

## **Teambuilding and Group Communication Activities November 1, 2011**

All the classes participated in 3-4 stations that worked on teambuilding and problem solving as a class. They were able to learn more about their classmates and how to effectively communicate with one another in order to achieve a common goal as a group. Below is a description of all the activities the students took part in. Teamwork is talked about a lot in P.E., but it is also vital for the students to learn how to communicate and work together in the classroom as well.

1. **Spots- (You've Got Mail-all grades):** Everyone will start on a spot. The teacher can start in the middle and say for example (If you went to the beach this past summer you've got mail!) Everyone that it applies to has to find a new spot and it can't be one that is right next to them. The person who doesn't have a spot goes to the middle and says a new "You've Got Mail".
2. **Parachute (K-2 only):**
  - Wave's** – They can make waves with the parachute while sitting on their bottom then while standing. Start with small calm waves and work your way up to giant fast waves where they are standing.
  - Mushroom** – The students will stand up and lift the parachute over their heads. Call out a color when the parachute is in the air and the kids on that color have to run under to a different spot around the parachute. Do it 4 or 5 times till each color was called.
  - Giant Balloon** – The kids will lift up the parachute quickly and all walk towards the middle without letting go of the parachute to see if they can make a giant mushroom.
3. **Pass the hoops (All grades):** Make a circle as a class and have the kids hold hands. Start out just using 1 hula hoop and the object is for the kids to get the hula hoop all the way around the circle without letting their hands go. To make it more challenging we added more hoops and had them going in opposite directions.
4. **Silent Line Up (2-5 only):** Without talking, the classes had to form a straight line given some characteristic, which can be used to determine place in line – like birthday or middle name.
5. **Turnstiles (2-5 only):** Classes attempt to walk through a swinging/turning rope. First, one at a time, then if they accomplish that try it then in partners. The goal is to get their entire class through in as few attempts as possible.