**Teambuilding Activities**

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**MOONBALL –** Class forms a large circle, little more than being shoulder to shoulder with the next student. Using a beach ball, students must keep the ball in the air as long as possible! Count the number of hits! After a few rounds, add stipulations such as everyone must touch it once before anyone can touch it twice. **Variation-** The class must move the ball across the gym and back w/o touching the floor. Add the same stipulations and the ball can’t stop moving.

**CHANNELS(video posted on peuniverse)-** each student gets a wooden channel and split class into several groups! Each group will try to move the marble from point A to point B, a bucket in middle of the gym, without the marble touching the floor! When a student has a marble on their channel, they can’t move their feet! If the marble touches the floor, the group must start over!To make it more challenging, use a ball bearing instead. **Variation-** Do outside with tarps and mid size omni-kin balls to from point A to point B and back.

**TARP LAUNCH-** Split class into several groups, each with a tarp and a medium sized ball. Each group will try to toss the ball up in the air, at least 5 feet in the air and catch it! How many catches? Have a competition! **Variations-** Also try to make the ball go into a basketball hoop! Have students use rubber animals and try to catch them through a hula hoop and take turns. Put 2 animals on and try to catch both at same time.

**SHEPERD’S WALK-** Use a large rope, large enough for every student to hold on. Have everyone but a few students blindfolded and hold onto the rope. The few who can see will lead the blindfolded on a trip around the school or outside. The leaders will make sure everyone is safe and make sure they won’t bump into any hazards.

**LAND MINES-** Small groups will have a large square with several objects on the floor! Students will be paired up, one blindfolded. The one who can see must stay out of the square yet direct their partner from one side of the square to the other w/o touching objects with only using their voice.

**PARTNER DRAW-** Students sit back to back, one student has paper and a pen while the other has a paper with a design on it! The student with a design will describe the design and the other will try to draw it. How close is the drawing? Take turns. **Variation-** have partners face each other but the drawer blind folded.

**ALASKAN BASEBALL-** Split class into 2 teams, one in the field and the other hitting/kicking/throwing. The team on offense line up in a line or bunched up! The batter will throw the ball and run around their team. Each lap is a point and runs until they hear stop. The defensive team will get the ball and everyone will line up behind the person w/ball. The ball is passed under their legs to the last person who spikes the ball and says, “STOP!” After 3 outs, switch.

**HOG CALL-** Split class into small groups of 4-5 people. Give each group a farm animal and scatter the students around the gym. This should be done blindfolded or eyes closed. Students must meet with their group by making their farm animals noise. **Variation-** make compound words or words that go together like baseball and bat. Give students words. Students must find their partner of whose words go best together.

**GROUP JUGGLE-** In a circle, students toss a ball randomly to another student till everyone has received the ball and the ball goes from the last person back to the first person. Call each person’s name. Repeat in same order. Next, add more balls slowly! Do until everyone has a ball and the end, everyone must toss their ball and catch someone else’s without having any balls touch the floor. **Variation-** Do w/one ball but time each round! How fast can they do it? How can they do it faster? Only rule is that the ball must move in the same order.

**Pig Pass/Coffee Can Pass-** All you need is a coffee can or a rubber pig or any other animal. Have students sit in a circle. First students must pass the pig around the circle w/o it touching the floor. Each round students should tell something about themselves, such as name, favorite food, pets, etc.

**Houdini Hoops-** All you need is 2 hula hoops. Students form a circle holding hands with one hula between two linked hands. W/O letting go of hands, students must pass the hoop around the circle. If hands break, repeat! Do several times, while doing so, track the times, how fast can they go? Next use two hoops(2 different sizes), start hoops on different hands and pass in opposite directions.

**Team Hoop Walk-** Each small group gets a hula hoop and everyone must hold on to hoop and go from point A to point B and back. Do it again with student in middle, this person can’t touch the hoop. Spread objects on ground and with everyone holding hoop, which group can pick up the most objects together?

**Stepping Stones-** Split class into equal numbered teams, teams of 5 or so is best. Each needs 1 poly spot per team member plus one(group of 5 needs 6 spots) . Only using the spots, students must make it across gym and back w/o touching floor. If floor is touched, they must start over.

**Turnstile-** Just need one large jump rope or rope. Teacher should turn rope, can tie one end to a pole. Have students line up in single file line on one side of rope. Turn the rope towards students (makes it easier), one at a time, students must cross to the other side w/o touching rope. If rope is touched, either have student go to end of line and wait for turn, or have everyone who made it across come back. If everyone makes it, repeat, but in pairs, then 4’s, 8’s, etc. To make this harder, turn rope away from students. By the teacher turning the rope, you can make it easier for kids who are having problems.

**Zip, Zap, Clap-** Students stand in a circle with one student in the middle. The person in the middle will point to someone and say Zip or Zap. If they say Zap, the person pointed to must say name of person to their right, Zip, say name of person to left. If the person in the middle counts to 3 and claps, and nothing is said, the pointed person goes in the middle. This repeats!

