

Teambuilding Tasks

The activities included in this pack are designed to be pick up and go activities, requiring minimal equipment.

Equipment needed

Cones or beanbags

Rope or string

Tarpaulin or large sheet

Tennis balls

Blindfolds



These activities can be completed in any open space, including in your local Parks Trust park. To find out which park is closest to your school visit www.theparkstrust.com

To find out more about delivering your own learning activity in the parks contact outdoorlearning@theparkstrust.com

PE National Curriculum Objectives

- Take part in outdoor and adventurous activities which present intellectual and physical challenges
- Be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best



Cone Ranger

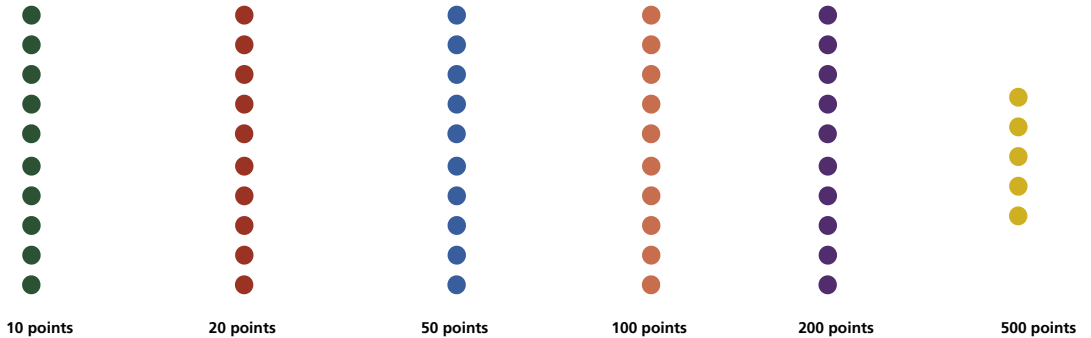
This resource has been created by The Parks Trust Outdoor Learning Team and Carla Knapper, KSS Lead Teacher for PE at Shenley Brook End School.



Set up

Set out lines of different coloured cones or beanbags.

Each colour has a different points value. Further away = more points.



Play

The team must work in a relay, with one person moving at a time to collect a cone that will add up to their final points score. Multiple teams can be on the court at any time (competing for the same cones). Set a timer for 3 minutes. Add up each teams score at the end of this time to determine the winner.

Extensions and opportunities for analysis

- Discuss tactics = lots of low scorers or fewer high scorers?
- Discuss players strengths = should all player go for same or different distances?

Introduce a new rule that instead of using your go to pick up a cone, you can use it to return a cone from an opposing team

- how useful is this?
- Is it better to focus on getting points for your team or removing points from the opposition?

Shape Shifters

This resource has been created by The Parks Trust Outdoor Learning Team and Carla Knapper, KSS Lead Teacher for PE at Shenley Brook End School.



Set up

Stand in a circle with a piece of string joined at the ends to make a circle.



Play

Ask the group to make various shapes e.g. square, triangle. This can either be by laying the string on the ground or with them holding it.

Extensions and opportunities for analysis

- More complex shapes e.g. star, hexagon or images e.g. tree
- Only one person is allowed to speak but they cannot touch the string
- Only one person is allowed to give directions to the group but they cannot speak to do this - non verbal communication
- Only the person giving instructions knows the shape/image that the team is trying to make

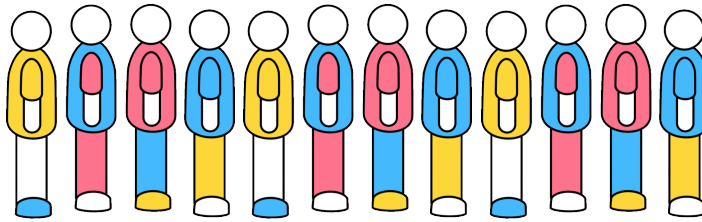
Order in the Court

This resource has been created by The Parks Trust Outdoor Learning Team and Carla Knapper, KS5 Lead Teacher for PE at Shenley Brook End School.



