




Mission: Teamwork

To set up and deliver physical activity opportunities for pupils to practice teamwork skills and develop great team spirit




 **Tools required:**
Space to try the activity safely and the equipment listed for each activity.

 **Special Agent Action:**
Create small groups, read the instructions to players, demonstrate and then encourage teams to have a go. Allow a few goes at each activity.

 **Making the activity easier or harder:**
Make the groups bigger or smaller. Try the activities at different speeds. Read instructions as the players are playing to help with understanding.

 **Questioning:**
“How did you work as a team?” “How could you improve your teamwork next time?” “How did you show team spirit?” “How can you improve your team spirit?” “How did you show you really wanted your team to succeed?”
Let’s have another go!

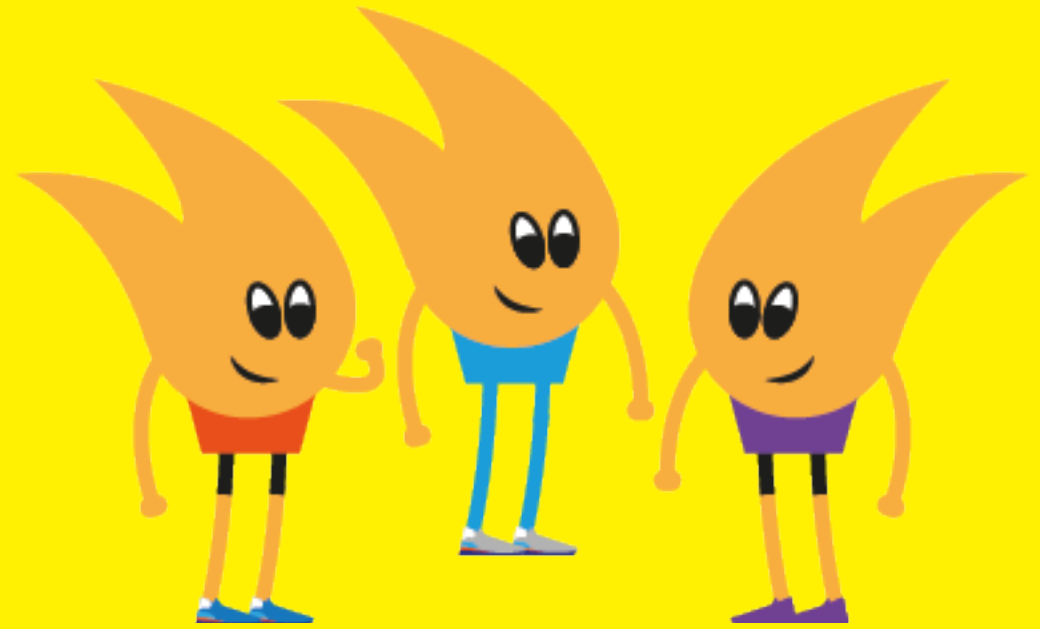
 **Undercover:**
Photocopy games and distribute to teachers for use in lessons.

 **Support Team Members:**
Help Special Agents with setting up and motivating pupils to take part. Create a display in school using pictures of successful teams from newspapers, magazines or the internet, adding key words to show team spirit. Organise fun activities for pupils to take part in (see Mission: Movement activity card).

Teamwork Activities

Human knot

- In teams of 5-8, players stand close to each other in a small group and place both hands in to the centre so they cross over and get in a muddle.
- Carefully each person finds another two hands to hold, creating a human knot.
- Without letting go, pupils must untangle so they are standing in a circle without any crossed hands.
- They may end up facing inwards or outwards in the circle.
- Use the questions on the reverse of the card to help improve teamwork and team spirit.



Hold it up

- In teams of 5-8, players stand in small circle with one arm stretched into the centre, with one finger stretched forwards.
- A large roll of sticky tape is placed on top of the group's fingers.
- The team must try to sit down on the ground without dropping the tape.
- Once this is achieved, can they stand back up without dropping it?
- Use the questions on the reverse of the card to help improve teamwork and team spirit.

Trio tower

- As a team of 3, players sit back to back in a small circle with knees bent up to chest and feet flat on the ground.
- They link arms with the person next to them on each side. The aim is to stand up without letting go of arms.
- They will need to push with their feet into the ground and use each other's weight to help them move upwards.
- Start by standing and work as a team to try and sit down safely.