

# Team Building Unit

3 <sup>rd</sup> Grade	4 <sup>th</sup> Grade	5 <sup>th</sup> Grade
<u>Communication</u>	<u>Communication</u>	<u>Communication</u>
<ul style="list-style-type: none"> <li>2. Whistle Mixer (Lost and Found)</li> <li>3. Scrambler</li> </ul>	<ul style="list-style-type: none"> <li>6. Circle Maze/Labyrinth</li> </ul>	<ul style="list-style-type: none"> <li>2. Human Knot</li> <li>3. Birthday Line-up</li> <li>4. Save Our Ship</li> <li>5. Tic-Tac-Toe Challenge</li> </ul>
<u>Cooperation</u>	<u>Cooperation</u>	<u>Cooperation</u>
<ul style="list-style-type: none"> <li>3. Scrambler</li> <li>4. Hoop Challenge</li> <li>5. Team Toss</li> </ul>	<ul style="list-style-type: none"> <li>2. Finger Tip Hula Hoop</li> <li>3. Beach Ball/Bucket Pass</li> <li>4. Long Ropes</li> </ul>	<ul style="list-style-type: none"> <li>2. Human Knot</li> <li>3. Birthday Line-up</li> <li>4. Save Our Ship</li> <li>5. Tic-Tac-Toe Challenge</li> </ul>
<u>Competition</u>	<u>Competition</u>	<u>Competition</u>
<ul style="list-style-type: none"> <li>4. Hoop Challenge</li> <li>5. Single Jump Rope</li> <li>6. Bean Bag Grab</li> </ul>	<ul style="list-style-type: none"> <li>5. Rock Paper Scissor Olympics/Hoop Hop</li> </ul>	<ul style="list-style-type: none"> <li>2. Human Knot</li> <li>3. Birthday Line-up</li> <li>4. Save Our Ship</li> <li>5. Tic-Tac-Toe Challenge</li> </ul>
<u>Other</u>	<u>Other</u>	<u>Other</u>
<ul style="list-style-type: none"> <li>1. "Getting to Know You - This/That" Game</li> </ul>	<ul style="list-style-type: none"> <li>1. "Getting to Know You - This/That" Game</li> </ul>	<ul style="list-style-type: none"> <li>1. "Getting to Know You - This/That" Game</li> </ul>

## Getting to Know You – “This or That”

Grade Level: 3, 4, 5

Focus: Movement and Student Familiarity

Equipment Needed: none

### Directions/Instructions:

- Teacher stands in the middle of the gymnasium and students stand on one side of the gym.
- Students will pick sides (and either move or stay) depending on their preference – they must pick a side.
- Variations:
  - Questions
  - Locomotor Movement
  - Choose a student to come up with statement
- Sample Questions or “This or That” Statements
  - Cats or Dogs
  - Forks or Spoons
  - Left or Right
  - Baseball or Basketball
  - Run or Walk
  - Snacks or Lizards
  - Beach or Mountains
  - Blue or Green
  - Circle or Square
  - High or Low
  - Odds or Evens
  - Sweet or Salty
  - Gryffindor or Hufflepuff
  - Siblings or Only Child

Debriefing Questions/Points: none; could ask students if there is anything else that you should know about them; ask students for suggestions; let students give you “this or that” questions

## Whistle Mixer (Lost and Found)

Grade Level: 3

Focus: Communication and Cooperation

Equipment Needed: whistle, music

### Directions/Instructions:

- Students are in scatter formation about the gym. Students can be moving (locomotor movements) or stationary throughout the gym.
- Students listen for the whistle and group together based on number of "tweets". (2 = 2 in a group; 3 = 3 in a group, etc.)
- As the students get quicker, add more tweets creating a fun challenge.
- **After first grouping, introduce the concept of LOST and FOUND (as a way to quickly find a group).**

### Debriefing Questions/Points:

- Why do you think we do a "lost and found"?
- How does it feel when you don't have a partner or group?
- How can we prevent people's feelings from being hurt when we get into groups?
- Why is it important to get into groups quickly?

