

Session 5: Teamwork

Aspire Programme

TIMES	WHAT	DETAILS	EQUIPMENT NEEDED
10	Ice Breaker	Jockeys up- Participants partner up form a circle, one partner in front of the other, the partner at the back- or 'Jockey' with their hands on their partners shoulders (Jockeys up position). Facilitator calls out different actions: Jockeys down, Jockeys switch, Jockeys left/right Jockeys over/under	
10	Connect	"Hot and Not"- Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Frontload: Teamwork- "What do you think teamwork is? What does it mean to you?"	
10	Loosener/ deinhbitizer	Jump In Jump out- Group huddles in to shoulder to shoulder, and side-hugs (keeping safe to serve). Facilitator calls out instructions, group echo's back and acts together to complete the instruction.	
15	Main activity	River Cross- Team must work together to cross a "fast flowing", or "Lava" river using the 'lily pads' to stand on. Challenge is only completed when everyone makes it across the river. If a lily pad is on the ground with nobody making contact, it is swept away/dissolved.	Lily pads x 10 (spots or carpet squares just large enough to stand two feet on- Cutting up a plank of Wood to sections about 15-20cm x 5cm?, or squares of about 8cm squared)
15	Debrief/Workbook time	<ul style="list-style-type: none"> - What happened? - So What? What does this mean? What can I learn? - Knowing this, or considering this, how does this relate to my life? - Relate to the group contract- "How does this link up with our group contract we did earlier in the term?" <p>Workbook teamwork building blocks and share</p>	Workbook 'building blocks'

Purpose: To identify what teamwork is, what makes up a good team, and establish positive ‘building blocks’ for the team to be based on (should link in with the group contract)

Activity Briefs:

Jockeys up:

Participants partner up form a circle, one partner in front of the other, the partner at the back- or ‘Jockey’ with their hands on their partners shoulders (Jockeys up position). Facilitator calls out different actions:

- Jockeys down: Jockeys hands come off their partners shoulders.
- Jockeys switch: Jockeys and their partners switch. Partner now at the back is the new Jockey.
- Jockeys left/right: Jockey (partner at the back) runs left or right (depending on instruction) around the whole circle, and back to their partner
- Jockeys over/under: Jockeys switch with their partner either over (front partner crouches down and jockey hops over) or under (jockey crouches and crawls through between front partners legs)
- Jockey ride: Jockey jumps on partners back- piggy back riding.

Jump In Jump out:

Group huddles in to shoulder to shoulder, and side-hugs (keeping safe to serve). Facilitator calls out instructions, group echo’s back and acts together to complete the instruction: *Jump in, Jump out, Jump left, Jump right.*

Facilitator can use different levels/variations depending on group confidence.

Variations:

- Team echo’s back the opposite instruction and does the opposite action. E.g. Facilitator says jump in, team says ‘jump out’, and jumps out.
- Team echo’s back the opposite instruction but completes the action. E.g. Facilitator says jump in, team says ‘jump out’ but jumps in.
- Team echo’s back instruction but does the opposite e.g. “facilitator says ‘jump in’, team say ‘jump IN’ but actually jump OUT”

Hot and not:

Highlight of the week (hot) and lowlight/challenge (not). Connect, and try to learn more about their lives as people. Encourage that 'everyone has something to share' If you notice a young person say anything strange/concerning (e.g. "I ran away from home") make a mental note and bring it up with the young person after the session.

Frontload: Teamwork- What are your first thoughts of teamwork? What do you think it is?

River Cross:

Create a gap of about 5-10m for a 'river', and gather the group onto one of the 'banks'. Stepping in the water is now off limits. The team must work together to cross the river without stepping in the water. The challenge is only completed once the whole team has made it. Each member will receive one 'lily pad' or platform to step on. You cannot slide a platform or lily pad, and cannot hop on it. It must be placed, and stood on. If a lily pad or platform is placed, and nobody is standing on it, it is swept away/dissolved by current/lava. Give the group 5 minutes to have a 'team talk', and plan out their approach before starting.

If a member touches the water, whole group must start again. Be reluctant to give back confiscated lily pads (group of 10 can complete challenge fairly with about 6)

Equipment: 10 x Lily pads/small platforms (spots or carpet squares just large enough to stand two feet on- Cutting up a plank of Wood to sections about 15-20cm x 5cm?, or squares of about 8cm squared?)

Debrief: Workbook (Building bricks of a good team)

- What did I ask you to do? What happened?
- So why did that happen? What was successful/unsuccessful? Why? What did this activity require of you? What did Teamwork look like in this activity? What do you think teamwork looks like? Is teamwork important? Why?
- So how can we be a good team? What other areas of our lives are we in a team? How do we be a good team member?