



UNIVERSITY OF LUXEMBOURG  
Department of Education  
and Social Work



Co-funded by the  
Erasmus+ Programme  
of the European Union



<b>Lesson title:</b>	<p>Stay together</p> <p>A) Students work in two groups. They sit in chairs in a circle. They start to move with music and the teacher put out a for each stop of the music. The students must find the way to stay on the chairs without touching the ground. The team with the most students in the chair wins.</p> <p>B) Each team have a big rope in their hands. They have to make certain knots without letting the rope from their hands</p>
<b>Place in series:</b>	4 <sup>st</sup> Lesson C-D primary
<b>Requirements</b> (e.g., resources, material)	<p>Chairs, music</p> <p>Long rope</p> <p>Challenge cards with knots</p>
<b>Time allocated to activities:</b>	45'
<b>Location:</b>	<i>Indoors</i>
<b>Broader Areas of PE learning</b>	<p>- Develop students' ability to cooperate, take quick decisions.</p> <p>- Familiarise students with leadership skills, trust and confidence skills</p> <p>- Engage students in making decisions about moving strategically.</p> <p><i>Moving fast, cooperate give and follow instructions.</i></p>
<b>SEL Competencies</b>	<ol style="list-style-type: none"> <li>1. Self-awareness</li> <li>2. Self-management</li> <li>3. Problem solving, Communication skills</li> </ol>
<b>Basic topics from the OAE resources that are being addressed:</b>	<ol style="list-style-type: none"> <li>1. Introduction to the principles of team building</li> <li>2. Use the OAE activities for problem solving and critical thinking</li> <li>3. Leadership skills</li> <li>4. Selfconfidence</li> </ol>
<b>Methods/ Teaching strategies used</b>	<p>Cooperational learning</p> <p>Learning by doing</p>
<b>Knowledge:</b>	<ol style="list-style-type: none"> <li>1. Make knots</li> <li>2. Trust and effective communication</li> <li>3. Responsible decision making</li> </ol>
<b>Motor Skills/Abilities:</b>	<ol style="list-style-type: none"> <li>1. Move fast, climbing skills</li> <li>2. Balance</li> <li>3. Take quick decisions for yourself and the team while moving</li> </ol>
<b>Assesement</b>	<p><b>Summative (e.g., tests/surveys)</b></p> <ol style="list-style-type: none"> <li>1. Tests for knots/ on paper /on line.</li> <li>3. Evaluate the team cooperation, propose in team discussions</li> </ol>
	<p><b>Formative (e.g., portfolio materials)</b></p> <ol style="list-style-type: none"> <li>1. Personal portfolio for tasks completed or to be completed,</li> <li>2. Survey for self-evaluation</li> <li>3. Activities evaluation</li> </ol>



Erasmus+



UNIVERSITY OF LUXEMBOURG  
Department of Education  
and Social Work



HELLENIC REPUBLIC  
National and Kapodistrian  
University of Athens


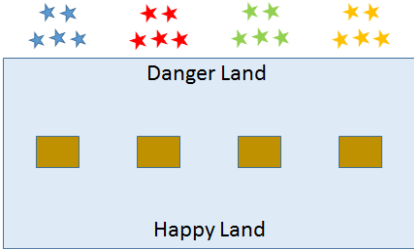


Co-funded by the  
Erasmus+ Programme  
of the European Union



## WORKSHOP developed for this purpose

<b>Total Duration</b>	45 min	
<b>Title and Duration of Activity</b>	<b>Description of Activity</b>	<b>Educator's Actions</b>
Hula Hoop Rescue	<p>We create 4 teams of 5 players.</p> <ul style="list-style-type: none"> <li>- 1 player from each team start behind a cone with a hula hoop, facing his teammates across from him at the opposite cone.</li> <li>- On the signal, the players with the hula hoops will run across to their teammates and “save” or “rescue” the first person in line by placing the hula hoop over them. Then the two must travel together back to the original cone.</li> <li>- The one who was rescued then becomes the rescuer and continues on to save the next person, etc, etc until all players have been saved and brought to the starting point.</li> <li>- Once all the teammates have been rescued, the team must then join hands and race to pass the hula-hoop from person to person by passing their bodies through the hula hoop.</li> <li>- This teambuilding relay-type game will really get the players moving and working together.</li> </ul> <p>Hands may not come apart during the hula-hoop pass. The team to complete both tasks first wins a point or the round.</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> </div>	<p>Set up:</p> <ul style="list-style-type: none"> <li>- We place 4 cones in the one side of the schoolyard and 4 hula hoops.</li> <li>- To the other side we place another 4 cones.</li> <li>- Each team has a different color.</li> </ul> <p>Activity:</p> <ul style="list-style-type: none"> <li>- Before will really get the players moving and working together, we show the players how to “rescue” a player step by step.</li> <li>- During the game we encourage communication between players of the same team.</li> <li>- After a round we discuss with the players if they think they communicated well and how they can improve their communication.</li> </ul>

