



UNIVERSITY OF LUXEMBOURG
Department of Education
and Social Work



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



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|--|---|
| Lesson title: | The wooden pole The team should knot the ropes in a way that the pole standings up. Then they have to move it without touching the ground and put it stand in a place with holes five meters away. The activity can be timed |
| Place in series: | 1 st Lesson High school |
| Requirements (e.g., resources, material) | 10m wooden pole, ropes that can be knotted to the wooden pole. |
| Time allocated to activities: | 45' |
| Location: | <i>Indoors/outdoors</i> |
| Broader Areas of PE learning | <i>Develops problem solving skills</i> - <i>Develop students' ability to move in open space using alternative ways.</i> - <i>Familiarise students with team building activities</i> - <i>Engage students in making decisions about moving strategically towards specific directions, fast with a purpose and following instructions.</i> |
| SEL Competencies | 1. Self-management 2. Responsible decision making 3. Relationship skills |
| Basic topics from the OAE resources that are being addressed: | 1. Introduction to the principles of teambuilding. 2. Use the OAE activities for problem solving and critical thinking 3. Interpersonal skills as trust, teamwork, effective communication, cooperation 4. Intrapersonal Skills as leadership, decision making, self confidence |
| Methods/ Teaching strategies used | Learning by doing Cooperational learning Environmental learning Self-directed Learning |
| Knowledge: | 1. Ropes and knots course 2. Understand symbols. 3. Follow instructions |
| Motor Skills/Abilities: | 1. Balance, strength, endurance 2. Decode the surrounding environment 3. Take quick decisions/adaptation of the moving pattern |
| Assesement | Summative (e.g., tests/surveys) 1. Tests for knots/ on paper /on line. 2. Personal evaluation forms/ report cards 3. Survey for evaluation of the activity |
| | Formative (e.g., portfolio materials) 1. Personal portfolio for tasks completed or to be completed, reflection upon them 2. Small collective debriefing discussions. |



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WORKSHOP developed for this purpose

Total Duration two 45 min workshops

WORKSHOP 1 – 45 min

| Title and Duration of Activity | Description of Activity | Educator's Actions |
|--------------------------------|--|--|
| The diminishing load problem | <p>The aim of this activity is to move a group or series of groups (teams) across an open field as quickly as possible.</p> <p>Rules:</p> <ul style="list-style-type: none"> • To cross the open area a person must be carried. • The carrier must return and be carried him / herself. • The only person allowed to walk / run across the open area is the last person. • If the carried person touched the ground while being transported both members must return to the start. • The number of people being carried and carrying can vary with the strength and / or imagination of the group i.e. one-to-one is not the only way. <p>Variations:</p> <p>The aim of the activity can be changed to move the entire group across the distance in as few trips as possible.</p> <p>Safety: The usual safety precautions with regard to lifting and carrying apply. Care must also be taken to ensure that players who are self conscious about size are not put into a situation which might cause them some embarrassment.</p> | <p>Set up: We create an open area. The distance can vary with the estimated strength of the groups.</p> <p>Activity: We make sure that the carrying players will not overestimate their abilities. We encourage the teams to cooperate and find the best solution to complete the task as quickly as possible.</p> |
| String Labyrinth | <p>We create 5 pairs in a group of 10 players. Each pair holds stretched a string. One by one the pairs put their string on the flour to create a star like the photo below:</p> | <p>Set up: We need a string for each pair of players and small balls of different size (e.t. tennis ball)</p>  |



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Then, each pair takes a ball and try to roll the ball to the other side of the string.
They can try roll one ball at a time or all simultaneously.



Activity:

We can give a preparation time for each pair alone before we cross the strings.

We can give a different ball to the pairs that manage to roll the ball to the other side.

We encourage the pairs to cooperate in order to roll simultaneously their balls.

When the task is completed we discuss the outcome.

Pen ball bottle

Each player takes a pen and place it against the ball like the photo below:



The players must cooperate in order to lift the ball and move it to the bucket a few meters away.

Set up:

We need a pen for every player, a small ball, a bottle, a bucket.

Activity:

We encourage the pairs to:

- communicate
- cooperate
- focus

When the task is completed we discuss the outcome.

Assesement

1. Quizz
2. Assignment

Videos and/or Podcasts used

- 1.String Labyrinth game - <https://www.youtube.com/watch?v=BFhLT-MI5Ic>
- 2.Pen ball bottle <https://www.youtube.com/watch?v=mjRX2HZ7Zxs>



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**Preparatory
tasks for
Teachers
Training**

They must know the Experiential learning theory, SEL pedagogical theory, Social learning theory, Adventure education theory

WORKSHOP 2 – 45 min

| Title and Duration of Activity | Description of Activity | Educator's Actions |
|--------------------------------|---|--|
| <p>Gather the bottles</p> | <p>In small groups, players try to gather the 6 bottles of water.</p> <p>The team players are standing behind the line. One of them, holding a bottle of water, is trying to reach the bottles and bring them to his team. The rest try to hold him in order to reach far and not touch the ground (see the photo below).</p>  | <p>Set up: We need 10 bottles of water</p> <p>We draw a line, where the players will stand. We place the bottles as far as our players can reach.</p> <p>Activity: We encourage the players to:</p> <ul style="list-style-type: none"> - communicate - cooperate - support the team <p>When the task is completed we discuss the outcome.</p> |
| <p>Human ladder</p> | <p>In a team of 11, players become pairs. The pairs stand one next to the other holding a wooden stick creating a human ladder. A player is trying to move across the field by stepping on the wooden sticks until he reaches the ending cone. Each time the player is taking a step, the pair that holds that</p> | <p>Set up: We need 5 wooden sticks for each team and 2 cones</p> <p>Activity: We encourage the players to:</p> <ul style="list-style-type: none"> - move fast - hold steady the wooden sticks - support the team |



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| | <p>wooden stick moves from the back to the front of the team.</p>  | <p>When the task is completed we discuss the outcome.</p> |
| <p>Balance the bottle</p> | <p>A group of 8 players tries to balance the bottle of water and move it to the end. They become pairs and every pair holds stretched a rope. The pairs cross their ropes on the ground like the photo below and put the bottle in the middle.</p>  <p>They lift the bottle and they try to move it to the end without falling.</p> | <p>Set up: We need a bottle of water, a round base, ropes, a starting point and an ending point</p> <p>Activity: We encourage the players to:</p> <ul style="list-style-type: none"> - communicate - cooperate - hold steady and stretched the ropes - support the team <p>When the task is completed we discuss the outcome.</p> |
| <p>Assesement</p> | <ol style="list-style-type: none"> 1. Quizz 2. Assignment 3. | |
| <p>Videos and/or Podcasts used</p> | <ol style="list-style-type: none"> 1. Gather the bottles https://youtube.com/shorts/yZHe5CspNPI?si=60dbMfgkfqCA8Yzc 2. Human ladder https://www.youtube.com/watch?v=vUd8DugjoJw 3. Balance the bottle https://www.youtube.com/watch?v=Hef9omwKqIU | |
| <p>Preparatory tasks for Teachers Training</p> | <p>They must know the Experiential learning theory, SEL pedagogical theory, Social learning theory, Adventure education theory</p> | |