



## **Workshop 7**

### Group and team games







## A sporting match

### Activity Sheet 7.1

This sheet has been provided as a reference for you, should you choose to use it as a way to create teams of three. Cut up each of the following cards and place them in an envelope. Ensure that you have the same number of cards as participants. Ask participants to randomly select a card. Using only movements (without speaking or showing their card to anyone) they must find the other two people who have the cards with words that match. One card is a sport and the other two are equipment required to play. Once the group of three has been formed, they may check their cards.

Tennis	Racquet	Court
Hockey	Stick	Field
Swim	Goggles	Pool
Football	Boots	Goalposts
Softball	Bat	Diamond
Run	Spikes	Track
Gymnastics	Beam	Gymnasium

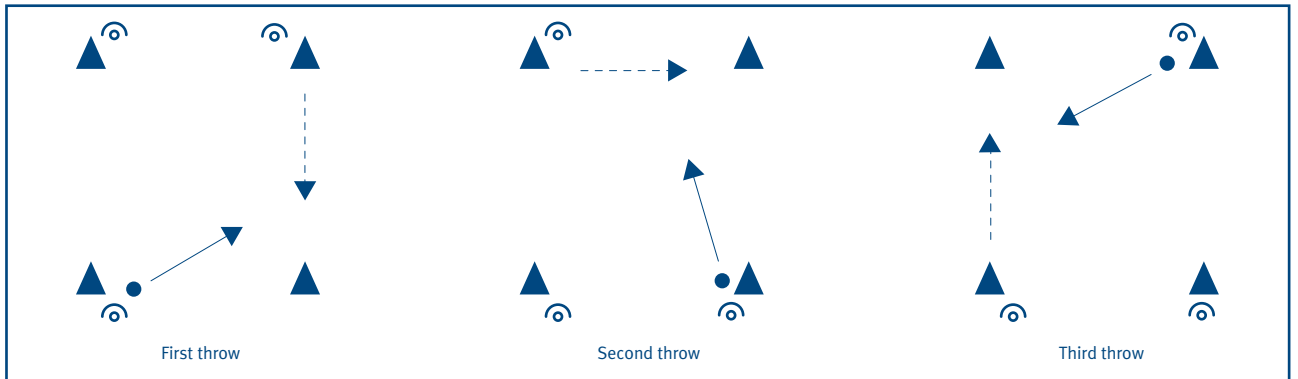


# Using Grids

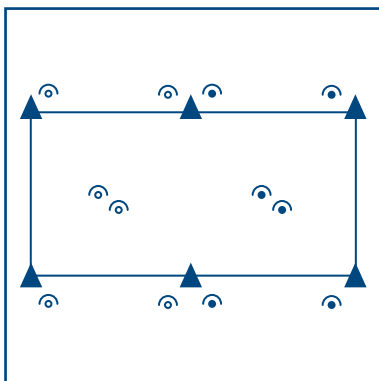
## Activity Sheet 7.2

This sheet has been provided for you as a reference for Activity 3.

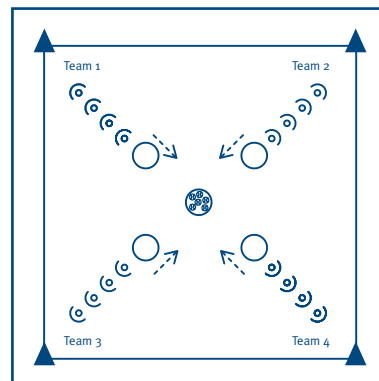
### Warm up activity



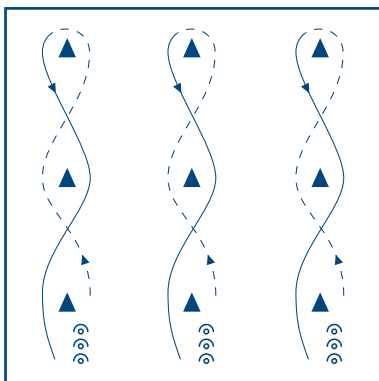
### An unfair advantage



### Rob the nest



### Relays



#### Symbols

- Ball
- ⦿ Student
- ⦿ Student
- ▲ Marker
- ▶ Direction of movement
- ▶ Direction of throw



### Activity 3

#### An unfair disadvantage

What made the activity easy?

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What made it difficult?

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What were the most successful strategies for intercepting the ball?

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What cues were used to try to work out where the ball was going to be passed, or how it was going to be passed?

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## Activity 4

### Evening things up

Was this activity harder than you thought it would be? What made the activity difficult?

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Did the strategies for intercepting the ball change from the previous activity?

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What are the advantages and disadvantages of using grids?

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## Activity 5

### Rob the nest

How does this game contribute to cooperation?

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What are the responsibilities of team members in this game?

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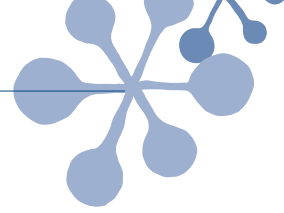
What tactics might teams use to help them win?

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## Activity 6

### Hockey relays

How could the relay be changed to maximise participation?

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Sometimes students are asked to wait in lines for their turn to participate in an activity. What are some of the management issues that can arise when students are waiting?

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Suggest some strategies to avoid students waiting in lines.

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## Activity 7

### Making teamwork more fun

Now that you have experienced playing and working in teams, reconsider the lists made in Activity 1 about the positives and negatives of being in a team. What strategies can be used to minimise the negatives that can come out of working in teams?

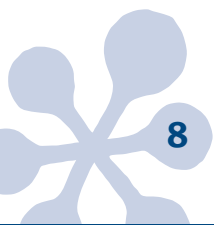
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## Activity 8

### Reflecting

Record below, three new things that you have learnt in this workshop. How will you put them into practise when working with young people?

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## Reference material

The following points are provided as additional information for participants. Please read and keep for future reference. If you have any questions about these points please see the facilitator.

### General guidelines for team games

- Encourage participation not competition.
  - Rotate positions.
  - Give all young people equal playing time.
  - Share all the responsibilities.
  - Develop a greater diversity of skills by having a variety of sports and activities.
- Do not specialise too early as young people's participation increases with variety.
  - The more variety the more interesting the activities will be.
  - Develop a cross section of skills and games to promote a healthy lifestyle.
  - Remember it is not about who wins but who participates. All young people who play will play again next week regardless of the score.
  - Offer opportunities so that young people mix in different social settings, meet new people and develop their social skills.