

# **TEAM CHALLENGES A**

# INTRODUCTION

**AIM:** Team Challenges are stimulating problem solving tasks designed to help group members develop their capacity to work effectively together.

## LEARNING OUTCOMES:

**Enjoyment:** Young people enjoy participating in outdoor activities and adopt a positive attitude to challenge and adventure.

**Social Awareness:** Young people are developing their self awareness and social skills, and their appreciation of the contributions and achievements of themselves and others.

**Key Skills:** Young people are developing and extending their skills of communication.

**Increased Motivation:** Young people are displaying an increased motivation and appetite for learning that is contributing to raised levels of attainment in other aspects of their education.

**Broadened Horizons:** Young people are broadening their horizons and becoming open to a wider range of employment opportunities and life chances.

## KEY:



Group  
Size



Activity  
Time



Teamwork



Memory  
Skills



Communication

## ICE BREAKERS

### HUMAN KNOT

1. Have all group members stand in a circle, facing inward.
2. Tell everyone to reach their right arm towards the center and grab someone else's hand. Make sure no one grabs the hand of the person right next to them.
3. Next, have everyone reach their left arm in and grab someone else's hand. Again, make sure it's not the person right next to them.
4. Now, the fun begins! The group needs to work together to untangle the human knot without letting go of any hands. The goal is to end up in a perfect circle again.

### WHOOPS BUNNY

Tell the group they need to copy everything you do. Place your hand out in front of you and using 1 finger from the other hand touch the tips of your fingers saying "bunny" on each finger starting at the little finger. After you say Bunny on your index finger, the pointing finger slides down the index finger and onto the tip of the thumb, whilst doing this you say "whoops". And bunny again at the tip of the thumb. You then need to do this process in reverse back to the little finger. After this you need to cross your arms to finish the move. The challenge is recognising that you need to cross your arms to finish.

### GET IN A LINE

Line up your group horizontally, on a log or something similar, then ask them to get into order of something keeping the line whilst they are getting in order. Examples might be; Height, shoe size, DOB, hair length. This can be made harder by telling the group they cannot talk whilst solving the task.

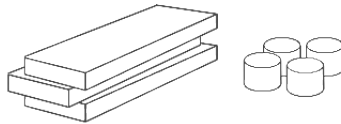
# CROSSING THE SWAMP



**AIM:** Get all the members of the team and all the equipment across the swamp safely using coordination, balance and teamwork.

## EQUIPMENT:

- 3 Wooden Planks
- 4 Wooden Stumps
- 2 Marker Ropes



**SET UP:** Place the marker ropes approximately 15 paces apart indicating the swamp area. Put the logs and planks on one side of the swamp and get the team to stand next to them.

**BRIEF:** You are stranded on one side of a swamp and need to cross to the other. There is no bridge or feasible way around. You have three planks and four logs with which to make your crossing. You must get your whole team and all the equipment safely across the swamp without falling in or dropping anything. The logs will only reach the bottom of the swamp when placed upright – if placed any other way they will sink. The planks must rest on the logs when in the swamp, if the planks touch the surface of the swamp they will also begin to sink. If anyone from your team falls in or your equipment sinks then you must restart the task.



**SCORING:**

DESCRIPTION	POINTS
All team members and all equipment across the swamp safely without any restarts	50
All team members and all equipment across the swamp safely with restarts	40
All team members across the swamp safely but some equipment missing	30
All team members and equipment make it at least half way across the swamp	20
All team members make a reasonable attempt to cross the swamp but are unsuccessful	10

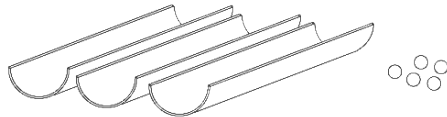
# GUTTER BALL



**AIM:** Using the pieces of gutter, transfer the golf ball from the starting point to the finishing point in a continual line as quickly and smoothly as possible without letting it drop.

## EQUIPMENT:

- 12 Pieces of Guttering
- 5 Golf Balls
- 2 Marker Ropes
- 1 Tub



**SET UP:** Place the marker ropes approximately 15 paces apart, with the pieces of gutter and golf balls on one side to indicate the start point.

**BRIEF:** Using the pieces of gutter you must transfer the golf balls from the starting point to the finishing point. The golf balls may only travel in the gutter and may not be carried by individual team members. Each team member must be holding a piece of gutter and it should be held in the correct manner. Initially you should transfer 1 golf ball – if you are successful then you should restart the task and transfer 2 golf balls together, and so on until you have transferred all 5 together. If at any point a ball is dropped you must restart that section of the task.



**SCORING:**

DESCRIPTION	POINTS
All 5 balls transferred	50
4 balls transferred	40
3 balls transferred	30
2 balls transferred	20
1 balls transferred	10
Attempt made but unsuccessful	5

# NUCLEAR REACTOR



**AIM:** Working as a team you need to disarm the nuclear reactor by removing all 10 rods from its core, without dropping them, place them in the tub.

## EQUIPMENT:

- Spider Band with 6 Ropes Attached
- 10 Rods
- 1 Long Circular Rope
- 1 Tub



**SET UP:** Lay the rope out in a circle and place the tub next to it on the outside of the circle. Place the 10 rods into the ground, they should be loose enough to be removed easily.