**Birthday/Height Line Ups-** Have student’s lineup in order by birthday or by height. Time them to see how long it takes. Do several times to see fastest time. One a different day, have them do it w/o talking. Older students(high school), do height w/o looking. (15)

**#’s Game-** Each student gets a piece of paper upside down so they can’t see the other side. The other side has numbers scattered on it 1-60! On the signal, students flip over the paper and must touch each number in order, trying to reach the highest number they can in 1 minute. After a minute the paper is flipped over again. Next students form pairs, only with one paper and repeat the activity with a partner working together. Then in 4’s, 6’s, etc. By working together their numbers should increase. Time can be altered to make it more challenging.

**Key Punch-**This is a follow up game to the #’s Game. Have the class at one side of the gym. On the opposite side, scatter #’s in the free throw lane. On the signal, students as a team, run to the #’s and try to touch them with their feet as fast as they can and then return to their starting position. Each round is timed and students try to get the quickest time. This can be done with 1 team or 2 teams competing. **Rules-** each student must step on a number before anyone can step on 2! Students must stay off the paper(behind free throw lane lines) unless touching a number. To make it academic, split into several teams and have teams spell words. For numbers or letters you can use poly spots, paper plates, shelf liner.

**PE Bingo-** Make a bingo card. In each box, assign a fitness or teambuilding task, which they must ask a classmate to perform. After they perform it, they sign their name in that square. After a student gets a bingo, write a number on the paper. At the end of class, go over the bingos. Can also have questions in each square such as who likes to go swimming? To learn about each other. I have a bingo card if interested.

**Post Card Chat-** This is an activity best for older kids. It’s a listening and sharing activity that can bring out deep conversations. Have class form a circle or if a large class 2-3 circles. In each circle place post cards or pictures of various things. Tell the students to select a card that they can relate to. One at a time, students tell how they relate to the picture.

**Designated Driver-** This can be intertwined with the subject of drunk driving. And is a twist to Land Mines. Students select a partner. One partner will be the car and the other the car. The car is blind folded, or if they scared they can keep eyes cloths and peek when they want. The car holds out their arms(bumpers). The driver puts their hands on their shoulders to move them around the gym w/o running into other cars. Another way to do this is the driver taps on the shoulder in the direction the car should turn, tap head to stop, etc.

**Human Camera-** Students with a partner, one behind the other. The partner in front is the camera. The camera holds their hands in front of them and forms a diamond to look through. The person in back leads the camera around the gym with the camera’s eyes being closed. The leader will stop the camera and move their hands so an object can be seen through the diamond. When tapped on the head, the camera opens their eyes and takes a picture. After 3 pictures, the camera tells their partner what 3 objects they took a picture of. Then switch!

**People to People-** Students form a large standing circle with one person in the middle. Students who form the circle, gets a partner who is next to them. The person in the middle will name two body parts for the partners to touch together such as “head to head,” “knee to elbow,” etc. When the person in the middle says person to person, everyone goes to the middle to get a new partner. They person who has no partner is in the middle. Make sure it’s not the same person. And no one can say no to each other when getting a partner.

**Electric Current-** Split class into two teams. Each team sits on the floor shoulder to shoulder with their teammates, holding hands. Each team is sitting across from the other team about a foot apart. At one end of the two teams, place an object for those students to grab. You’re at the other end. All the students must close their eyes except the first students next to you. You flip a coin and if the coin is tails, nothing is done. However, if it’s heads, the first students squeeze the hands of the next, and this is repeated till the last person’s hands get squeezed. When this happens, they can grab for the object, whoever gets it, there team gets a point. Whoever grabs the object, comes to the front of their line. Relate this to an electric current from a switch to a light.

**Toxic River(Posted video on PEuniverse.com)**

**Elbow tag-** Have students form groups of 3-5 students connecting elbows. All the groups together form a circle with 8-10 ft apart from each group. Five students will stand in the middle of the circle, 2 have 3ft noodles, and the other 3 have nothing. Student’s w/noodles are taggers. Taggers try to tag the other 3 students w/o noodles. If tagged, noodles are dropped and the new tagger picks it up. Runners are safe by connecting elbows to any group. If connected, the student on the opposite side of the group is the new runner.

**Partner Tag-** Pairs link elbows and play tag. If taggers tag another pair, they become taggers.

**Hula Hoop Walk-** groups of 3-4 stand inside a hoop and must walk together. Can walk to a certain place such as a cone or pick objects up together. **Alternative-**stick one student inside who can’t touch the hoop. Others stand on outside of hoop, holding hoop with hands. Must walk to certain point w/o person in middle touching hoop.

**Centipede Walk-** Best start with small groups then moving onto 1 large group. Each student stands inside a hoop. Teammates link hoops with person in front of them. Teams must walk together. Try all locomotors.