Set up

Ask the group to line up in register order



Play

The team must get themselves into the following orders without speaking

- Height order
- Birthdays - by months and date
- House number
- Alphabetical by middle name

Extensions and opportunities for analysis

Remove methods of communication e.g. no hand signals, use blindfolds

If the group know each other well - split into groups of 5. Take it in turns to step out of the group. The group decides on an order to stand in e.g. number of siblings they have. The individual returns to the group and has to work out what the order is that they have chosen. They can ask yes/no questions to the group to help them e.g. is it to do with home or school? Is it something we have done recently?

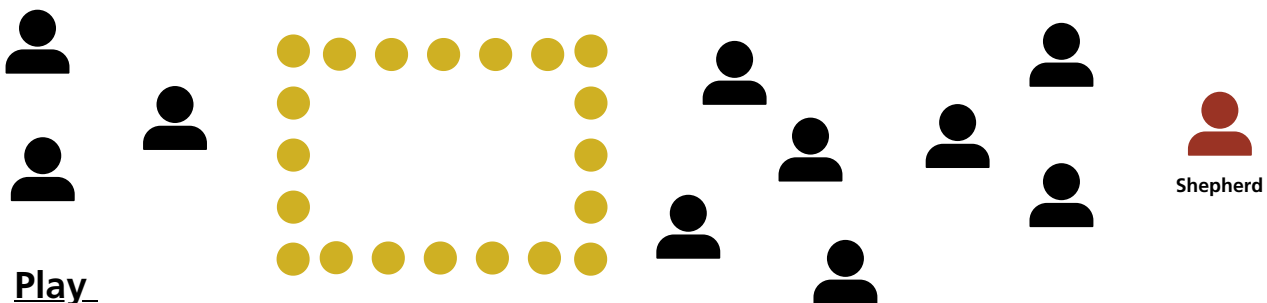
Sheepdog Trial

This resource has been created by The Parks Trust Outdoor Learning Team and Carla Knapper, KS5 Lead Teacher for PE at Shenley Brook End School.



Set up

Set out cones to create a pen. spread the group out around the remaining space.



Play

One student will be 'the shepherd' responsible for guiding the 'sheep' in their group into the sheep pen. They must try to get as many of the sheep into the pen in the time limit. They can only give instructions such as move left, right, forwards, backwards.

Extensions and opportunities for analysis

Restrict methods of communication

- Cannot address the sheep by names
- Blindfold the sheep
- Cannot use words - find another way to communicate e.g. 1 clap= left, 2 clap= right. As an extra challenge the shepherd cannot explain their pattern to the sheep using words - have to find another way e.g. teach them using hand signals before they put blindfolds on e.g when they clap once, if the sheep step left give them a thumbs up.

Turn the Tarp

This resource has been created by The Parks Trust Outdoor Learning Team and Carla Knapper, KS5 Lead Teacher for PE at Shenley Brook End School.



Set up

Lay a sheet or tarpaulin on the ground (start with the biggest one you have).
The group stand on the sheet.



Play

Without stepping off the sheet, the team must turn the whole sheet over so that it is face down and they are all standing on it.

The key to this activity is to start by turning over a corner and moving one team member at a time on to the turned section.

Extensions and opportunities for analysis

- Use a smaller sheet (or fold the original one in half)
- Join teams together so more people on the tarp
- Designate a leader who is the only person who can give instructions

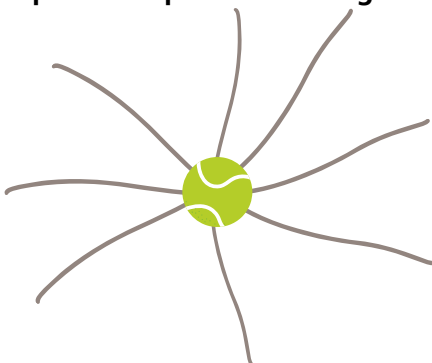
Transporters

This resource has been created by The Parks Trust Outdoor Learning Team and Carla Knapper, KS5 Lead Teacher for PE at Shenley Brook End School.



Set up

Give each group several pieces of string and a tennis ball.



Play

The group have to move the ball from the start line to the finish line. It must remain off the ground at all times. It can only make contact with the string, they cannot hold it in their hands or kick it. If they drop the ball they have to go back to the start.

Extensions and opportunities for analysis

- Use fewer pieces of string
- Blindfold some members of the team
- Put obstacles along the route for the group to navigate e.g. around cones