**BRIEF:** Using the spider, remove all 10 rods from the core of the nuclear reactor and place them into the tub. Do not enter the restricted danger zone (Circle) or drop any rods during the process as the reactor will explode, fatally wounding all members of your team.





**SCORING:**

DESCRIPTION	POINTS
Task completed without dropping any rods	50
Task completed with restarts – all rods safely placed in bucket	40
Task completed with restarts – 8 rods safely placed in bucket	30
Task completed with restarts – 6 rods safely placed in bucket	20
Task completed with restarts – less than 5 rods safely placed in bucket	10
Some attempt made but task incomplete	0

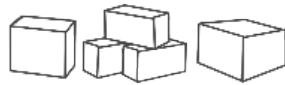
# BLOCK RELAY



**AIM:** Using memory skills, recreate the structures on the picture cards as quickly as possible relaying all of the blocks from the start point to the finish point.

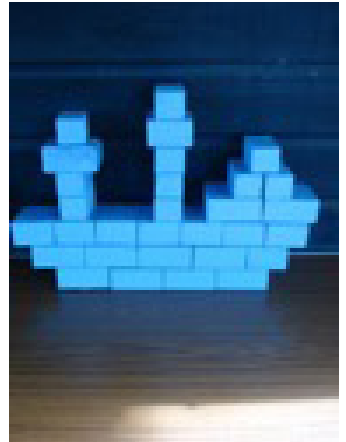
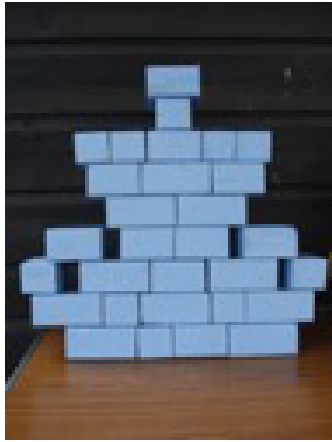
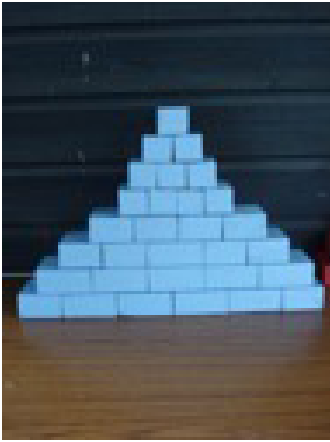
## EQUIPMENT:

- 30 Blocks of varying sizes
- 3 Marker Ropes
- 4 Pictures
- 1 Tub



**SET UP:** Place two marker ropes 20 paces apart. Place the third marker rope a further 20 paces from the second. Put the tub (with blocks in it) behind the first marker rope and ask the team to line up next to it facing the second and third marker ropes. Place one of the pictures face down on the second marker rope.

**BRIEF:** Working in a relay system you need to recreate the structure on the card in the middle by placing the blocks behind the third marker rope. One at a time you should take a block from the tub and run to the picture card in the middle. Once you have looked at the picture, if you are holding a block that can be placed then you should run to the third marker rope, place that block down and then return to the starting point. The next person in your team can only take their turn once you are back over the first marker rope. The task is only complete once all 30 blocks have been placed and your team are happy that the structure that has been created matches that on the card. You are trying to create the structure in the quickest possible time.



## SCORING:

DESCRIPTION	POINTS
All 4 Pictures Completed within allocated time	50
All 4 Pictures Completed	40
3 Pictures Completed	30
2 Pictures Completed	20
1 Picture Completed	10

# TANGRAMS



**AIM:** Get all members of the team to make as many shapes as possible within the time available.

## EQUIPMENT:

- Tangram Set
- Challenge Cards

**SET UP:** Lay out the Tangram pieces on the floor. Organise the group and brief them on the task.

**BRIEF:** There are seven pieces in a tangram set, five different triangles of three sizes, a square and a parallelogram. The aim is to use all the shapes and fit them together to make as many of the shapes, on the challenge cards, as possible in the time available. All seven pieces must be used, each piece must touch at least one other shape and the pieces are not allowed to overlap.

## \*REMOVABLE CHALLENGE CARDS AT THE END OF BOOKLET



### SCORING:

DESCRIPTION	POINTS
All team members help to make 6 or more shapes	50
All team members help to make 5 shapes	40
All team members help to make 4 shapes	30
All team members help to make 3 shapes	20
All team members make a reasonable attempt to make 1 or 2 shapes	10

# TANGRAMS CHALLENGE CARDS



HEXAGON



RIGHT  
TRIANGLE



BARN



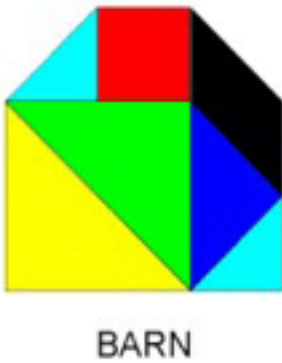
MAN

**REMEMBER:** There are seven pieces in a tangram set, five different triangles of three sizes, a square and a parallelogram. The aim is to use all the shapes and fit them together to make as many of the shapes, on the challenge cards, as possible in the time available. All seven pieces must be used, each piece must touch at least one other shape and the pieces are not allowed to overlap.

# TANGRAMS CHALLENGE CARDS



# TANGRAMS ANSWERS





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