**I Like My Neighbor…..**Class stands in a circle. One student at a time goes to the middle of the circle and completes the sentence, “I like my neighbor who…” Such as “I like my neighbor who likes to play soccer.” Everyone who likes to play soccer holds out their hand for a high 5 given by the person in the middle. If a student doesn’t agree, they just clap to show respect!(29)

**Human Knot-** Students form a circle with each holding a piece of rope about 3 ft long. Now each student holds their rope as well as another student’s rope(can’t be a person next to them. After each student is hold a rope in each hand, students must work together to untie the knot, w/o letting go.

**Partner Pick-up-** Students for pairs sitting back to back with elbows linked. Pairs must stand up w/o unlinking elbows. Next do in groups of 4,8, then entire class. Can be done in large group with students looking at each other away from each other.

**Group Shoe Tie-** Students form a circle and untie their shoes while putting them in the middle of the circle. Students link their arms together. Students must work together to get their shoes on and tied without every unlinking their arms.

**Finger Grab-** Circle formation. Students hold their left palm up and place their right pointer finder in their neighbor’s palm. On signal, students try to grab their neighbors finger while trying not to let their finger get grabbed!

**Penny Pass-** students form a circle with one student in the middle. Student in middle keeps eyes closed until signaled. Students forming circle hold their left palm up and their right hand moving back and forth from their left palm to their neighbors left palm. A penny will be placed on someone’s palm and this penny is to be passed from one person to the other. On signal, person in middle will open their eyes and try to find the penny. If they guess wrong, they keep going, if right, they switch places with person that has penny. Everyone does the same movement whether they have penny or not.

**Balloon Walk-** Can do in small groups and then into large groups. Each person has a balloon and stands in a single file line with their group. First person doesn’t need a balloon. Everyone else holds the balloon between the chest and the back of the person in front of them. No hands! Group must move from point A to point B. Can have them climb over or under things while doing so.

**Tarp Island-** Form small groups of 5-7 people, each with a tarp spread out on the floor. Without having the students touch the ground, have each group flip the tarp over on the opposite side. **Alternative-** have students fold tarp in half, and repeat as it gets smaller and smaller.

**Tarp Launch-** Groups of 5-7 students each group holding a tarp with their hands with a ball in the middle. Students must work together to toss the ball up and catch it. How many catches before ball drops! Make it contest between groups! **Alternative-**  try to make a basket

**Know Your Neighbor-** At the start of the year, have students form pairs and interview each other. Have students introduce each other to the class.

**2 Truths and a Lie-** Class sits in a circle and one by one tells the class 2 truths and a lie about themselves. The class tries to guess what the lie is.

**Body Art-** Have the class spell out words, shapes, math problems, etc with only using their bodies.

**Story Drawing-** Class forms groups of 5-6 students or smaller with each having a large piece of paper and markers. Tell the class a small story and have the class draw out the story. **Alternative-** draws w/o talking

**Partner Draw-** students find a partner and sit back to back with one person having paper and a pen. The other student has a paper with a design on it. W/o showing their partner, person with the design tries to describe the object so the person can draw it.

**Electric Fence-** Tie a piece of rope from one object to another about 4 feet off the ground and 10 feet wide. Tie another rope 2 feet above that rope. The class must get from one side of the rope to the other w/o touching the rope. Students must go between the two ropes.

**The Maze-** On a large tarp, draw 1ft x 1ft squares covering the tarp. One student has the maze path. Students take turns trying to figure out the path 1 square at a time. If they guess the correct square they go till they get it wrong.

**Friendship Hunt-** Each student gets a piece of paper with various questions on it. Students try to find classmates who the question pertains to. If they find someone, that person writes their name. Go over the questions at the end of class for them to learn about each others.

**It’s A What?-** Class sits in a circle and the teacher has two objects but calls them something that they are not, a pig is a carrot or a noodle is a pickle. Teacher passes the pig to a student and says, “It’s a carrot” to which the student replies, “It’s a what?” and the teacher answers, “A carrot.” After the teacher says this, the student who now has the carrot passes it on to the next students with who the dialogue repeating. However, when question must be passed to the teacher who gives the answer and the answer is passed back. The teacher repeats this process to one the other side of him with the other object. The object of the game is to pass the objects all around the circle with item returning to the teacher. Lots of laughs, lots of fun!

**Zoom-** In circle formation students must see how fast each of them can say zoom in order. Repeat numerous times to see if they can get a faster score.

**Warp Speed-** Circle formation, students randomly toss the ball around the circle so each student touches it once and it returns to the teacher. Now students see how fast everyone can touch the ball with it returning to the teacher.

**Sneak Attack-** Students are spread out in the gym. Secretly select a student to be “it.” Everyone walks around the room trying to find out who is it. The “it” will walk around and if they wink at a student, that person falls to the floor safely and remains till game is over. Game is over when the “it” gets everyone or someone guess who it is. Each student gets only 1 guess. If wrong they fall to floor, if right, they win!