## Scrambler

Grade Level: 3

Focus: Communication and Cooperation

Equipment Needed: whistle, music

### Directions/Instructions:

- Same start and set up as Whistle Mixer, but this time students MUST remember what group they were with.
- Partners – back to back, toe to toe, face to face, high five, elbow to elbow, etc.
- Throughout the scramble, teacher will have students search for one of the partners (i.e. back to back partner).
- Teacher will give the pair or group a quick, small task before they scramble again (i.e. remember eye color, make a face emotion, play a quick round of rock-paper – scissors or see who can make the other laugh first).

# Hula Hoop Challenge

Grade Level: 3

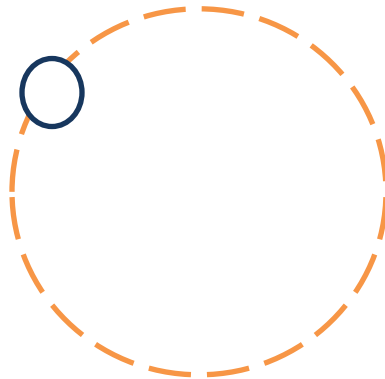
Focus: Cooperation and Competition

Equipment Needed: hula hoops

## Directions/Instructions:

- Divide class into teams.
- The team stands in a circle and holds hands/wrists.
- Start one hula hoop hanging over one pair of joined hands or wrists.
- Each person in the circle must pass the hoop over him/herself and onto the next person while staying connected at all times.
- Once the hoop goes around the circle once – add another hoop.
- Variations:
  - How many hoops can your team get going without allowing them to meet?
  - How fast can you complete the task?

## Diagram:



## Debriefing Questions:

- Was your team successful? Why or why not?
- How did your team have to work together to complete the task?
- When you were competing against yourself or others, how did you feel?
- What kind of things could you say to encourage your teammates? What kinds of things should we NOT say to our teammates?
- What do you think being a "good winner" looks like?

## Team Toss

Grade Level: 3

Focus: Cooperation and Competition

Equipment Needed: soft objects

### Directions/Instructions:

- Students stay in same groups/teams as in hula hoop challenge.
- Students pass an object to someone across from them and create a pattern that they will continue to use throughout the activity.
- Variations/Challenge:
  - Time
  - Passes (without dropping)
  - Number of Objects

### Debriefing Questions:

- As the challenge gets harder, did you change how you were talking to your teammates? Is that a good thing or a bad thing?

## Single Jump Ropes

Grade Level: 3

Focus: Competition

Equipment Needed: jump ropes

### Directions/Instructions:

- Every student gets a single jump rope to perform challenges.
- Challenges:
  - How many jumps without stopping?
  - How many jumps in a minute?

### Debriefing Questions:

- How we talk to our teammates is important, but how we talk to ourselves is JUST as important? What kinds of thoughts did you have when you made a mistake? How did you feel? What could you think instead?

# Bean Bag Grab

Grade Level: 3

Focus: Competition

Equipment Needed: bean bags, music

## Directions/Instructions:

- Students are spread out throughout the gym with a partner.
- Students sit cross legged, directly across from each other. The bean bag sits on the floor in between them.
- Students "patty cake" or hit hands while the music is playing. When the music stops, students attempt to grab the bean bag.
- Notes: students cannot reach for or grab bean bag before the music stops. If so, they automatically lose that round.
- Students who win or get the bean bag stay seated. Students who were not as successful, perform a fitness task (one lap, 10 jumping jacks, 5 mountain climbers, etc.) before finding a new seated partner.

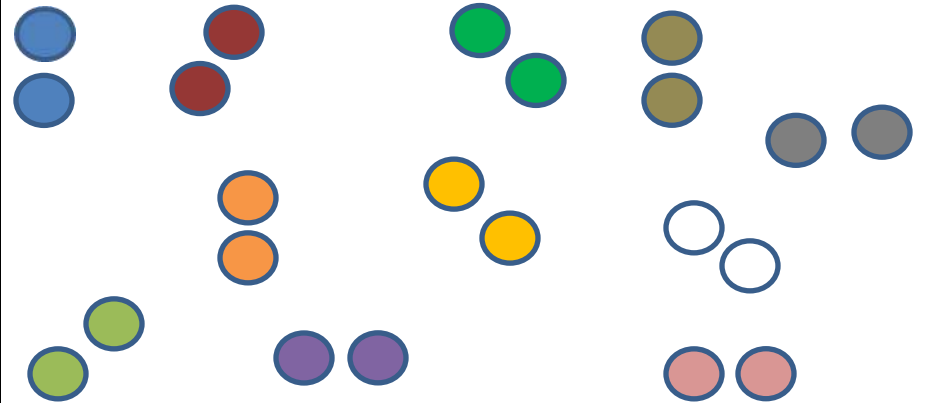
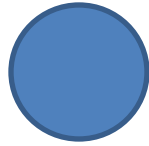
## Diagram:



