

Team-Building Race

Equipment

- One item for each student (e.g., football, soccer ball, flying disc)—not necessarily the same item for everyone
- One container per team to hold the team’s items (about the same size for all teams)
- One cone per team to designate the starting point

Description

Divide each team into two smaller teams so that you have 8 to 10 teams, each consisting of about four members. This activity can be considered competitive, so have each team do a team break and cheer before starting, and when the activity is over, they should exchange high fives.

Place the boxes at one end of the activity area, at least 50 yards (45 m) away and positioned directly opposite their respective teams, who are sitting with their items by their cones at the other end of the gym or field. On your signal, each team works to get all of its items into its box *five times* as quickly as possible (the activity is timed). Each time a team gets all of its items into its box, the team members exchange high fives and yell “done!” Then, working as a team, they remove the items from their box and run back around to their starting cone. Now they transport the items to the box in a different manner. This process continues until they have completed it five times. When the team yells “done!” for the fifth time, inform the team members of their time.

Revisit this challenge during the next class meeting and have each team try to beat its previous time. Then add the times for the two smaller groups from each larger team and give each larger team its total time. Make sure that all teams exchange high fives and congratulate the other teams. At the next class meeting, each team can try again for a new best time, or you can approach it as a competitive activity among teams.

Rules

1. The team must get all of its items into its container in five different ways. For example, if team members run to the container from the starting cone while carrying the equipment in one round, they may not use that method again.
2. Once a given piece of equipment is used in one round, it may be used in another round *only* if it is transported differently (thus counting as a different method).
3. When the team retrieves equipment from the container, one team member may not retrieve it all; rather, all team members must each carry an item back to the starting cone.

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Starting Position

Each team is divided into two smaller teams so that there are 8 to 10 teams. Each team gathers around its cone and prepares to transport its items to its container, which is located at the other end of the activity area.

The Challenge

On a signal from the teacher, each team works to get all of its items into its box *five times* as quickly as possible.

Rules

1. The team must get all of its items into its container in five different ways. For example, if, in the first round, the team members run to the container from the starting cone while carrying the equipment, they may not use that method again.
2. Once a given piece of equipment is used in one round, it may be used in another round *only* if it is transported differently (thus counting as a different method).
3. When the team retrieves the equipment from the container, one member may not retrieve it all; rather, all team members must each bring an item back to the starting cone.

From L. Anderson and D. R. Glover, 2017, Building character, community, and a growth mindset in physical education web resource. (Champaign, IL: Human Kinetics).

Variations

- Use different pieces of equipment; be creative and make it challenging!
- Make it a team race to see which team completes the task first.
- See if a team can break its own record during another attempt.
- At least one method must involve tossing or throwing the items to teammates.