

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Slovenia

School: Osnovna šola Dramlje (Dramlje, Slovenia)

EXERCISE NAME

48 - THE CARROTS

Age band : 8 - 13

Materials:

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Objective:

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

Initial organization:

groups

Description of the activity:

We determine »the bunny«. The rest are »the carrots« and lie on the floor, holding hands and forming a circle. The bunny grabs the carrots by their feet, pulling them out of the circle. When a carrot is pulled out of the circle (tickling and undressing is not allowed), he/she sits on the edge of the playing area. The game ends when all the carrots are pulled out of the circle.

Rules:**Variations:**

Every time the bunny pulls a carrot out of the circle, the carrot helps him/her with the pulling of the rest of the carrots.

Link to the video recorded:

<https://vimeo.com/254748460>