Person #1



Person #2



## Debriefing Questions:

- Did anyone have a "tie" or a disagreement while you were playing? How did you solve it?
- While we know that losing isn't as fun as winning, what could make it better? What would make it worse?
- How can we be a good winner? How can we contribute to our classroom environment when we don't win?

## Beach Ball (Bucket) Pass

Grade Level: 4

Focus: Cooperation and Competition

Equipment Needed: beach balls

### Directions/Instructions:

- Divide students into groups of 6-8.
- Have students make a circle facing inward.
- Have students sit down with their feet almost touching inside the circle (shoes stay on).
- Students will then lie on their backs on the floor with their feet in the air.
- Place a beach ball on/between their feet and have them pass it to the person to their left/right without using their hands or dropping the beach ball.
- Add an extra beach ball for an added challenge.
- Variation:
  - Have students pass a smaller sized bucket filled with cut up pool noodles in it and try not to spill it.



Diagram:

### Debriefing Questions:

- Was your group successful? Why or why not?
- How did your group work together to complete the task?

## Hula Hoop Challenge (Finger Tip)

Grade Level: 4

Focus: Cooperation

Equipment Needed: hula hoops

### Directions/Instructions:

- Students stand in a circle (4-6 students) and raise their arms, then extend their index fingers.
- Teacher places a hula hoop so that it rests on the tips of the students' fingers.
- Students are told that they must keep a fingertip on the hula hoop at all times & are not allowed to hook their finger around it.
- Hoop must simply rest on the tips of their fingers.
- The challenge is for the students to lower the hoop to the ground without dropping it or wrapping their fingers around the hoop.
- To make this more challenging, you can place communication constraints on the students —no talking or limited talking, for example.
- Challenge:
  - Allow students to use BOTH index fingers
  - Have students use ONLY 1 index finger



Diagram: 2 fingers –



1 finger –

### Debriefing Questions:

- Was your team successful? Why or why not?
- How did your team have to work together to complete the task?
- As the challenge gets harder, did you change how you were talking to your teammates? Is that a good thing or a bad thing?



# Long Ropes

Grade Level: 4

Focus: Cooperation

Equipment Needed: long jump ropes

## Directions/Instructions:

- Students get into groups of 6-8 and have a jump rope to perform challenges.
- Challenges:
  - How many people can you get in the rope – jumping at the same time?
  - How many jumps without stopping?
  - How many jumps in a minute?
  - Can your group think of a challenge?



Diagram:

## Debriefing Questions:

- How we talk to our teammates is important, how we you able to encourage the people in your group so your group could be successful?
- As the challenge gets harder, did you change how you were talking to your teammates? Is that a good thing or a bad thing?

# Hoop Hop Showdown

Grade Level: 4

Focus: Competition

Equipment Needed: loads of hula hoops

## Directions/Instructions:

- Lay 25-30 hula hoops on the gymnasium floor (like an S).
- Create 2 game areas.
- Divide students into groups of 6-8. (Depending on class size)
- Two sets (team) of students start at each end of the hula hoops.
- Students HOP (1 foot) or JUMP (2 feet) from hoop to hoop – no running.
- When they come face-to-face with their opponent – they Rock, Paper, Scissors (RPS) to see who stays in the game.
  - If RPS is a tie, they play RPS again until someone loses.
- If a student wins, they continue the game and face another opponent, but if the student loses RPS, they leave the game and go to the end of their teams' line.
- When a student gets all the way to the last hoop without losing RPS, they WIN!
- The class cheers for the winner, the winner goes to the end of their teams' line and a new round starts with 2 new leaders.
- Variations:
  - Whole class game with just 2 teams (12-14 per team)
  - Girls vs. Boys



Diagram:

## Debriefing Questions:

- What kind of things could you say to encourage your classmates when they lose at RPS?
- What kinds of things should we NOT say to your classmates if they lose at RPS?
- What do you think being a "good winner" looks like?

