

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Spain

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

EXERCISE NAME

THE WALL

Age band : 9-16

Materials:

None

Objective:

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

Initial organization:

The students of the group are placed at the end of a sports court or gym. One of them is placed in the middle of the sports court.

Description of the activity:

The one in the middle has to go catching his/her classmates when they cross to the other side forming a human wall. To catch them he/she just has to touch them.

Students who try to cross the wall will develop common strategies to divide or hinder the movement of the wall.

The students will cooperate with the choice of the most appropriate strategies, selection of clear objectives in a coordinated way, movements at the same time, resignation of clear objectives in order to respect the strategy established by the group.

Rules:

- Everyone touched by the human wall joins to be part of it and thus grow in the middle of the court, hand by hand.
- Before crossing again the wall, they have to wait all the classmates on the other side to arrive or the teacher to indicate it (wishtle)
- The wall can only be moved along the middle line of the court.
- If the chain in its movement is broken (students release their hands), it will not be valid for them to catch any classmate.
- The game ends when all the students are part of the wall.

Variations:

- We can do this game more difficult if in the wall one student looks forward and the other one backwards.

Link to the video recorded:

<https://vimeo.com/247710067>