

Activity: We Can Do It!

Grade Level: Grade 4

Major Emphasis: Cooperation and Trust Activities

Major Curriculum Areas: Human Relations/Social Studies

Related Curriculum Areas:

Refer to Outdoor Education Curriculum Matrix 3-5
Physical Education

Program Indicator:

The students will participate in activities that provide an opportunity to combine individual talents and abilities with an immediate awareness for the need to develop cooperation and trust within a group.

Student Outcomes: The student will: **(DL1-5)**

1. develop responsibility necessary to accomplish a task through group planning and teamwork.
2. use self-control in accepting limitations of each individual in the group.
3. display correct spotting techniques.
4. name activities that involve cooperation and trust.
5. gain a sense of individual fulfillment through group success.
6. develop mutual trust through group cooperation and participation.

Readiness:

1. Introduce vocabulary:

initiative	problem solving
confidence	spotting
trust	

2. Have the students make a list of behaviors that instill trust and confidence within a group.
3. Discuss spotting techniques and their importance.

Materials:

Amazon Crossing Boards
Centipede Boards

Spoon Tunnel Blocks
Traffic Jam Boards

Hula Hoops (6-8)
blindfolds

Procedures: (DL1-5)

1. Assemble students in an open area.
2. Working with a group of 6-12 students, select any of the following introductory games, depending on length of activity period. (*Refer to Initiative and Confidence Guidebook, Arlington Echo)
 - a. Name Game*
 - b. Trust Circle*
 - c. Amazon Crossing*
 - d. Centipede Walk*
 - e. Traffic Jam*
 - f. Hoop Relay
 - g. Tallest to Shortest
 - h. Hand Scramble*
 - i. Doctor*

Game Descriptions:

1. Tallest to Shortest

Have students put on blindfolds or close eyes. No one may speak. Then try to line up smallest to tallest.

Variation: Line up in alphabetical order according to last name without talking.
2. Hoop Relay (Silver Bullets, p 61)

The game provides a group of students the opportunity to work together as a team. Students try to move 3-4 hoops down their line while holding hands in a particular formation (left to right, left to right) with left hand going backwards between legs and right hand stretching forward.
3. Take a group of 6-12 students to the Initiative and Confidence Course. Students do as many activities as time allows. (Refer to Initiative and Confidence Guidebook, Arlington Echo)
 - a. Tire Mountain
 - b. Suspended Balance Beam
 - c. Two Line Bridge
 - d. All Aboard
 - e. Tire Traverse
 - f. Soup Tunnel

Summary:

Have group meet in a circle. Have students share and summarize experiences and accomplishments. Stress self confidence and cooperation as team members when solving problems.

Follow-Up: (DL3-4)

1. Use a graphic organizer (web) to describe one of the activities in which you participated.
2. Have students make a sketch of themselves participating in one of the activities.
3. Write a descriptive paragraph about the activity in which you participated. Share how you participated in the activity.
4. Participate in similar cooperation games and activities. See Teacher Resource list below.

Extension Activities:

1. Locate a newspaper article involving a real life problem that might have a solution that requires trust, teamwork and cooperation. Prepare a presentation to the class on the problem. Have groups of students use their experiences from "We Can Do It!" to develop ideas to solve the problem.
2. Research/report how President Jomo Kenyatta of Kenya utilized the ideals of cooperation and interdependency to unify diverse cultural groups and establish a new Kenya. (MC)

Teacher Resources:**Books:**

- *Cowstails and Cobras, Project Adventure 796 ROH.
- *More New Games, Doubleday & Co. 794 FLU.
- *The New Games Book, Doubleday & Co. 790 FLU.
- *Sharing Nature with Children, Cornell 507.
- *Silver Bullets, Project Adventure 796 ROH.

Supplementary Materials:

- *Initiative and Confidence Guidebook of Activities.