## Circle Maze/Labyrinth

Grade Level: 4

Focus: Communication

Equipment Needed: polypots, pattern

### Directions/Instructions:

- As a group, the goal is to find a secret path and get everyone from the start point to the end.
- Students take turns and they each get a chance to guess where the path is (see diagram).
- When it is a student's turn, they step on the maze at the start and being to choose an adjacent square – either forward, to the side or diagonal to the one they are standing on.
- They student may look to their teammates for help, but their teammates may not speak. (Encourage silent signals: thumbs up, thumbs down, point, etc.)
- If the polypot stepped on is part of the path, let the player know by saying "yes". If the polypot stepped on is NOT part of the path, let the player know by saying "no".
- Players continue if they are correct/right.
- Once they step on to an incorrect square, it is the next person's turn.
- As they begin to discover the path, they can mark it with markers to help the rest of the group (but do NOT tell them that).
- Once they have uncovered the secret path, each person needs to go through from start to end (without error), while everyone continues to remain silent.
- Variations:
  - Allow students to speak/communicate (the second time) to compare and contrast.
  - Allow students to mark spaces (and tell them they are able to).

Diagram: see attached puzzles below

### Debriefing Questions:

- Since you were unable to talk, what did you do to communicate? Are there other ways to communicate than just talking? What did you use?
- Once you were allowed to speak and you were told you could mark the spots, was the challenge easier or harder? Why or why not?

Puzzle #1

1	2			
	3			
	4	5	6	
		8	7	
			9	10

## Puzzle #2

1				
2	3	4		
		6	5	
		7	8	
			9	10

# Human Knot

Grade Level: 5

Focus: Communication, Cooperation, and Competition

Equipment Needed: none

## Directions/Instructions:

- Have 8-10 students stand in a circle, facing inward.
- Tell students to reach their right arm towards the center and grab someone else's hand. Make sure no one grabs the hand of the person right next to them.
- Next, have everyone reach their left arm in and grab someone else's hand. Again, make sure it's not the person right next to them.
- Now, the fun begins! The students need to work together to untangle the human knot without letting go of any hands.
- The goal is to end up in a perfect circle again.
- They can go over or under each other's arms, or through legs if needed!
- Encourage them to do whatever they want, as long as they don't break the chain in the process.
- For extra fun, turn on a timer and see how long it takes them to get untangled! How quickly can they do it?



## Diagram:

## Debriefing Questions:

- Was your team successful? Why or why not?
- How did your team have to work together to complete the task?
- As the challenge gets harder, did you change how you were talking to your teammates? Is that a good thing or a bad thing?

## Birthday Line-up

Grade Level: 5

Focus: Communication, Cooperation, and Competition

Equipment Needed: boards

### Directions/Instructions:

- Students line up in a straight, side-by-side line on a balance board.
- Students must arrange themselves in order of their birthdays (only month and day, not year).
- Students cannot talk and must rely on sign language and gestures to indicate their birthdays, in a manner similar to Charades.
- If this seems to be a bit of a challenge... after a few minutes allow students to whisper but only to the person to their left or right.



Diagram:

ON THE GROUND, not on blocks!!!! 😊

### Debriefing Questions:

- Since you were unable to talk, what did you do to communicate? Are there other ways to communicate than just talking? What did you use?
- Once you were allowed to speak and you were told you could whisper BUT only to the person on your left or right, was the challenge easier or harder? Why or why not?

