading the Way)

Equipment: One bottle of bubbles, one wand per person, one or two tarps, pylons or tape

Activity Description: Each student in the group will take a turn saying, "Go" to start each of the following bubble blowing challenges:

- Be sure to blow your bubbles over top of the tarp.
- Blow – compare bubble sizes (look for biggest and smallest)
- Blow – compare bubble shapes
- Blow – see how high the bubbles will go
- Blow – see how far the bubbles will go
- Blow - set down the bubble bottle, run to the end line and back before your bubble bursts or drops to the ground
- In partners – have one person blow a bubble from the wand and the other partner (using only their breath) move the bubble from one pylon to the other. Switch roles
- In partners – each person blows a bubble in the air. Try to catch your partners bubble on your wand
- If time permits, repeat some of your favorite challenges.

**Name: Act it Out** (pg. 70 Leading the Way)

Equipment: 15 – 20 Laminated ‘Situation Cards’

Activity Description:

- Like charades, your group will act out the situations described on the cards using body movements and facial expressions, without speaking. Group members will guess what action is being demonstrated.
- Once the ‘situation’ is guessed correctly another team member will select a card and act out the new situation.
- After each team member has had one turn, discuss effective ways to communicate without words.
- If there is still time, continue to act out additional situations until it is time to move to the next station.

**Name: Back Art** (pg 66 - Leading the Way)

Equipment: 4 pencils, 10 pieces of paper, pictures or photos of various items

Activity Description:

- Stand with your team in a single file line.
- The last person in line takes one photo from the pile, looks at the picture and places it back in the pile.
- After seeing the picture, they go back to the end of the line and use their finger to draw the picture on the back of the person in front of them.
- The person in front of them draws the same picture on the back of the next person in line.
- This continues until it reaches the first person in the line.
- The first person in line draws what he/she thinks was drawn on his/her back onto a piece of paper and places it face down.
- The team gathers and compares the original drawing and the newly drawn picture.
- The first person in the line goes to the back of the line and starts the activity over again.
- Repeat the process until it is time to move to the next activity.

## **Name: Keep It Up!** (Recipe Card Lesson Plans – [www.everactive.org](http://www.everactive.org))

Equipment: 1 or 2 beach balls

Activity Description: Work together as a group to keep the beach ball in the air and complete the challenges below:

- Count how many times your group hits the beach ball in the air before it hits the ground.
- Keep the beach ball up using only your elbows.
- Try keeping the beach ball up using only your knees.
- Can your group play beach ball hacky and keep the beach ball up using only your feet?
- Now try using only your head, but watch out for other group members. (To keep from colliding call “mine” before heading the ball.)
- Continue using your favorite body part until it is time to move to the next activity.

## **Name: Tennis Ball Challenge**

Equipment: 1 tennis ball, one ring with strings tied (enough for one string each), PVC piping (small enough for the ring to fit around and slide down it)

### Activity Description:

- Place the ring on the ground around the PVC piping and place a tennis ball on top of the PVC.
- Each participant holds onto a string and stands around in a circle with the strings stretched fairly tight.
- Group members work together to lift the ring, pick up the tennis ball waist height and place it back on the PVC piping while holding onto the strings. All of this is to be completed without knocking over the PVC piping. If the PVC gets knocked down, the group starts over from the beginning.
- If successful, repeat the process until it is time to move to the next activity.

# Name: Shape Sorter

Equipment: 1 rope, blindfolds (one for each group member)

## Activity Description:

- Place the rope in the center of the group.
- Group members put on their blindfold.
- Your group works together to create the following shapes with the rope off the ground. Everyone must be holding the rope.
- Once the shape is created remove your blindfold to check the shape.
- Repeat the steps above for each shape.

- Triangle 

- Square 

- Pentagon 

- Circle 

- House

- Tree

**Name: Popsicle Push-Ups** (Cooperative/Trust Games and Initiative Activities,  
Michelle Ulmen, Central Washington University)

Equipment: none

Activity Description:

- One person lays down on the ground in push up position and then relaxes so they are laying flat on the floor.
- The second person lies down in push up position but puts their feet on top of the first person's lower back (perpendicular to the first person).
- Each additional person in the group arranges themselves in the same manner – feet on the lower back of another person and in push up position.
- Everyone relaxes down to the floor until one team member signals the group to start.
- At this time the whole group does a push up at the same time.
- Once the team has a rhythm they try to perform as many group push-ups as possible.
- The activity can be repeated to see if the group can perform more push ups than the time before.

**Name: Alignment** (Adapted from: Cooperative /Trust Games and Initiative Activities, Michelle Ulmen, Central Washington University)

Equipment: Blindfolds

Activity Description:

- Each student puts on a blindfold and turns around three times.
- When the group is ready they must arrange the group in order from tallest to shortest (no speaking allowed).
- With blindfolds still over their eyes students turn around three times.
- When the group is ready they must arrange themselves in alphabetical order according to their first names (talking is allowed).
- Keep blindfolds over eyes turn around three times.
- When the group is ready they must arrange themselves in alphabetical order according to their last names (talking is allowed).
- Keep blindfolds over eyes turn around three times.
- When the group is ready they must arrange themselves in alphabetical order according to their mother's first name (talking is allowed).
- If there's time, the group can create a challenge and complete it.

