



Australian Government  
Australian Sports Commission

# What did you like?

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?'

Make a note of the feedback on your session planner.

WHO WANTS TO  
PLAY ENDBALL  
NEXT TIME?



# Group balance

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.

