

## CO-OPERATIVE GAMES

In this booklet we are going to explore some of the PHEW activities put together by our own HET PHEW ex Olympic Coach – Allan Jones,

Allan has been working on GREEN EXERCISE as well as games which increase children's ability to work together cooperatively rather than competitively.

And....

This is what he has come up with:



## WHY CO OPERATIVE ACTIVITIES ?

Well mainly because:-

- ➔ IT'S FUN
- ➔ FRIENDLY
- ➔ EVERYBODY WINS rather than someone wins and then someone has to lose
- ➔ EVERYONE IS INCLUDED ( whatever their ABILITY, LANGUAGE, GENDER )
- ➔ GAMES ARE SAFE - NO ONE GETS HURT

It also helps to foster the following qualities in children:

- ACCEPTANCE
- EMPATHY
- VERSITILITY
- ADAPTABILITY
- CARING
- RESPECT
- CO OPERATION
- TEAM BUILDING
- INCLUSION
- LISTENING
- COLLABORATING
- LEARNING TOGETHER
- INDIVIDUAL SELF ESTEEM
- POSITIVE INTERDEPENDENCE
- INDIVIDUAL ACCOUNTABILITY



Willow Bridge Eco Gym - laying a workout grid

## So what are the advantages to this approach in exercise and games?

IT SHOWS THE IMPORTANCE OF UNDERSTANDING THE CONCEPT BEHIND EACH GAME

IT HELPS US VALUE EACH OTHERS CONTRIBUTION – EVERYONE IS EQUALLY AS VALUABLE

THE EMPHASIS IS ON WINNING AS A GROUP EFFORT

IT'S ABOUT APPRECIATING WHAT OTHERS ARE CONTRIBUTING

## So what about the EQUIPMENT?

- ✓ Usually it's MODIFIED EQUIPMENT, SAFE, APPROPRIATE FOR AGE, GENDER,
- ✓ There are RULES/CODE OF PRACTICE
- ✓ These are AGREED BETWEEN GROUP MEMBERS

Co operative GAMES - a PHEW !

(1)

ECO BUS

( This can be a game for a group when taking a walk in the country 'green exercise' or perhaps with a group when set up at camp )



Ruby watched and soon joined in – all about INCLUSION



In the Eco gym, we modified a lot of equipment from the barn



Daisy heard about INCLUSION so she joined in too!

Prior to commencing a walk the group sit in a circle .

The Leader then gives everybody the name of an animal.

The Leader then calls the first person by their 'animal' name .

This person then has to get up and walk around the circle, first saying out aloud their name eg. RABBIT, and the name of something they see in the local 'countryside environment' eg. TREE.

On sitting down, this first person sits down and must say the name of another persons 'animal name' eg HORSE, get up and walk around the circle giving out the name of something in the countryside they see eg. HEDGE. ( NB Previous calls of both ANIMALS and A COUNTRYSIDE REFERENCE cannot be repeated ).

When everyone has walked around the circle, the Leader can rename the group with other categories. The game, when involving a walk in the countryside, along paths, forest trails - involves the Leader calling the last boy in the walking line eg. DOG, who has to walk to the front of the line calling out his countryside observation en route.

The Leader allows each new front walker twenty strides at the front of the line as a reward, before the Leader calls on the present person at the back of the line to walk forward.

The games can be played for any length of time to suit.

#### GUIDE ME around the FARM

( This game is played amongst the group with little equipment other than a blindfold. )

The group members choose one person to be blindfolded and be guided to a position called home. The rest of the group members spread out in front of the blindfolded person.

The blindfolded person has to make their own way, to the animal that they choose to visit carefully guided by the farm animal noise of that animal.

The blind folded person must avoid meeting ( making contact ) any of the other animals. They do this by making the noise of another farm animal other than the one waiting for the blindfolded person.

The animals have to make their noises at appropriate times, helping the blindfolded person to know where they are to be avoided ( They cannot speak - just make the appropriate animal noise ).

When the blindfolded person is united with the 'chosen animal' then they can remove the blindfold and the game can be set up again.

## ECO STORY

( This game is played with a group of players sitting in a circle )

The group of players sit in a circle and each choose an ECO Topic for discussion.

These are written down by one player. Each player then reads out their topic within the circle.

The aim of each player is to talk about their topic as they take it in turns to talk around the circle. Each player can only talk one sentence before the next person talks theirs.

Each person has to link the previous sentence to theirs. This may bring some laughter into the game, as players attempt to continue the story.

The story can continue for an agreed time or sentences from each player.



## FRISBEE

( There are a collection of games that can be played by a group with the use of just one Frisbee )



### a) FRISBEE PASS

A group is divided into two and face each other an appropriate distance apart. The game starts when one person on one side throws the Frisbee to the other side. The Frisbee has to be caught and then thrown back to the people opposite. The Frisbee has to be caught. The task is to complete as many consecutive catches as possible. Should the Frisbee be dropped then the group has to start again. Target totals to achieve can be made between the group.

### b) FRISBEE GOLF

Markers, ( Plastic cones/domes can be used ) are placed around a wide area. ( field, park land, large garden ) etc . Careful consideration should be given to where they are placed as they will be the golf holes !. They can be numbered 1, 2, 3, 4 etc. A starting point is given ( Tee ) and one player stands at the tee. The rest of the group spread out in front of the person on the tee who throws the Frisbee. The Frisbee has to be caught - and is then thrown again to be caught by one of the players. The idea is to reach hole 1, where the Frisbee is caught by a player who has one foot located on the marker/cone. The number of throws taken to reach hole 1 is

recorded. The golf game continues from this hole to hole 2 etc. At any time the Frisbee is dropped - then this means that the Frisbee is bunkered and 1 shot is added to the total for that hole. The game continues from where the Frisbee dropped. When all the holes to be played are completed, then the totals for each hole are added together. This total can be used as the 'best performance' by the team and used as the target number to beat by the group.

#### c) FRISBEE TAG

The players divide into two lines facing each other but with a gap of about 5 metres or so between them. The first person in line A has to throw the Frisbee across the gap to the first person in line B who must catch it. The person who threw the Frisbee then runs to the other side and lines up at the end of the line. The first person in line B who caught the Frisbee then throws the Frisbee back so that the new first person in line A can catch it. The game continues until an agreed number of player 'cross overs' have been completed successfully. Should the Frisbee be dropped by a 'catcher', then the same throw is attempted again.

#### d) TARGET FRISBEE

A plastic or cane hoop is placed on the ground. The group of players each select a marker for their use. The group walks an agreed distance from the hoop and one at a time, each player throws the Frisbee and aims for the middle of the hoop. For every Frisbee landing in the hoop, then the group score 1, others landing outside the hoop are marked and the player throws from this mark attempting to make it land inside the hoop. Each person totals up their throws to make a combined total. The group can set a target score, move to another throwing point and start again.



Remember : In Frisbee Golf and Target Frisbee, the lower the total the better.

