



SUPERMOVERS

Champions

2 Active Groups





Super Movers Champions: Active Groups

Learning Outcome

I will learn to share ideas and listen to others as part of a team.

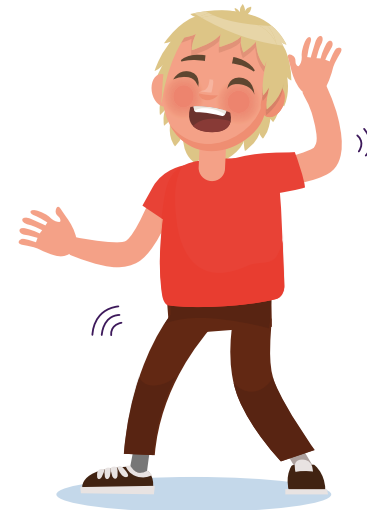


How confident are you on the active scale?

Really not sure
(Squat)



Moderately confident
(Wiggle)



Really Confident
(Jump)





Active Groups: **Teamwork**

Working as part of a group comes with the benefit of support from others to achieve your shared goals.

If we can practise our listening skills, groups are also great at bringing together lots of ideas.



Activity: Hula Hoop Challenge

 This is a group challenge and each group will need a hoop.

Step 1: Stand your group in a straight line and all hold hands to create a human chain.

Step 2: Your shared goal is to pass the line of people through the hoop, without breaking the chain or using hands – have a go!

Step 3: Once you've had a go, work as a team to perform the challenge quicker – go again!





Activity: Hula Hoop Challenge

Did everyone get to share their ideas on how to perform the task faster and did everyone listen?



Work down the line and invite **everyone** to share ideas on how the team could work better together.

Make a plan and go again!





Activity: Hula Hoop Challenge

STEPS to make this work for you

- This can be played in any **space**, from assembly lines to the classroom or playground.
- This **task** can be timed, or two teams can line-up against one another to compete.
- The main task is to pass a piece of **equipment** along the line as a team. What other equipment could you use?
- Smaller numbers of **people** in a team can help everyone have a say and make it easier to listen.

For reference, STEPs relates to a method to make a task easier or harder by changing the Space, Task, Equipment, People.



Activity: Hula Hoop Challenge

 **Walk and talk as a group, then pick someone to stand in the hoop to feed back.**

Questions

- What ideas led to your team achieving their goal of moving the hoop down the line quicker?
- When you're speaking, how can you tell people are actively listening?
- How can you support everyone in your group to be listened to?
- Why is it important to let everyone share their ideas?



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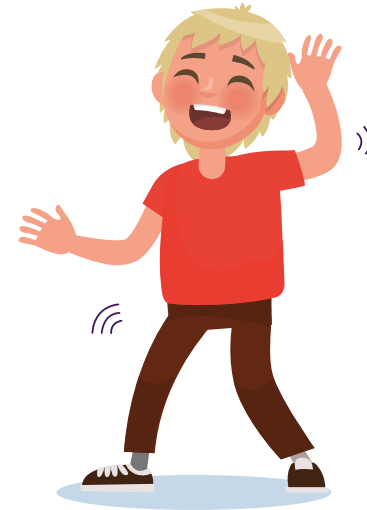


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