

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Spain

School: Escuelas Parroquiales del Sagrado Corazón (Olivenza, Spain)

EXERCISE NAME

THE SNAKE

Age band : 8-16

Materials:

None

Objective:

Cooperative skills development, Motor skills development, Coordination skills development, Speed skills development, Agility skills development, Endurance skills development

Initial organization:

All the students standing in a sports court. A student must go capturing the other classmates. To catch them he/she just has to touch them.

Description of the activity:

When he/she touches a classmate, they join hands and both together must try to touch a third partner. If they do, join the three in a group and continue capturing.

When the group reaches 4 members, the snake is divided into two groups of two, and the game continues until no one is left.

Rules:

It is very important to cooperate to be effective, and take decisions that do not cancel each other when it comes to pursuing individuals as a group.

Cooperation is necessary if the group wants to be successful quickly.

The game ends when all the students are captured.

Variations:

- We can divide the groups when they reaches 6 members (in 2 groups of 3), 8 members (in 2 groups of 4)...

Link to the video recorded:

<https://vimeo.com/247710067>