# Save Our Ship

Grade Level: 5

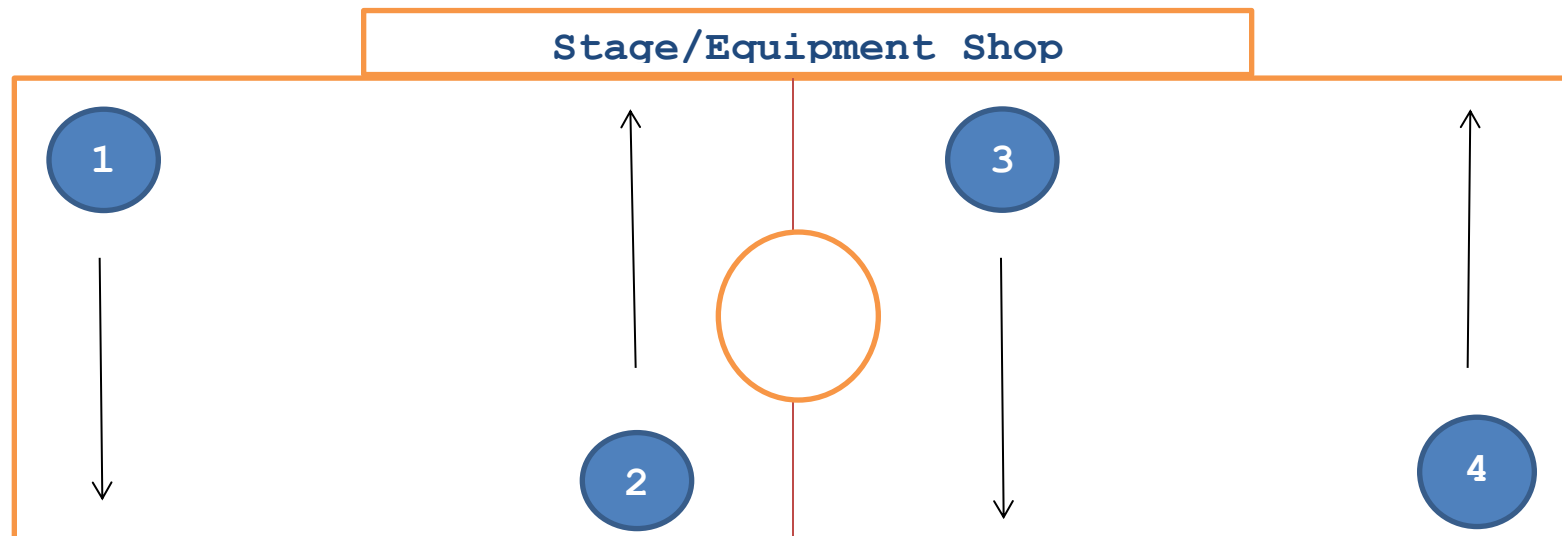
Focus: Communication, Cooperation, and Competition

Equipment Needed: mats, scooters, jump ropes, gold coins, cones, polypots, etc.

## Directions/Instructions:

- Students are divided into teams and provided with a couple pieces of basic equipment (mat, poly spot, and 10 gold coins).
- Object is to work together and cross the ocean as a team. All players must cross safely without touching the water.
- Students can purchase extra items (jump ropes, poly spots, scooters, cones, etc.) with their gold coins.

## Diagram:



## Debriefing Questions:

- There are many different ways to cross the ocean, what was your strategy?
- Was someone the leader or did you all contribute to the process?
- How were decisions made? Was this a fair process or could you have done better? How?
- How did you decide to spend your extra money?



Jump Ropes

2 Gold Coins

Poly Spot

1 Gold Coin

Scooter

3 Gold Coins

Wood Board

8 Gold Coins

Mat

4 Gold Coins

Hula Hoop

5 Gold Coins

## Tic Tac Toe Challenge

Grade Level: 5

Focus: Communication, Cooperation, and Competition

Equipment Needed: hula hoops, beanbags

### Set-up:

- Divide students into teams (5-8 players is ideal)
- Two teams per Tic-Tac-Toe Board; 3 same colored bean bags per team

### Directions/Instructions:

- The first two people in the lines race to the board, SET their beanbag in a space, and race back to their lines.
- The first person tags the second person, who races to the board, SETS the beanbag in an empty space, and races back to their line.
- Repeat for the third person in line.
- The FOURTH person in line will NOT have a bean bag, so he/she races down and MOVES one of their own team's beanbags to an empty space to either block or win the game and races back to the line. (Players cannot move a beanbag from the other team.)
- The game continues until one team gets three beanbags in a line.
- Challenges:
  - No talking or helping
  - Have 1<sup>st</sup> players face backwards or lay down and then turn around or get up to run.

### Diagram:



Team 1

Team 2

### Debriefing Questions:

- How can you be a good teammate in this activity/game?
- What does a good winner/loser look like in a game situation like this?

