

A-Z School Games Challenge

O – Outdoor and Adventurous Activity Challenge – Trust Test

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut and tag @SolihullNorth

TOP Challenge: Trust and co-operation Trusting me

3

Pass the squeeze

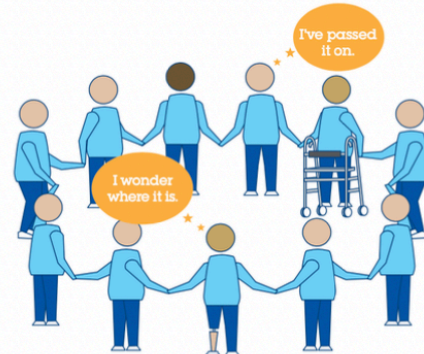
Objective: pass a hand squeeze around the circle.

Rules: no talking; keep eyes closed; nominate one person to start by a tap on the shoulder.

Equipment: stopwatch.

Time: time how long the squeeze takes to get back to the start; see how quickly it can be done.

Safety: squeeze hands gently.



No talking and keep eyes closed!

Squeeze hands gently.

Trusting tilt

Objective: keeping a rigid body, tilt backwards to be caught by a partner.

Rules: avoid stepping back.

Safety: tilting child keeps hands crossed over chest; catching child keeps hands ready and has a steady base; start close together and gradually increase the distance.



Step 1

Step 2

Step 3

Start closer together and gradually increase distance.

Avoid stepping back.

Trusting balance

Objective: sitting back-to-back in pairs with linked arms, try to stand up.

Rules: keep arms linked.

Safety: wear appropriate footwear to prevent slipping.



Step 1

Step 2

Step 3

Keep arms linked at all times.

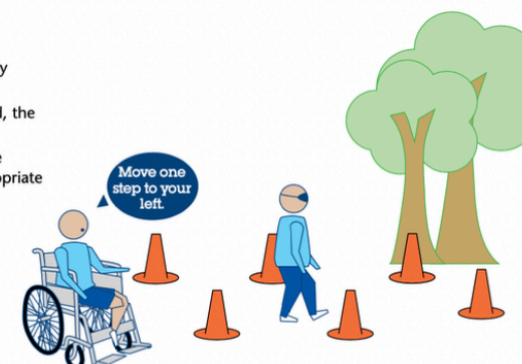
Wear appropriate footwear to prevent slipping.

Blindfold trust

Objective: guide a partner safely around a course.

Rules: one person is blindfolded, the other can see.

Safety: do not push or drag the non-sighted person; wear appropriate footwear for the terrain.



Do not push or drag the non-sighted person.

Wear appropriate footwear for the terrain.

TOP Challenge: Trust and co-operation: **Trusting me**

3

Process	Skill	Example question
Thinking Me		
Plan	Set goals/ targets	What did you take into account before you set yourself a target?
Do	Predict	Why did you need to predict what would happen?
Review	Modify	When and why did you need to modify your techniques?
Social Me		
Plan	Listen	How did you know your partner/ group was really listening to you?
Do	Show respect	How did you show respect for your partner/ group members?
Review	Patience	Why was it important to have patience during this activity?
Healthy Me		
Plan	Responsible	How did you show you were behaving responsibly and could be trusted by your partner?
Do	Self-control	What helped you to keep your self-control during the activity?
Review	Confident	Why was it important to appear confident, even if feeling nervous? How did you do that?
Physical Me		
Plan	Work and perform in pairs	How did you change your techniques when working with different partners?
Do	Vary weight of actions	How did you judge how much force/ weight to use?
Review	Mirror actions	If you couldn't see, what helped you to move in tandem with other people?

LEARNING CONNECTIONS

- **Science** – forces and motion.
- **Geography** – knowledge and understanding of places.
- **Art and design** – exploring tactile as well as visual elements and stimuli.
- **PSHE** – recognising risks and behaving responsibly; recognising the effect of one's actions on other people's feelings.

ADAPTATIONS USING THE STEP FRAMEWORK

Trusting me

- S SPACE** For blindfold trust, use indoor and/or outdoor spaces.
- T TASK** For trusting tilt, start in pairs and work towards small groups; for blindfold trust, move from physical to verbal guidance.
- E EQUIPMENT** For blindfold trust, use natural and/or artificial obstacles.
- P PEOPLE** For all trust activities, vary pairings and groupings so children build trust with more of their peers.

Fun Fact – OAA stands for Outdoor and Adventurous Activity – lots of different sports come under this category, below we've named a few:

Mountain walking, camping, mountain biking, rock climbing, abseiling, orienteering, high rope courses, caving, skiing, snowboarding, canoeing, kayaking, sailing, windsurfing, surfing, indoor climbing walls and artificial ski slopes. **How many of these have you tried?**

FOLLOW, RETWEET, GET INVOLVED!