

AS Team Building for the Primaries

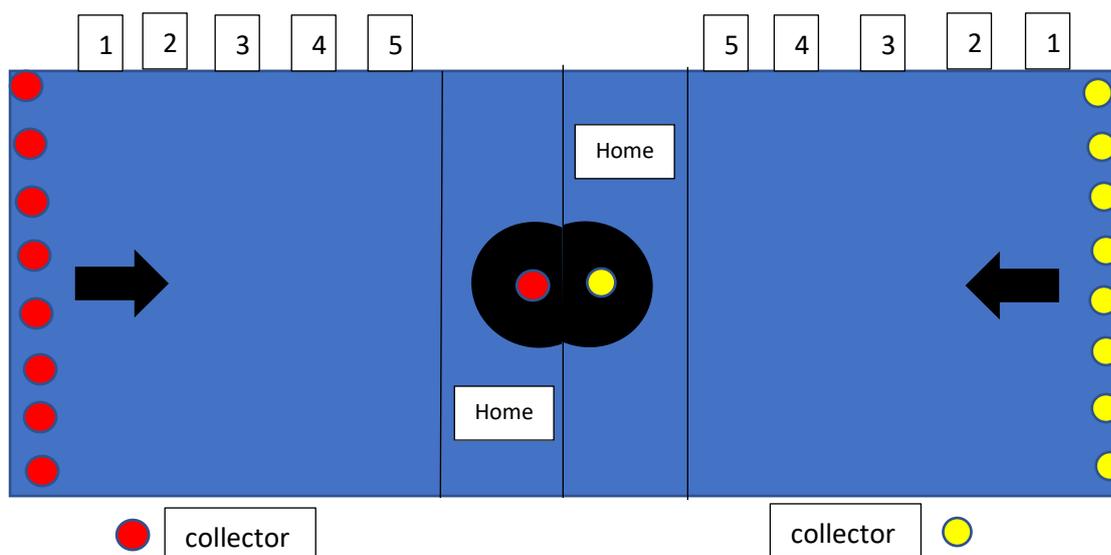
OUTSIDE/LARGER SPACE ACTIVITIES

HURRY HOME

Split your group into two sides and have them stand at opposite side of the space you have. One person from each side is highlighted as the 'thrower' and stands in the centre circle or area facing their team. The thrower in the middle has 5 balls, any size (alternatively beanbags, rubber rings, whatever you can find that can be thrown and caught easily). There is also a 'collector' picked from each team. Down the side of the space between the thrower and their team you put 5 cones and mark them 1, 2,3,4,5, as in the diagram.

The aim of the game is for the thrower to throw the ball to each member of their team. Each time someone from their team catches the ball they take 1 step forward. The thrower must keep throwing the balls to each of their team until all of them are 'home', if they drop the ball then they do not move forward. The collector during this time is collecting the balls and bringing them back to the thrower; the thrower must remain within the centre circle or allotted space and wait for balls to be returned by the collector.

Suggested Adaptations or progressions; reduce number of steps, have more than one thrower or collector, make it a bounce pass or roll on the ground to each team member.



MINE FIELD

Split the group into 4 teams. Name one person from the team to be the guide. Cones will be laid out on the floor randomly. Each member of a team, apart from the guide is blindfolded. The guide must use verbal instructions to guide them through the cones one by one, each cone they hit the team collect that cone, aim is to be the team with least cones at the end. Alternative guide so everybody gets a chance to have a turn.

JUMP IN, JUMP OUT!

Everybody holds hands and makes a circle. Get everybody in the circle to switch how they hold hands as in if they are holding from the top then they go bottom and vice versa. For obvious reasons we can't get involved as it means holding hands but that's ok as you can instruct from the outside. As a group, you give them instructions and they need to action them as a group i.e. jump left, jump right, step in, step out. You can introduce different instructions that you can think of but as long as they carry them out as a group. To make things trickier you can then do 'OPPOSITES', so instead of stepping in, they need to step out and so on.....

To make it more interesting and fun, and depending on the group, you could do an elimination element where the individual(s) who get it wrong need to come into the middle of the circle or they can sit out until this round has been completed.

BALLOON TOWER

Split class into groups and give them tape and deflated balloons and get them to try and make the highest free-standing tower that they can. You can put a time limit on this and however many balloons. You could also give teams an expenditure to use to purchase other items if they want to use this for constructing the tower i.e. more tape and extra balloons, or anything else, it is open to interpretation.

