

Team Challenge

NO1

Challenge Name - FLASH

Equipment -

Something to throw like a tennis ball, soft toy, or rubber.

Objective -

Students must work together to pass an object around the circle as fast as they can.

Rules -

This challenge has a tiered difficulty.

Which means there is a level suitable for everyone.

It adds progression to your session, which allows your students to adapt their plan and reorganise themselves.

You can start and stop on any level.

You know your students, use this level system to suit their needs.

Level 1:

- Everyone in the group must touch the object.
- Only one person can be touching the object at a time.

Level 2:

- Everyone in the group must touch the object.
- Only one person can be touching the object at a time.
- If the object is dropped the challenge restarts.

Level 3:

- Everyone in the group must touch the object.

- Only one person can be touching the object at a time.
- If the object is dropped the challenge restarts.
- You cannot pass to the people stood directly next to you.

Level 4:

- Everyone in the group must touch the object.
- Only one person can be touching the object at a time.
- If the object is dropped the challenge restarts.
- You cannot pass to the people stood directly next to you.
- Each person can only touch the object once.

Reviewing Points

Don't forget to finish this challenge off with a review!

Without a review you are just planning a game.

With a review you can draw out the following embedded learning points:

- Organisation.
- Communication.
- Dynamic planning
- Leadership
- Time management