A6 ACTIVITY.- Physical education through cooperative methodology

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

EXERCISE NAME

YOUR FEET ARE MY FEET

Age band :	10-16

Materials:

Ropes

Objective:

Cooperative skills development, Motor skills development, Coordination skills development, Agility skills development, Flexibility skills development, Balance skills development

Initial organization:

We divide the class into groups of five students (it can be different depending on the number os the students in the class). Their feet are tied in ankle height with ropes.

Description of the activity:

They have to cooperate together in order to go as quick as possible to get to the other side of the sports court, running against the other groups of students.
If communication and cooperative work do not workiot is very difficult to move forward.

Rules:

If the luck of communication persist, the faliure is inevitable and thr group could not move forward. Cooperation is absolutely necessary.

Variations:

The larger the group of students, the more difficult it will be. We can try the hole class at the same time on a round trip. The most fun will be the turn.

Link to the video recorded:

https://vimeo.com/256664805