<p>Balance</p>	<p>In pairs, one facing the other, players are connected by holding ropes with their hands and are balancing in one foot. They have to keep their balance and at the same time, using the ropes to make the opponent to lose his balance.</p> <p>We try the same thing balancing to the other foot.</p> 	<p>Set up:</p> <ul style="list-style-type: none"> <li>- We create pairs.</li> <li>- We give two ropes to each pair.</li> </ul> <p>We move around by encouraging players to:</p> <ul style="list-style-type: none"> <li>- focus on their balance and</li> <li>- find a way to make the opponent to lose.</li> </ul>
<p>Rescue</p>	<p>We create teams of 5 players. Each team starts from the “Danger Land” and is trying to cross the ocean in order to reach the “Fun Land” without touching the ocean. The players can stop at the island. Each team is allowed one boat (a floor scooter) and one rope. It is up to each group to figure out the best way to get their team across the ocean. If they touch the ocean they go back to the beginning.</p> 	<p>Set up:</p> <ul style="list-style-type: none"> <li>- We set the “Danger Land” and the “Happy Land”.</li> <li>- We place 4 mattresses (islands) between “Danger Land” and “Happy Land”.</li> <li>- We give a rope and a floor scooter to each team.</li> </ul> <p>Activity:</p> <ul style="list-style-type: none"> <li>- We make sure that the players know the rules of the game.</li> <li>- During the game we encourage them to cooperate in order to find the better way to reach the “Happy Land” successfully.</li> <li>- We motivate them to move fast and have a good communication.</li> </ul>
<p>The magic rope</p>	<p>In pairs, we have our hands tied with a rope, but the opponent’s ropes are crossed. We try to find a way to free ourselves.</p>	<p>Set up:</p> <ul style="list-style-type: none"> <li>- We tie the hands of the players with a rope.</li> </ul> <p>Activity:</p>



UNIVERSITY OF LUXEMBOURG  
Department of Education  
and Social Work




HELLENIC REPUBLIC  
National and Kapodistrian  
University of Athens



Co-funded by the  
Erasmus+ Programme  
of the European Union



		<p>We are moving around encouraging the players to:</p> <ul style="list-style-type: none"> <li>- think hard</li> <li>- to cooperate and find the solution.</li> </ul>
<p><b>Assesement</b></p>	<ol style="list-style-type: none"> <li>1. Quiz</li> <li>2. Assignment</li> </ol>	
<p><b>Videos and/or Podcasts used</b></p>	<ol style="list-style-type: none"> <li>1. Hula hoop resque <a href="https://www.youtube.com/watch?v=wwEu1TgsFdk">https://www.youtube.com/watch?v=wwEu1TgsFdk</a></li> <li>2. Balance <a href="https://fb.watch/pp65-bA-pG/">https://fb.watch/pp65-bA-pG/</a></li> <li>3. Resque <a href="https://www.youtube.com/watch?v=6-iWixjiTsQ&amp;t=3s">https://www.youtube.com/watch?v=6-iWixjiTsQ&amp;t=3s</a></li> <li>4. The Magic rope <a href="https://www.youtube.com/watch?v=XTijJ2MB87k">https://www.youtube.com/watch?v=XTijJ2MB87k</a></li> </ol>	
<p><b>Reading list</b>  (Titles of Articles/Books and their links online)</p>	<ol style="list-style-type: none"> <li>1. The magic rope <a href="https://scienceoxford.com/wp-content/uploads/2021/01/SO-Challenge-The-Handcuff-Puzzle-instruction-sheet.pdf">https://scienceoxford.com/wp-content/uploads/2021/01/SO-Challenge-The-Handcuff-Puzzle-instruction-sheet.pdf</a></li> </ol>	
<p><b>Preparatory tasks for Teachers Training</b></p>	<p>They must know the Experiential learning theory, SEL pedagogical theory, Social learning theory, Adventure education theory</p>	