

## A6 ACTIVITY.- Physical education through cooperative methodology

**Country:** Spain

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

### EXERCISE NAME

#### MOVING COOPERATIVELY 2

**Age band :** 12-16

#### Materials:

A basket ball or similar

#### Objective:

Cooperative skills development, Motor skills development, Coordination skills development, Balance skills development

#### Initial organization:

Divided in groups of four pupils they have to cross the sports court carrying a basket ball between their heads, without using the hands.

**Description of the activity:**

If the ball falls or the hands are used, the group have to start from the very beginning.  
They are free to choose their own startegy: walking laterally, one forward and one backward, ...  
Each student have to move depending on the others, and each of them is absolutely neccessary to do the task. The cooperative work is guaranteed

**Rules:**

It is fobidden to use the hands.

**Variations:**

If we want to make it more difficult we can group the students with different heights.

**Link to the video recorded:**

<https://vimeo.com/255552389>