

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Spain

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

EXERCISE NAME

THE CHAIN

Age band : 6-16

Materials:

None

Objective:

Cooperative skills development, Motor skills development, Coordination skills development, Speed skills development, Endurance skills development

Initial organization:

We start the game with one pupil trying to touch someone running all around the sports court.

Description of the activity:

If he/she touches someone, then both have to be together hand by hand and keep on trying to touch to the rest of their classmates.

The bigger the space, the more difficult the activity.

When the group becomes bigger, it will need a more high level of cooperation to touch someone.

Students will need more time to talk and organize themselves if they want to be successful when the group expands.

Cooperative strategies are essential.

Rules:

When all the members of the group know the objective clearly the cooperation is much simpler and more effective.

At the end, when there is only one student to be touched, the cooperation needed is a lot, and the communication between the members of the group is essential.

Variations:

Link to the video recorded:

<https://vimeo.com/255463836>