RING OF TRUST

Split group into smaller teams. Give each team a hula hoop. In front of each team have an obstacle course set out how you like i.e. a bench to walk along, cones to go in and out, hurdles to go over. The aim is for the first person in each team to go through the obstacle course up and back and each time they get home collect a member of their team in the hula hoop aka Ring of Trust. Each time the number of team members in the Ring of Trust will increase. The team that gets all their members through the obstacle course and back win. To make sure they are working as a team, you can give the teams forfeits i.e. start again, if a member of their team falls out of the ring or they aren't doing it as a team.

BALLOON CHAOS

Split class into teams and give them a balloon each. Set out cones at other end of the hall or space you are working in. Each team must keep their balloons up at all times whilst sending out a member of their team to come and collect a cone and take back, however this is without their balloon so it is up to their team to keep their teammates balloon up whilst they are away. If a balloon touches the ground then they must return a cone, so if more than one balloon is dropped then that amount of cones must be returned. Once all cones are gone, it is the team with the most cones at the end that are the winners.

Progression – give teams more balloons to keep up and/or send more than one team member to come and collect the cones. Can send member of team out with their balloon whilst collecting the cone. Restrict participants that they can only use right or left hand to keep balloon up or even head or elbow, whatever you think would make it more tasking. Could introducing hopping, crawling, walking backwards, side stepping to slow down movement to get cones.

Adaptation – have whole class in the middle and put cones out all around the class. Class keep balloons up in the middle and you shout a number out. That number of pupils come out without their balloon and collect a cone, in the meantime the rest of their class keep their balloon up; again if any balloons drop they return that number of cones. This can be done until all cones collected and look at the time they did it in or they it can be timed and see how many cones they get within that time.

SIMPLE EXERCISES i.e. get in a line based on height, age, number of letters in your name, grouped in colour of top/trainers/trousers, anything you can think of that works. You can get group to do this with no talking so they can use other communication types.

CLASSROOM BASED ACTIVITIES

TOWER BUILDING

Plain and simple, split class into groups and provide them with supplies i.e. paper, balloons, straws, Sellotape, and whatever else you deem appropriate and have them in their teams build the highest freestanding tower.

PROTECT THE EGG!

Alternatively, provide same materials and give each team the chance to construct something that will hopefully protect the egg from when it is dropped from a suggested height somewhere in the school grounds.

PERFECT SQUARE

You need a piece of rope/skipping rope and blindfolds, and a little bit space on the floor. Can be done in classroom but could be done on a bigger scale in gym hall if possible. Split group into smaller groups. Each group will be blindfolded and stand shoulder to shoulder. They place rope down in the middle and then take two steps back. They then come back towards each other and try to construct a square from the rope whilst blindfolded. This is timed say 3minutes and teams will be judged on their attempt at the square.

CONTRABAND

Give your team a name. Also remember your team number. In your team, find the following items of contraband. Take them to the treasure chest as you find them.
Something that...

1. Is green
2. Appears in the Paralympics

3. Can fly
4. Comes from outside the UK
5. Needs air
6. Is symmetrical
7. Represents an Olympic or Paralympic value
8. Is used in a team sport
9. Is valuable but costs nothing
10. Bounces
11. Includes a colour from your country's flag
12. Requires fossil fuels
13. Was created in the UK
14. Represents team spirit
15. Is musical
16. Helps you to have good health and wellbeing
17. Represents victory
18. Is smooth
19. Is more than 40
20. Is hollow

Adapt these pieces of Contraband to suit, i.e. Olympics to a more recent event, whatever you feel is appropriate.

BLIND DRAWING

Split into pairs and have one person face away with a pen and paper, with the other person standing behind them using their finger on their back to mimic draw a picture they have been given by teacher. Once complete change places.

Alternatively, pair sit or stand back to back with one person with pen and paper and the other with a drawing. The person without the pen and paper tries to describe the picture to the other.

KIM'S GAME

Collect a number of items and place them under a cloth, the class or each team if you split them up, have 1 minute to remember each item (as many or as little items as you want). After that minute the cloth is returned over the items and the teams or individuals go back to their desk and have 5 minutes to try and remember as many of the items that they can.

DESERT ISLAND

Get the class to tell you 5 things they would take onto a desert island and then prompt them questions i.e.

1. What would you cook with?
2. What would you play with?
3. What would you sleep on?
4. What would you wear?
5. What would you eat?

Ask the questions after they have written down their 5 things and they have to put one in each category, you will get some funny answers that they can share with the class; could do this individual or in a group so they are discussing what to take.

FOR MORE TEAM BUILDING ACTIVITIES AND IDEAS, YOU CAN GOOGLE THESE AS THERE ARE PLENTY ONLINE 😊