



SUPER MOVERS

Champions

2 Active Friends



Super Movers Champions: Active Friends

Learning Outcome

I will learn to communicate more effectively with others.



How confident are you on a scale of head, shoulders, knees and toes?

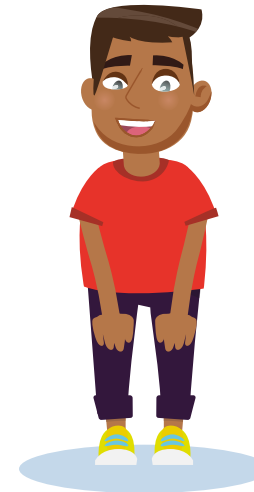
Really confident



Moderately confident



Not sure



Really not sure





Super Movers Champions: Active Friends

Working with a friend allows you to learn from each other by sharing ideas, knowledge and experience.

Working with other people also helps develop confidence, communication, leadership, cooperation and how to be sensitive to others' feelings.



Activity: Blindfold Challenge

This challenge involves moving over, under, through and around obstacles blindfolded.



Step 1: In pairs decide who would like to be blindfolded first and who will guide the blindfolded person through the course.

Step 2: The guide will instruct the blindfolded person using only verbal instructions (speaking) to help direct them past the obstacles.

Step 3: After one-minute you'll be asked to swap roles.





Activity: Blindfold Challenge

STEPS to make it work for you

This can be played in any **space**, from laying equipment out in the playground to guiding someone around the classroom.

If someone doesn't wish to be blindfolded, change the **task** by considering how to give instructions without speaking.

Get creative with **equipment**, from crawling under tables, pulling hoops over heads to walking imaginary tightropes.

Experiment working with different **people**, to compare and develop new ways of communicating instructions clearly.

For reference, STEPs relates to a method to make a task easier or harder by changing the **Space, Task, Equipment, People**.



Activity: Blindfold Challenge

 In pairs walk and talk, then split to find a new friend to compare.

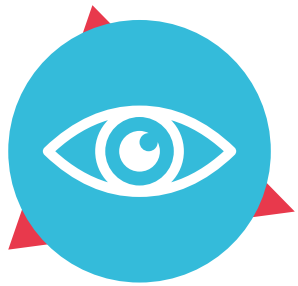
Questions

- What did you have to think about when giving instructions?
- How could you improve how you gave instructions?
- If you are not sure about an instruction given, what should you do?
- What did you enjoy about taking part with your partner?





Top tips: Giving instructions



Make sure you
have your partner's
attention



Be clear –
volume!



Use short and
precise sentences



Check
understanding

 Can you add any top tips?



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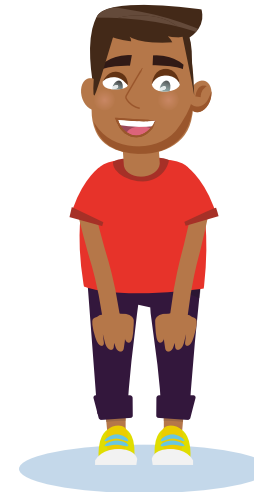
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