

If You (Team) Build It... They Will Play!

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Abstract: The session will present games and activities that focus on communication, personal responsibility and positive opportunities for social interactions (Standards 4 and 5). The games and activities can be used as individual lessons or adapted and made part of units already taught. Little to no equipment is needed to make these activities successful and all activities can be modified for small or large groups! The session will be interactive and targets Elementary and Middle School Physical Education Teachers.

How do team building activities teach the standards?

Standard 4: Responsible personal and social behavior

Students must work cooperatively and respectfully with each other

- Regardless of personal differences
- Strategies for resolving conflict

Standard 5: Recognizes the value physical activity

Positive opportunities for group and social interactions

- Everyone has value and can make contributions
- Simple activities that can build confidence

What are ways to modify team building activities?

- Throw in a blindfold
- Make them stay connected (hold hands, link arms, etc...)
- Eliminate talking (can give time at beginning for strategy)
- Give only minimal directions (causes a scramble / creates opportunity for learning)

What is the goal of team building activities?

- Gives different kids opportunities to shine
- Critical thinking and problem solving
- Everyone can win and have success by competing against a clock instead of peers
- Positive social interactions with peers
- Failure leads to success

Team Building Activities

Math Tag and Space Counting

-Partner and no equipment

What Does this teach?

Hoopty Hoop Loopty Loop (Adapted from Dave Senecal)

-Partner and Hula Hoop

What Does this teach?

Helium Stick

-Small groups and a lightweight stick for each group

What Does this teach?

Melting Iceberg

-Small or large groups and a bed sheet for each group

What Does this teach?

The Human Knot

-Small or large groups and no equipment

What Does this teach?

Hula Hoop Liferrafts

-Small groups of two to five and two hula hoops per group

What Does this teach?

Pass It On / Fire Escape

-Small or large groups and one hula hoop per group

What Does this teach?

Balloon Centipede

-Small groups of three to six and a balloon per person

What Does this teach?