



Untie the knot

Each player holds the hands of 2 different players. The aim is to untangle the knot without letting go! Encourages communication and cooperation.



What to do

- > Ask students in groups of 8-10 to stand in a circle and place their hands into the centre of the circle and join hands with two different people.
- > Once the knot is formed students have to work together to untangle the knot.

Change it

- > **Add rope** – provide short (60–80 centimetres) pieces of rope for each player. This will spread players out.

Safety

- > Disentangle slowly, one at a time if necessary, and communicate.

Ask the players

- > How do you communicate with players when you have a strategy to untie the knot?

PHYSICAL LITERACY ELEMENTS

STABILITY/BALANCE

COLLABORATION

STRATEGY AND PLANNING

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25
ACPMPO43

LEARNING INTENTION

Untie the knot is a cooperative activity that develops critical and creative thinking as groups try to solve the movement challenge.