

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Poland

School: Szkoła Podstawowa nr 368 im. "Polskich Olimpijczyków". (Warsow, Poland)

EXERCISE NAME

7. Moving floor

Age band : 13-14

Materials:

gymnastic mattress

Objective:

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

Initial organization:

4 rows. 1 player holding mattress, 4 standing on it.

Description of the activity:

1 student holds and moves a mattress with 4 students jumping on it to the other side of the gym.
Jumping students are not allowed to touch the ground.

Rules:

If they break this rule and touch the ground, the exercise is started from the beginning.

Variations:

Link to the video recorded:

<https://www.youtube.com/watch?v=MvJEloInd80&feature=youtu.be>