

SPORTAUS

Group balance

What did you like?

PHYSICAL LITERACY ELEMENTS

SAFETY AND RISK

COLLABORATION

STABILITY/BALANCE CONFIDENCE

Format > Cooperative activity

Using a long rope which is joined as a circle, players lean back while holding onto it using it as counter-balance. Play in groups of 6-12.

What you need

- > 1 long rope that is joined in a circle, with ends tied very securely

What to do

- > Players stand evenly spread on the outside of the rope.
- > Players pick up the rope and hold it at waist height.
- > Shuffle backwards until the rope is taut and in a perfect circle.
- > Slowly lean back using the weight of everyone in the group and the rope as a counter-balance.

Change it

- > While leaning out, ask the group to sit down and stand back up while holding the rope taut.
- > After leaning out, ask players to take one hand off the rope.

Safety

- > Make sure players communicate with one another.
- > Everyone's legs, arms and torsos must be straight and locked out for the circle to be strong.
- > Only play if the group is concentrating.

Coaching tips

- > Embrace challenges to identify strategies to maintain feelings of competency and worth.



Format > Ask players

This is your chance to do some 'customer surveying'. Ask for feedback during sessions or at the end.

- > What were your favourite activities? They will probably need reminding about what they did!
- > What didn't you like?
- > What would you like to do again?
- > How could you play this activity at home or in a park?

Remember to ask the students 'why' they gave their response.

Make a note of the feedback on your session planner.



PHYSICAL LITERACY ELEMENTS

MOTIVATION

SELF-PERCEPTION

REASONING