

TEAMBUILDING

ISLAND HOPPING

HOW TO PLAY

The group needs to move from one area (big island) to another area (big island) via little islands.

The group are stranded on a large island and want to cross the shark infested sea to another large island.

Using the equipment provided (hoops or matts) the group must move from one island (the start) to another island (the finish) by standing on the small islands (hoops or matts)

By setting the distance apart of the Large islands, the size and number of small islands you can vary the challenge.

By using different shaped islands or setting a course you can ask pupils to describe their journey Ma1/3.3a En1/1e

SAFETY

Clear area, make sure no pushing/shoving

EQUIPMENT

Start and finish area (sports pitch marking)
Islands (hoops / matts)

S.T.E.P.

Space: Journey distance
Time/Task: Time limits
Equipment: Island Size, number of Islands
People: Must move with a partner or object


| English | Maths | PE |
|---------|----------|-------------------|
| En1/1e | Ma1/3.3a | PE2/1.1e PE2/1.1f |



Title

What the group have to do

How to run the activity



ROPE TRIANGLE

HOW TO PLAY

4 of your team must get to the other side by travelling **OVER THE TOP OF BOTH ROPES**

4 of your team must get to the other side by travelling **UNDER THE BOTTOM ROPE**

The rest of your team must get to the other side by travelling **THROUGH THE ROPE LETTERBOX**

- You are not allowed in the out of bounds area
- You must not touch the ropes
- You must listen and respond well to team mates
- You are not allowed to use any equipment other than your selves

If any of the above rules are broken you will lose a life, once all lives are lost you must all return to the start position and continue.

SAFETY

Set the rope heights at a manageable level. Carefully manage any lifting.

EQUIPMENT

Rope, 2 poles / trees / attachment points.
Matting underneath

S.T.E.P.

Space: Lower/Higher ropes
Time/Task: Set a time limit, give more lives
Equipment: Blindfold some
People: Choose which people do which challenge

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|----------------|--------------|-----------|
| English | Maths | PE |
| EN2/1a | MA2/3.3b | PE2/1.1c |

Some pointers to help with your risk managing

What equipment you will need

Suggestions on how you could adapt the activity to meet differing needs

This gives some suggestions of NC links - with some differentiation many more could be met. It is a starting point.